



Robyn Dey RMT
Massage Therapy

Rectus Abdominus Strengthen: Curl-Downs

Sit on the floor with knees bent at 90 ° and feet flat on the floor. Your lower back must be in neutral position. Bend your knees slightly if necessary. With both arms held straight in front of you, pull your belly button inward towards your spine while breathing normally to engage your deep abdominals. Then and slowly roll down, progressively unrolling your spine on the floor one vertebra at a time. Lower the trunk only to the point at which you can maintain a flat low back and then return to the sitting position.





Rectus Abdominus Strengthen: Curl-Ups

First, pull your belly button inward towards your spine while breathing normally to engage your abdominal muscles and then lift the head.

- Progress by lifting the shoulders until the shoulder blades and thorax clear the mat, keeping the arms horizontal. A full sit-up is not necessary, because once the thorax clears the mat, the rest of the motion is performed by the hip flexor muscles.
- Further progress the difficulty by changing the arm position from horizontal to folded across the chest and then to behind the head; then by holding a weight or medicine ball. The weight is held with the shoulders at 90° flexion.





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Rectus Abdominus Strengthen: Double Knee To Chest

To emphasize the lower rectus abdominis and oblique muscles, first set a posterior pelvic tilt, then bring both knees to the chest, and return.

- The movement should be initiated and maintained using your abdominal muscles not your hands.
- Progress the difficulty by not bringing your knees as high to your chest.

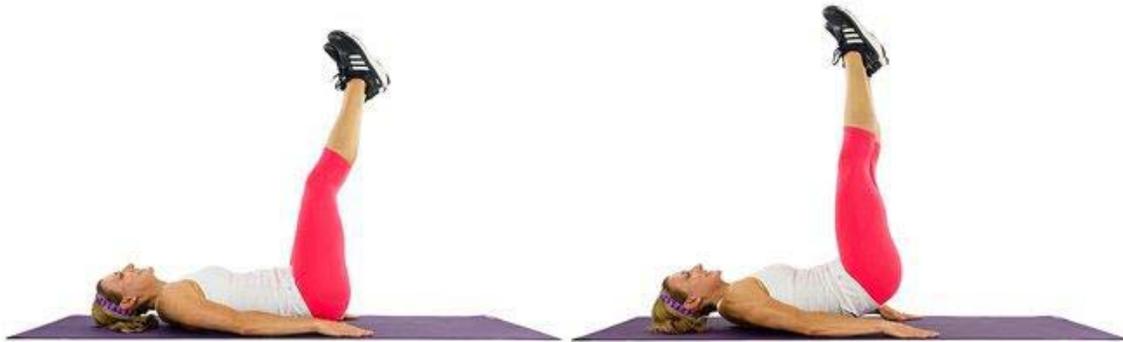




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Rectus Abdominus Strengthen: Pelvic Tilts

Begin with the hips at 90° and straight knees; then lift the buttocks upward off the mat (small motion). The feet move upward toward the ceiling. The movement should come from the abdominal muscles, do not push against the mat with the hands.



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