

## What is Core Performance training?

Redcord is a unique and effective concept for functional training. Carefully designed exercises using your own body weight as resistance is at the core of the concept. Functional exercise with Redcord consists of three dimensional strength training and has a high carry over effect to sporting situations.

### Benefits

It is great for improving strength, muscular endurance, coordination, balance and stability. This is what we refer to as functional strength. If you have a weak link in your body... the Redcord will highlight it.

The Redcord creates an extremely unstable environment for performing exercise, which is fantastic for your body as it is forced to provide extra control to be able to perform the activity. The options for progressing exercises and creating further instability are endless so you can constantly be making things harder as you improve.

The beauty of it is that an unlimited amount of exercises can be performed to cater for everyone from those who are injured right through to high level athletes. There isn't a muscle in your body that

can't be trained with Redcord. Suspension exercises are effective and useful for anyone who would like to improve their daily function. The exercises are used by therapists, ordinary people and athletes worldwide for rehabilitation, functional activity, injury prevention and performance training. The methods used are backed by science with numerous published scientific articles in reputable journals such as Spine reporting positive results.

### Programmes

Instruction in Advanced Core Training may utilise a Redcord and a variety of equipment including; Swiss balls, Pilates reformer bed and the trapeze table.

The therapists instruction concept is a very personalised individual program .



### Class format

As every patient has different conditions, needs and availability, Physica offers classes in multiple formats:

- 1 : 3 small group sessions
- 1 : 1 individual sessions

Your therapist will discuss the most suitable option for you.

### Location

All classes are conducted in the gym at Physica Ringwood.

### Class times

Class times vary. Please check our website for latest times. [www.physica.com.au](http://www.physica.com.au)

## Fees

The costs vary between individual and class sessions. Please check with the administration team for the current fee structure.

If you are a Workcover, TAC or DVA patient your insurance company will cover your clinical sessions.

Depending on the level of cover with your health insurance, you may be reimbursed for supervised exercise sessions.

## What to bring

Wear comfortable gym clothing and socks. Please bring a towel and water bottle to your session.

## 24 Hour Cancellation Policy

Due to the heavy demand for Pilates, and our utmost effort to accommodate all clients needs, we have introduced a policy where clients MUST give us at least 24 notice of any cancellation.

We aim to minimise our wait list. We do charge the full fee if we are not notified of cancellation.

## Red Cord

"Since Redcord exercises can activate several muscle groups during a single exercise, training time is reduced. A ten minute workout session three times a week will be sufficient to give good results."

More information about RedCord can be found online on our website [www.physica.com](http://www.physica.com) or [www.redcord.com](http://www.redcord.com)



# CORE PERFORMANCE

## How it helps you



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