

# More attributes of ActivCore

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February 19, 7:54 PM

by Kimberly and Katherine Corp, [NY Pilates Examiners](#)

[ActivCore](#) succeeds in targeting core musculature because of the instability it *safely* introduces into a multitude of exercises.

In the exercise shown, for instance, the legs are suspended and thus free to move right and left independently. This creates controlled instability as the client must first find neutral alignment with legs parallel aligned under each sit bone. As the exercise progresses, the client abducts the legs while keeping the pelvis level and the legs opening an equal distance from the mid line.

Thus, this already strong client is further challenged as the core musculature engages automatically as a response to the added instability of the legs in straps. This exercise triggers the multifidus to fire to help stabilize the pelvis and spine against rotation, lateral flexion and extension which are common habits in this exercise.

Further adding to the challenge of this exercise, it begins prone with the hands under the shoulders and the body in hip and lumbar extension. The first move extends the elbows to push up position, simultaneously contracting the abdominals to bring the spine up from extension into neutral. For beginners, a stack of balance discs or similar supportive objects are placed under the abdomen so that the initial extension is adjusted to each client's needs. Though we are showing you a challenging exercise, every exercise in the [ActivCore](#) repertoire can be modified for clients of all ages and fitness levels.

To experience the marvelous core training benefits of [ActivCore](#) for yourself, call [Pilates on Fifth](#) for an appointment or visit [www.activcore.com](http://www.activcore.com) to find a studio offering [ActivCore](#) near you!



Push Up Plank with Abduction on [ActivCore](#) at [Pilates on Fifth](#)