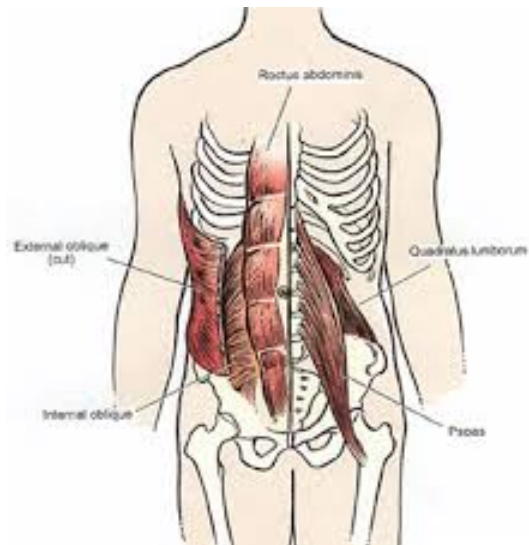


Lisa Morgan

Muscles of the trunk/core - important for stability:



Internal and External Obliques

These are used when we twist our torso, reach for something across the body, diagonally high and/or low.

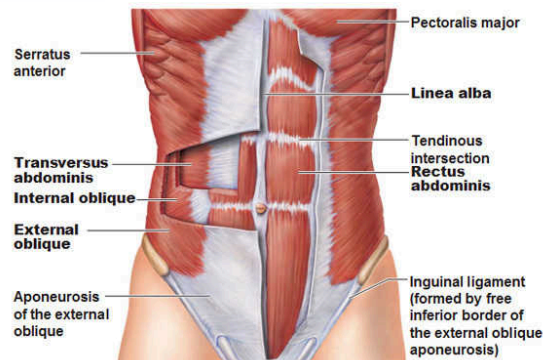
Transversus Abdominis

This muscle is a wide band across the back of the torso, supporting our spine. Very important in supporting our trunk and spine. Generally accessed when we pull our “belly to spine” with an exhale.

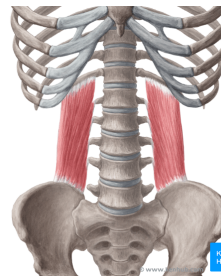
Rectus Abdominis

This is a large muscle running down the front of our torso. Engaged when we curl forward or do a traditional “sit up”.

Quadratus Lumborum - low connects the hip bone and lower to the 12th rib. Engaged when we trunk, stand up straight. It lower back and is a workhorse to



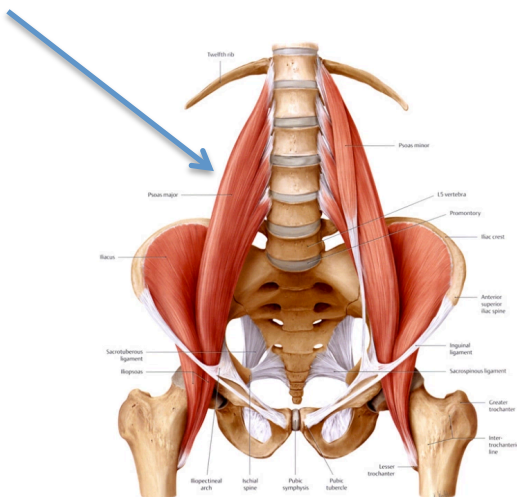
back muscle that
back vertebrae
side bend the
stabilizes the
keep us upright.



<http://www.healthline.com/human->

[body-maps/abdomen-muscles](#)

Iliopsoas - The two muscles that make up the iliopsoas group are the psoas major and iliacus. These two muscles are VERY important in the hip flexor group and as for low back stabilizers, although difficult to feel them. We access this muscle set when walking, and in class, we use it in seated marches. It is also an important muscle group to stretch. Our lunges help to stretch them as well as the hip flexor. Use a chair or counter to hold on to,



OR



Isolating and working the lower abdominals: If you are comfortable lying on your back with knees up – this is a nice way to relax the spine and specifically work the lower abdominals (transverses) and also rectus abdominus (vertical 6-pack muscle).



Starting from a neutral position, tuck the tail bone, “curling” or raising just the lower back, keeping the mid back on the ground. Feel the abdominals help to initiate and hold this position. Then lengthen back down. 5-10 reps.



A

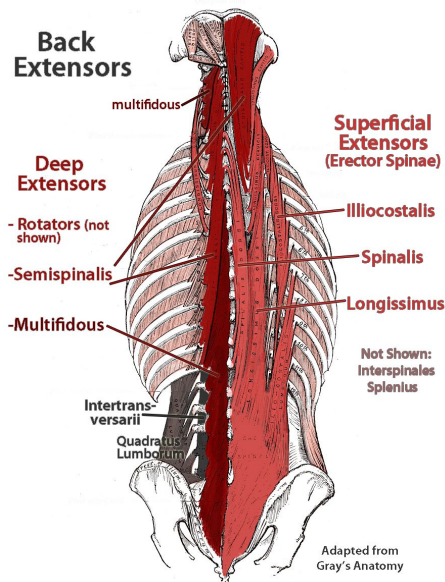
Add the full bridge. Begin with the previous exercise and follow all the way to the bridge (see below). Use your breath on the lift up, AND the lowering down. Your legs will be engaged as well. Make sure your heels are closer to your body so they don't slide out as you raise the hips. Repeat 5-8 times.

B



Abdominal oblique work: Sit in a chair and hold a reasonable weighted object (dumb bell, heavy book, energy ball, etc. – approx.. 1 lb). Hold it with elbows bent with the object slightly in front of the body. Sitting tall with feet flat on the ground in front of you and holding the weight in front of you. Take a deep breath in, and as you exhale, feel your belly going in or back towards your spine and slowly rotate to the right about 30-40 degrees. Come back to center and repeat to the other side. Do this 5-10 times right and left. You can vary this by the range of motion and also how high or low you hold the weight in front of you.

Back extensor muscles: We use these muscles when standing tall to support the spine in it's upright and lengthened position. These muscles can get stretched out and also over used when leaning forward. Strengthening these muscles, combined with across the body trunk and arm work can balance our strength and coordination nicely. Either standing behind a chair OR on all fours on the floor, extend Rt. leg and left arm, away from each other and your center to full extension. Repeat 5-10x times and then switch sides. 3-5 reps if possible. Always remember to then stretch when done.



2. On all fours, followed by stretch (Cat/Cow)
1. Standing alternating side extension with stretch.



1.

