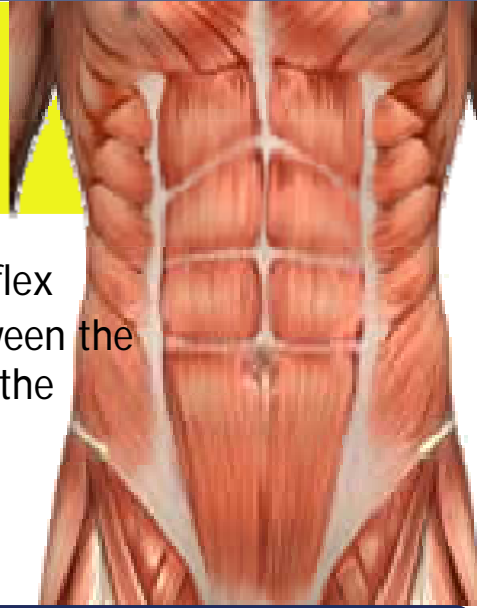




MUSCLE OF THE MONTH

Rectus Abdominis



The Rectus Abdominis helps to flex the spinal column, this narrows the space between the pelvis and the ribs. It originates on the crest of the pelvis and inserts on to the 5th, 6th and 7th ribs and inserts onto the intertubercular groove of the humerus. The role of the Rectus Abdominis is to help stabilize the trunk during movements from the head and the extremities of the body.

EXERCISES

Crunches



Reverse Crunch



Pointers

Crunches

1. Lay on your back with knees bent and feet flat on the floor
2. Lift your shoulders up pushing your lower back flat to the floor. Only crunch up until your lower back is flat on the floor.
3. Keep your neck in line with your spine, and breathe out as you come up.

Reverse Crunch

1. Lie on the floor and place hands on the floor or behind the head.
2. Bring the knees in towards the chest until they're bent to 90 degrees, with feet together or crossed.
3. Contract the abs to curl the hips off the floor, reaching the legs up towards the ceiling.
4. Lower and repeat for 12-16 reps.
5. It's a very small movement, so try to use your abs to lift your hips rather than swinging your legs and creating momentum.

Resistance training is all about keeping your muscles under tension. Always ensure your repetitions are done slowly and in a controlled manner.

Visit www.trenchhealth.com.au for more Muscles of the month

