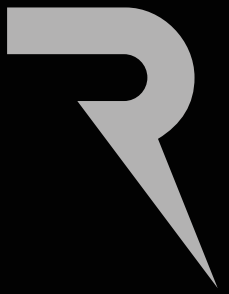


TRAIN TO REACT



FLU LIFT
THE BOUNCING LIFT



THE BOUNCING LIFT

FLUILIFT

“Fluilift is the first barbell in the world to destabilize the motor gesture for a groundbreaking neuromuscular training”

Weightlifting exercises have always been part of most athletic training programs. The distinctive feature of this barbell consists in destabilizing any movement performed when using it. Thanks to its innovative system, the barbell can be used in both traditional and innovative way, in any case providing for a more efficient and effective training. Depending on the desired setup, the disks can be attached to either end or using the special B-bungee attachment system. The barbell resists up to a maximum load of 70 kg when the disks are traditionally attached, while 30 kg with the B- bungee system. Unlike the popular cast iron disks, W-Disks significantly reduce the impact and risk of surface damage. B-Bungee allows for an alternative and cutting-edge disk attachment, making any exercise even more unpredictable and dynamic. It also allows W-Disk and traditional cast iron plates to swing, rotate and bounce, depending on the exercise performed by the user.

Reaxing is the first company in the world to develop a training methodology and a product range exploiting the “Sudden Dynamic Impulse” technology. Unpredictable stimuli train your senses and take training to a much higher level in terms of quality and quantity by increasing sports performance and metabolic activity, improving muscle reaction time and reliability in post-trauma recovery phases, as well as reducing the risk of injuries.



In general, compared to exercises performed with a normal static load, the kg referred to above increase by $\frac{1}{3}$. The different weights available allow you to adjust and customize the intensity of any workout.

FLUILIFT

TRAINING

Inertia, dynamics and centrifugal force are unpredictably activated while performing any exercise. That's what makes Fluilift unique, offering the user endless training solutions. Thanks to its setup, it is a tool suitable to perform countless exercises, from traditional to more dynamic. In this case, in addition to the benefits that are generally known to accrue from weight lifting, such as strength, speed, power and flexibility are enhanced as well. Fluilift takes training to a higher level in terms of quality and specifically improves:

1

COORDINATION

Coordination is the awareness and perception of the body.

2

AGILITY

Agility, or the ability to reduce transaction times from a series of movements to another.

3

ACCURACY

Accuracy, the ability to control a movement in a given direction and at a given intensity.

4

BALANCE

Balance, the ability to control equilibrium following a disturbance.





FLUID INSIDE



SOFT SHOCK



VERSATILE



DIFFERENT WEIGHTS

TECHNICAL SPECS

W-DISK BOUNCE



RX1318 5KG

B-BUNGEE



RX1317 2KG

S-BAR 180

RX1038 8KG



W-DISK CLASSIC



RX1323 5KG



RX1324 7.5KG

BAR 180

RX1329 15KG



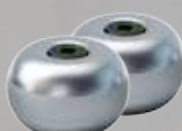
RX1320 7.5KG



RX1319 2KG

S-BAR 220

RX1039 9KG



RX1325 10KG



RX1326 15KG



RX1322 10KG



RX1321 2KG



RX1327 20KG



RX1328 25KG

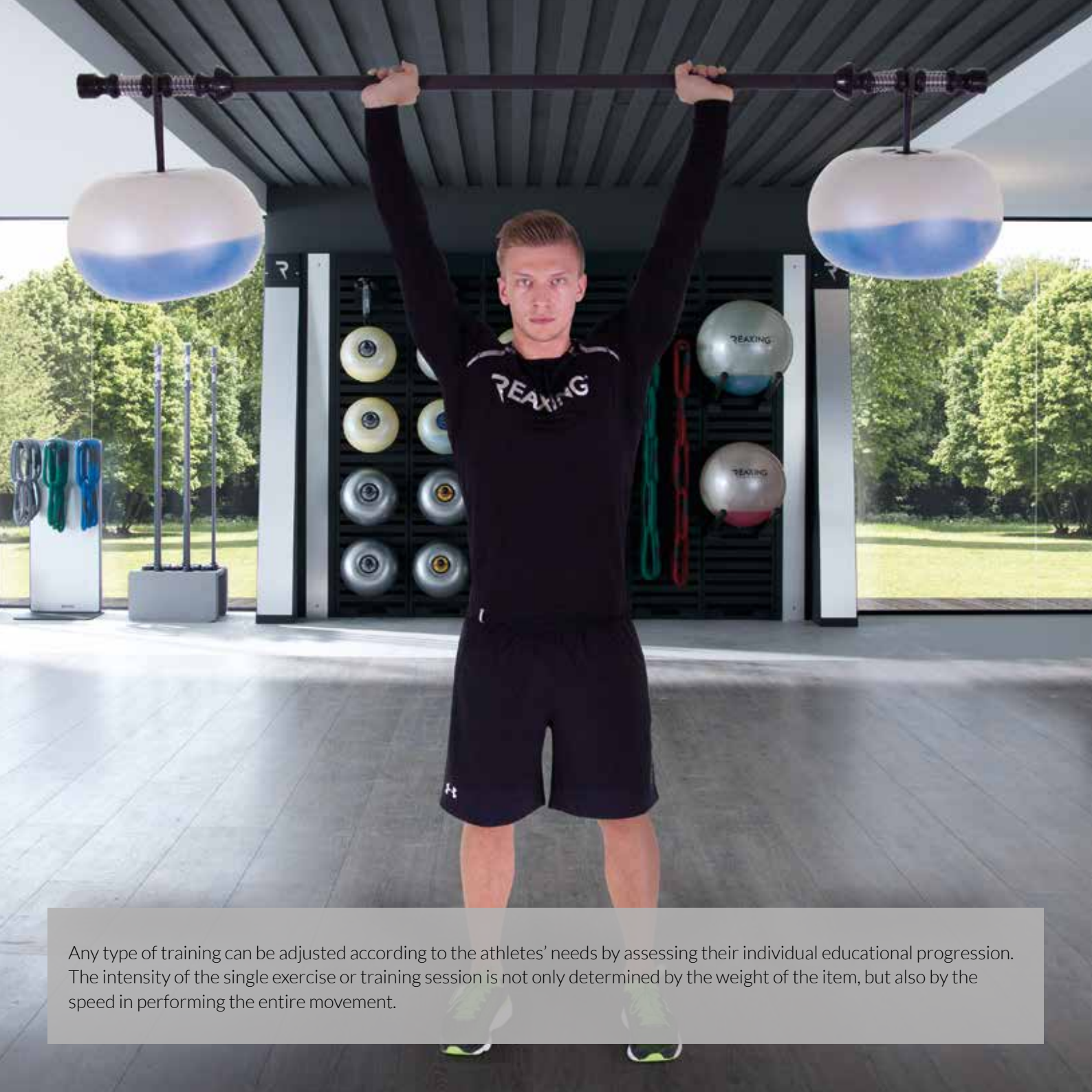
BAR 220

RX1330 20KG

CONFIGURATIONS



SUDDEN DYNAMIC INTERFERENCE



Any type of training can be adjusted according to the athletes' needs by assessing their individual educational progression. The intensity of the single exercise or training session is not only determined by the weight of the item, but also by the speed in performing the entire movement.



FLUJLIFT

EDUCATIONAL

Participate in one of our classes and learn how to use our products at their best.

Reaxing fully supports your activities and allows you to use the whole range of products in the best way. All our courses are developed to train fitness professionals, providing them with programs suitable for their needs and in line with the “**Reaxing Training Method**”. Professionals in the fitness field and qualified Master Trainers have created and developed a wide range of educational programs, all with a highly qualifying direction and a clear and simple educational method behind.

Check our website www.reaxing.com for updates and courses availability.

REAXING[®]
TRAIN TO REACT

WWW.REAXING.COM

