

Performance

ActivCore FEX is a highly effective functional exercise technique because it activates the right muscles, in the right amount, at the right time, which is the key to achieving optimal performance. ActivCore FEX is used by athletes, athletic trainers, coaches, personal trainers, Pilates experts, fitness centers and other fitness professionals.

ActivCore FEX benefits anyone seeking a competitive edge; from elite athletes to the weekend golfer and everyone in between. Benefits of FEX include enhanced functional strength, increased joint stability and range of motion, improved balance, reduced risk of injury and propensity for muscle pain and discomfort.

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