

HOW TO TRAIN USING THE REACT TRAINER

BEGINNER	INTERMEDIATE	ADVANCED
40 - 45	SPEED 50 - 55	30-35 or 60 and higher
30 - 45 Seconds	RECOMMENDED WORK TIME 50 - 75 seconds	80 seconds and higher
30 - 60 seconds or more	RECOMMENDED REST TIME 15-45 Seconds	0-30 Seconds
3 - 5	RECOMMENDED NUMBER OF WORK SETS 5 - 8	9 or more



FRONT

BASIC RIDING REST POSTURE



If uncertain with reACT CONTACT YOUR TRAINER FOR ASSISTANCE

BASIC SQUAT TWO HANDS



INSURE BACK IS STRAIGHT KNEES ABSORB THE UPWARD MOTION OF THE PLATFORM

BASIC SQUAT ONE HAND



ONCE FAMILIAR WITH MOTION USE ONE HAND TO TRAIN FOR BALANCE & CORE STABILITY

FRONT

PLEASE CONTACT A TRAINER IF UNFAMILIAR WITH USE

BASIC SQUAT ONE HAND



ALTERNATE HANDS USING THE SAME BASIC MOTION AND POSTURE. INSURE YOUR BACK IS STRAIGHT AND HEAD LEVEL

LUNGE STANCE TWO HANDS



PLACE FRONT FOOT SO TOES ARE TOUCHING FORWARD LIP OF PLATFORM. AND REAR FOOT WITH HEEL LIFTED INTO THE AIR SO WIEGHT IS FORWARD ABSORB THE UPWARD MOTION OF THE PLATFORM BY FLEXING AND EXTENDING THE FRONT KNEE

LUNGES STANCE TWO HANDS



ALTERNATE FOOT POSITIONS AFTER 1-3 MINS OF USE HOLDING ON TO THE RAILS

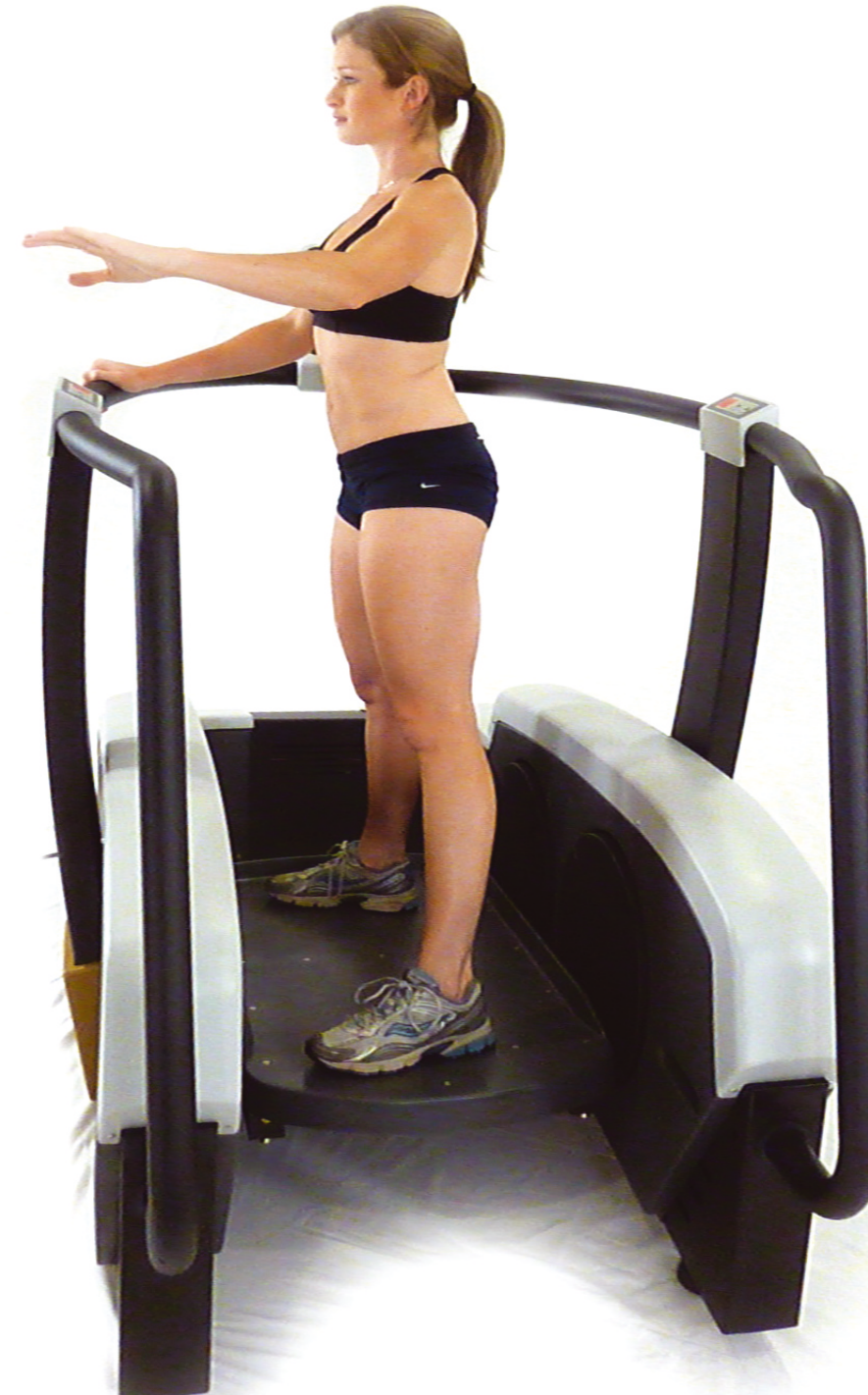
SIDE

SIDE SQUAT TWO HANDS



HOLDING ON TO THE RAIL, FACE TOWARDS THE SIDE OF THE REACT. NOTICE THE STOP AND SPEED BUTTONS. PRESS STOP TO END SESSION IF UNCOMFORTABLE ABSORB THE FORCE OF THE MOTION

SIDE SQUAT ONE HAND



FACING TO THE SIDE, ABSORB THE MOTION OF THE PLATFORM. WHEN COMFORTABLE WITH MOTION SLOWLY HOVER ONE HAND ABOVE THE RAILS. WHEN COMFORTABLE WITH MOTION LIFT YOUR HAND HIGHER

SIDE SQUAT NO HANDS



THIS IS A ADVANCED ROUTINE AND IS SHOWN FOR DEMONSTRATION PURPOSES ONLY. YOU MUST BE UNDER THE SUPERVISION OF A TRAINER WHEN PERFORMING THESE ROUTINES. WHEN COMFORTABLE WITH MOTION, SLOWLY RELEASE YOUR RAIL HAND. LET IT HOVER, FOR QUICK RECOVERY

SIDE FRONT

SIDE SQUAT ONE HAND



HOLDING ON TO THE RAIL, FACE TOWARDS THE SIDE OF THE REACT. NOTICE THE STOP AND SPEED BUTTONS. PRESS STOP TO END SESSION IF UNCOMFORTABLE ABSORB THE FORCE OF THE MOTION

FRONT FACING SINGLE LEG SQUAT



HOLDING ON TO THE RAIL, FACE TOWARDS THE FRONT OF THE REACT. PRESS THE NON WORKING LEG AGAINST THE WORKING LEG FOR STABILITY. FLEX TO ABSORB AS PLATFORM MOVES UP EXTEND LEG AS PLATFORM MOVES DOWNS

FRONT FACING ONE HAND SINGLE LEG SQUAT



HOLDING ON TO THE RAIL, WITH ONE HAND OFF, FACE TOWARDS THE FRONT. ONE LEG OFF THE PLATFORM. ABSORB THE FORCE OF THE MOTION. THIS IS A ADVANCED OPTION YOU MUST BE UNDER SUPERVISION