

Video Gallery

ActivCore Functional Exercise Videos

ActivCore FEX Prone Plank
ActivCore FEX Supine Bridge
ActivCore FEX Push Up

Lie on your stomach with your legs in the Redcord Sling. Support your upper body on your forearms. Tighten your abdominals and bring your body into a plank position. Avoid arching your lower back. Return to the starting position. The exercise can also be performed with straight arms (supported on your hands).

Lie on your back with one leg in each strap. Tighten your abdominals and lift your hips into a straight body position by pressing your legs down. Stabilize your body and avoid arching your lower back. Return to the starting position. Can also be done with one loose leg and the other leg in a strap.

Start in a kneeling position with straight arms and your hands in the straps. Tighten your abdominals and lower your upper body by flexing the elbows. Avoid leaning into the ropes and keep your elbows out to the side. Return to the starting position by extending your arms. The exercise can also be performed in a regular push-up position from the toes.

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