

Wellness

ActivCore FEX is a highly effective functional exercise technique that addresses muscle imbalances and improves core stability. Functional exercise improves functional performance; the ability to move freely and easily without pain. ActivCore FEX is used by personal trainers, Pilates professionals, medical professionals, corporations, fitness centers and fitness & wellness professionals.

ActivCore FEX is a better, more efficient way to activate muscles, dramatically impacting the quality of life for people of all ages and abilities. Benefits of FEX include enhanced functional strength, increased joint stability and range of motion, improved balance, reduced risk of injury, muscle pain and discomfort.

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