

All About Abs

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Core Anatomy

Training Techniques

Functional vs isolated
Bracing vs Hollowing
Flexion , Extension, Rotation
Load

Body Weight

(Standing)

Isolated torso twist
Knee lift into midline
Add speed
Lift knee out to side
Side bending and torso twisting

(4 point kneeling)

Cat and cow
One knee to chest and extend – slow 4, fast 8
Add push up with leg extended back
Repeat with leg extended to side

(Prone)

Alternate superman
Full superman
Just upper body extend / add twist torso
Flutter – add side bending

(supine)

Crunch variations

1. Reverse – add torso twist
2. Wide legs reach through 1-2
3. Legs straight up reach sides 3-4
4. Legs down 5-6
5. Lower crunch 7-8
6. Add together (2-5)
7. Scissor
8. Body rolls
9. End in V sit

(Side lying)

Side plank

1. Elbow
2. Hand – with hip lift and lower
3. Upper leg raise, arm raise
4. Curl in and up

Prone plank

Elbow Plank

1. Shift weight forward and back
2. Lift leg
3. Slight hip lift and lower
4. Walk to hands and lower to elbows

Other side lying

Prone plank again

Child's pose

Cat and cow

Medicine Ball

Standing

1. Hand to hand toss
2. Figure 8 between legs
3. Circle around body
4. Combo of 1-3
5. Side bend – ball at waist, ball at shoulder

Seated

1. 1-3 combo – both directions (#2 in-between)
2. Lower and lift torso with ball over head and diagonal
3. Around body
4. Ball between knees - knees twist to floor / V sit knees flex and extend
5. Ball throws and twist to side
6. Supine lying stretch
7. Crunch with ball resting on shin – extend legs out and in

Prone

1. Push up
 - a. Pass from one hand to other
 - b. Tricep
 - c. Slow and fast
2. Plank
 - a. Leg extend, knee in, knee out, leg out, x under, out to side, leg back straight, down

Child's pose with ball out stretched

Up to knees - roll ball to side body with opposite arm side bent

Roll out to prone lying

1. Ball on legs – superman
2. Only upper body
3. Only legs

Cat and cow

Thread the needle

Stability Ball

Standing

1. Holding ball torso twist
2. Small circles in front of body – large circles
3. Bent side, flex and extend
4. Ball to floor in front of body – roll out and in flex and extend
5. Wood Chop

On knees

1. Child's pose rolling ball out and in
2. Plank elbows on ball
 - a. Hips up and neutral
 - b. Lift leg, knee in, knee out, down
 - c. Twist lower body
3. Same with hands on ball
4. Move up on ball – opposite arm and leg extend
5. Back extend
 - a. Both hands holding, one hand, other hand, no hand, twist

Feet on ball

1. Push up regular
 - a. Leg lift
 - b. Knee in
 - c. Pike
 - d. One leg pike
 - e. X2

Side lying triangle ball between feet

1. Hip up
2. Arm up
3. Push up

Supine – ball between feet

1. Ball feet to hand transfer
2. Lower body side bend
3. Full sit up with ball overhead – add twist
4. Bridge

Other side lying

Seated and supine on ball

1. Walk seated to supine with arm in, up, out
2. Supine to prone
3. Supine to bridge
 - a. Shoulder to hands meet
 - b. Both legs to one leg balance
4. Crunch variations holding

Stretch on ball

1. Hip rotation
2. Supine roll to straight leg
3. Anterior / posterior tilt
4. Lateral tilt

Gliding

Prone

1. 4 point kneeling - opposite arm and leg extend – disc under foot
2. Ab slide out and in - discs under hands
3. Kneeling pushups
4. Back extension

Side lying

1. Arm extend out and in
2. Triangle with leg swing

Supine

1. V sit progression – add torso rotation
2. Discs between feet
 - a. V sit in and out
 - b. Straight leg side to side lower
 - c. Hand to feet transfer

Other side lying

Prone

1. Push ups – discs under feet
 - a. Tuck, pike, one knee, both knees

Childs pose
Thread the needle
Cat and cow

Recommended Reading

Anatomy of Movement
Complete Book of Core Training
Strength Training Anatomy
Stronger Abs and Back
All About Abs DVD
Program Design for PTs

Calais German
Bromgardt
Delavier
Brittenham
Mylrea
Brooks