



Get Fit. **Life Tip.** **Body 101 - Abs**

Everyone's favorite body part is here...the Abs! The core (aka Abs) is responsible for much of the motion in the body: spinal flexion, lateral flexion, rotation, expansion of the thoracic cavity and compression of the abdomen.

There are 5 major muscles that make up abdominal musculature and help stabilize the hip complex (LPHC)

Muscle	Function
Rectus Abdominis	Flexion of trunk/lumbar vertebrae
External Oblique	Rotates torso
Internal Oblique	Compresses abdomen; unilateral contraction rotates vertebral column to same side
Transverse Abdominis	Compresses the abdomen
Diaphragm	Expansion of the thoracic cavity

Every time you bend, turn, twist or rotate your core is engaged. A strong core is important to help prevent injury and increase total body strength and power. When you do core exercises be sure to work the muscles in all 3 planes of motion and follow proper breathing to help with the abdominal contraction. In order to work all of the core muscles in the various planes you will need to do a variety of exercises and be sure to change up the order every once in a while.

Learn more about Get Fit with Bill Witte at www.bwittegetfit.com

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