

The Muscles

By

Obliques

- It helps you rotate your waste

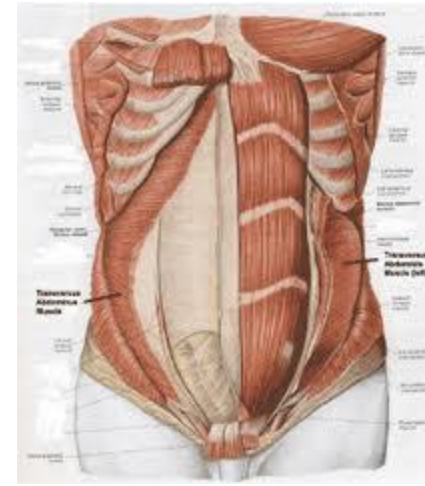
Transverse Abdominous

- It helps you stabilize your back

Muscle's Pictures



Oblique



Transverse Abdominus

Muscles Origination and Insertion

- The origins of the oblique are on the ribs near where they meet the cartilages.
- The medial edge of the oblique meets the lateral edge of rectus abdominis by a tendon completely covering the latter muscle. The lower edge attaches to the anterior half of the iliac crest and the inguinal ligament.
- The transverse abdominus are fleshy fibers, from the lateral third of the inguinal ligament, from the anterior three-fourths of the inner lip of the iliac crest, from the inner surfaces of the cartilages of the lower six ribs, interdigitating with the diaphragm, and from the lumbodorsal fascia.
- The transverse abdominus muscle ends anteriorly in a broad aponeurosis, the lower fibers of which curve medially and downward are inserted into the crest of the pubis and pectineal line, forming the inguinal aponeurotic falx.

Bibliography

- http://www.artanatomy.com/?page=views&view=table_of_contents
- http://en.wikipedia.org/wiki/Transversus_abdominis_muscle
- <http://timpigottphysio.wordpress.com/2010/11/28/core-stability-in-horse-riders-rda-article/>
- <http://www.yorku.ca/earmstro/journey/abdominals.html>

How to strengthen the transverse abdominis

- Hold a 6-lb. medicine ball over and behind your head, and stand about 10 feet away from a sturdy wall. Step forward twice and throw the ball against the wall without moving your spine. Catch the ball after it bounces on the ground once, and repeat the exercise as fast as you can with control. Perform three sets of 8 to 10 throws.
- Set the height of the handle of the cable machine to the highest setting. Stand with your shoulders facing the handle and your legs about hip-width apart. Grab the handle with both hands. Exhale and pull the handle down and across your body to your left hip without moving your body or legs. Keep your arms close to your body as you pull. Reverse the movement pattern gradually while maintaining your posture. Perform three sets of 8 to 10 reps on each side of your body.

How to strengthen the transverse abdominis demonstration

- Soccer ball throw



- standing cable chop

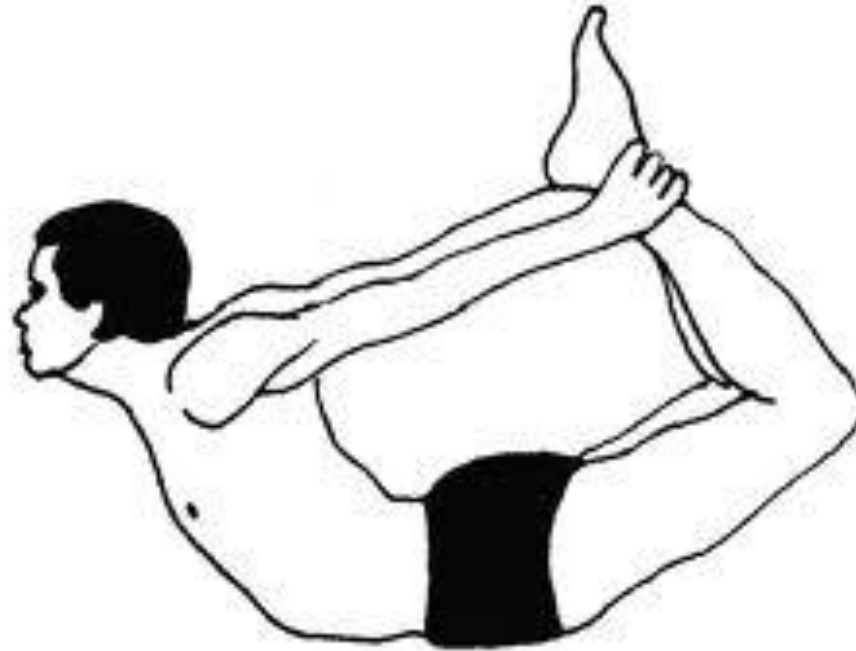


How to stretch the transverse abdominis

- To do this stretch, lie face down on the floor and bend your knees. Then, raise your head, chest and legs off the floor and arch your back. Grab your ankles with straight arms and look up. To increase the stretch, raise your legs toward the ceiling and push your heels away from your gluteus. Your knees should remain a hip's distance apart and only your stomach will touch the floor.

How to stretch the transverse abdominis demonstration

Bow pose

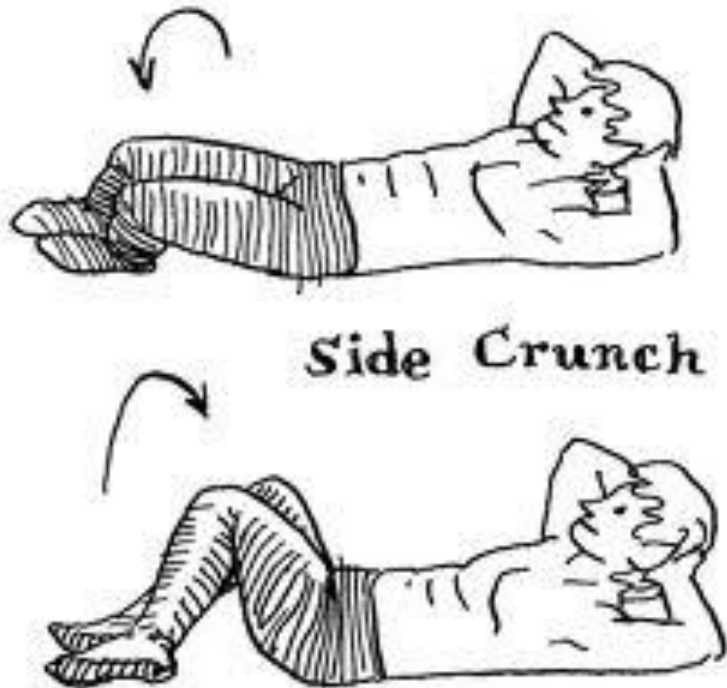


How to strengthen your oblique's

- Medicine Ball throw. Stand a few feet away from a wall with your shoulder facing the wall. Holding a medicine ball, twist your torso powerfully in order to throw it against the wall. Catch it when it comes back to you and repeat.
- Modify your regular crunches by twisting every time you come up off the floor. With your hands behind your head to keep them out of the way and your knees bent, lift and turn. Build up until you can do 50 reps on each side. Suck in your abs as you pull up and concentrate on the oblique's. Do not use your arms to give you any additional pushing power. Hold the raised position and count to ten. Perform the lifts quickly to sculpt the oblique's.

How to strengthen oblique's demonstration

Side crunch



medicine ball throw



How to stretch oblique's

- Lie flat on floor or mat. Bend knees and place feet flat on floor. Bring both knees and hip to one side. Hold stretch. Repeat with opposite side.

How to stretch oblique's demonstration

lying bent leg stretch



credits

- http://www.bodybuilding.com/fun/best_oblique_workouts.htm
- <http://www.livestrong.com/article/6806-tone-strengthen-obliques/>
- <http://www.exrx.net/Stretches/Obliques/LyingBentLeg.html>