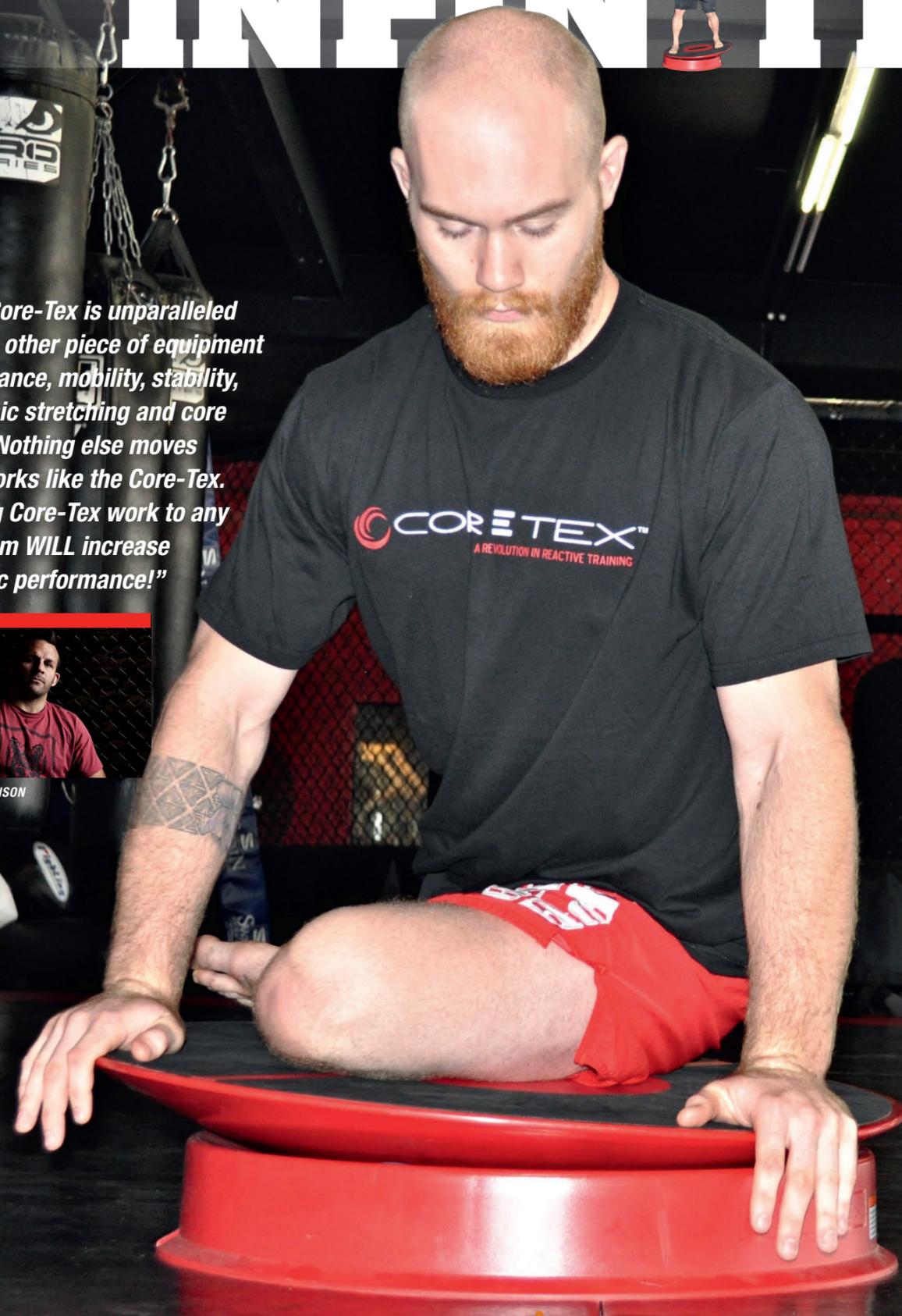


INFINITE POSSIBILITIES

“The Core-Tex is unparalleled by any other piece of equipment for balance, mobility, stability, dynamic stretching and core work. Nothing else moves and works like the Core-Tex. Adding Core-Tex work to any program WILL increase athletic performance!”



KENNY JOHNSON



CORE-TEX™

A REVOLUTION IN REACTIVE TRAINING

Want a cast-iron core and unrivaled balance and agility? The Core-Tex's endless range of hardcore training exercises are sure to turn you into the ultimate athlete

THFE is proud to report on a world first in the fitness, sport and conditioning realm. For all you warriors, bring on the Core-Tex. Creating a truly three-dimensional spinning platform for functional movement, users of all levels can challenge and train their entire body in multiple positions using unique motion to improve strength and mobility.

Already exploding onto the strength and conditioning circuit, the Core-Tex is rapidly joining the training camps of some of the best MMA gyms across the US, including the high-profile Alliance Training Center, home of UFC bantamweight king Dominick 'The Dominator' Cruz. The fast-footed star uses the Core-Tex to prepare his core and stabilization muscles before stepping into the cage, while a formidable roster of champion athletes are following suit by adopting it into their training regimes, including the US Olympic Ski Team, the US Military, a range of NFL and Major League Baseball players and Premiership soccer teams such as Manchester United.

The Core-Tex functionally integrates the body's core through a full spectrum of available movements. Due to its versatility, the possibilities are endless.

"It's so much more than something to stand and balance on," says Anthony Carey, inventor of the Core-Tex. Holding a Master's degree in biomechanics and athletic training, while being *Personal Fitness Professional* magazine's 2009 'Personal Trainer of the Year,' Carey knows exactly what athletes need to take their training to the next level. "The Core-Tex forces the athlete to unconsciously stabilize their joints during movement. Its unpredictability and speed makes an athlete prepared in the same way they need to be prepared when their opponent puts torque on their body trying to knock them off balance. It's the ability to make the nervous system speed up on how quickly it takes to react."

The Core-Tex's unique design trains the nervous system to react in unpredictable circumstances.

"The nervous system is the software that runs our body. No matter what we're doing, even if it's a single breath, the nervous system is controlling that," explains Carey. "The nervous system is adaptive. If we train something constantly, that's what our body learns – that's what it becomes conditioned to. But when we introduce variety and unpredictability from the Core-Tex, this stimulation prepares the muscles for the unpredictability they're gonna get inside the cage."

The Core-Tex can evaluate weight distribution, balance and balance shifts during sport-specific tasks. It is the only device on the market that allows movement in all three planes of motion while its platform translates at the same time, with all other devices either work in three planes on a fixed axis with no translation of motion, or translate in only one plane. It also provides unique advanced rehabilitation and performance movements for the shoulder girdle and upper body. And it doesn't stop there.

"When using the Core-Tex, you can rotate your upper body on it while rotating the lower body the opposite direction, thus challenging the core vertically. That's what a fighter experiences when they're kicking or they're punching," says Carey.

"As a grappler, you can lay on the Core-Tex on your back with your legs up grabbing a heavy bag with your feet, simulating having someone in your guard. Your pivot point is the center so it's a huge conditioning effect and it's also working the glutes and lower back muscles that you wouldn't work if you were just laying static.

"Yet the best thing is you put it in the hands with somebody who plays with it for fifteen minutes and they've already come up with 100 workouts with it. It's versatile, simple and truly limitless." •



TO FIND OUT HOW THE CORE-TEX CAN RAISE YOUR GAME TO ELITE LEVELS VISIT

CORETEXTFITNESS.COM