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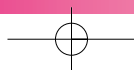
Stretches for the Stomach

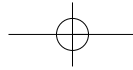
**028: On Elbows
Stomach Stretch**

**029: Rising Stomach
Stretch**

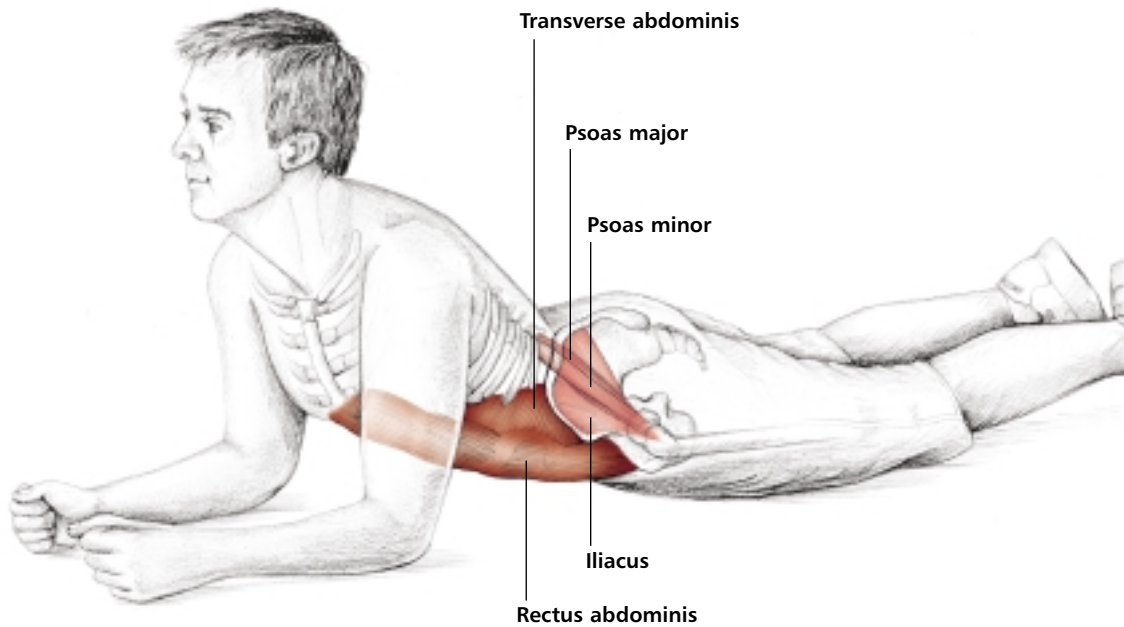
**030: Rotating
Stomach Stretch**

**031: Back Bending
Stomach Stretch**





028: ON ELBOWS STOMACH STRETCH



Technique

Lie face down and bring your hands close to your shoulders. Keep your hips on the ground, look forward and rise up onto your elbows.

Muscles being stretched

Primary muscles: Transversus abdominis. Rectus abdominis.

Secondary muscles: Psoas major and minor. Iliacus.

Sports that benefit from this stretch

Basketball. Netball. Cricket. Baseball. Softball. Boxing. Golf. Hiking. Backpacking. Mountaineering. Orienteering. Ice hockey. Field hockey. Ice-skating. Roller-skating. Inline skating. Martial arts. Rowing. Canoeing. Kayaking. Running. Track. Cross-country. American football (gridiron). Soccer. Rugby. Snow skiing. Water skiing. Surfing. Walking. Race-walking. Wrestling.

Sports injury where stretch may be useful

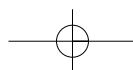
Abdominal muscle strain.

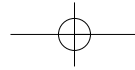
Common problems and additional information for performing this stretch correctly

For most people who spend their day in a seated position, (office workers, drivers, etc.) the muscles in the front of the body can become extremely tight and inflexible. Exercise caution when performing this stretch for the first time and allow plenty of rest time between each repetition of this stretch.

Complementary stretch

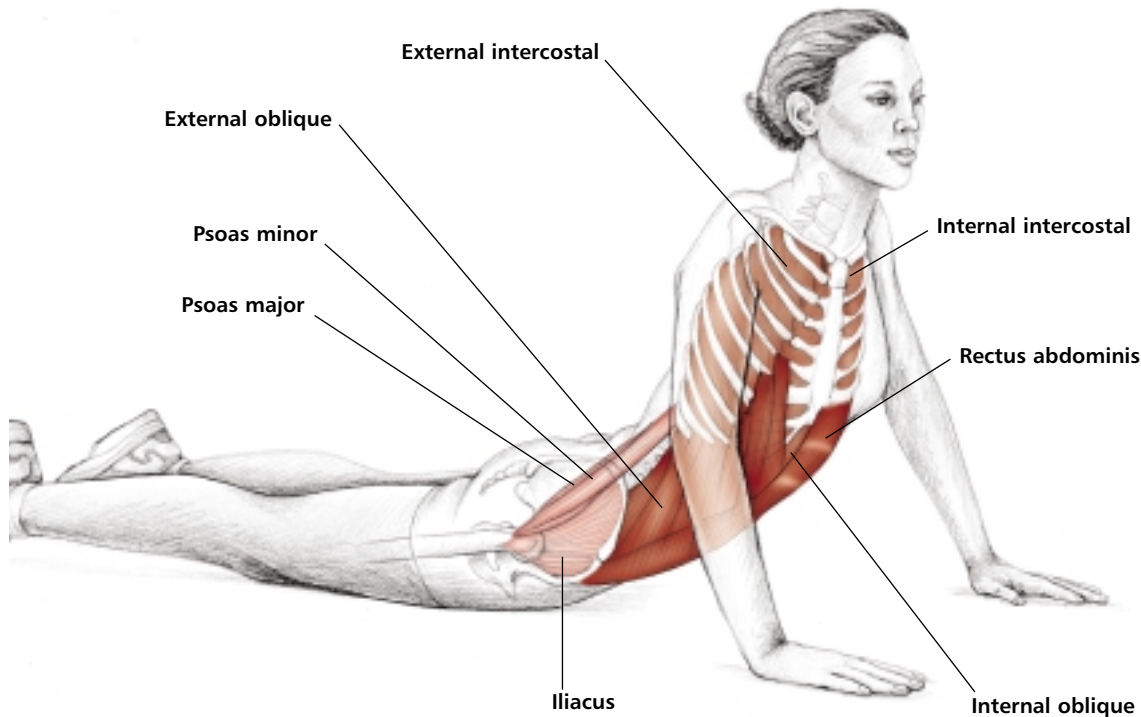
#030.





029: RISING STOMACH STRETCH

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Technique

Lie face down and bring your hands close to your shoulders. Keep your hips on the ground, look forward and rise up by straightening your arms.

Muscles being stretched

Primary muscles: External and internal intercostals. External and internal obliques. Transversus abdominis. Rectus abdominis.

Secondary muscles: Psoas major and minor. Iliacus.

Sports that benefit from this stretch

Basketball. Netball. Cricket. Baseball. Softball. Boxing. Golf. Hiking. Backpacking. Mountaineering. Orienteering. Ice hockey. Field hockey. Ice-skating. Roller-skating. Inline skating. Martial arts. Rowing. Canoeing. Kayaking. Running. Track. Cross-country. American football (gridiron). Soccer. Rugby. Snow skiing. Water skiing. Surfing. Walking. Race walking. Wrestling.

Sports injury where stretch may be useful

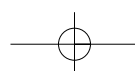
Abdominal muscle strain. Hip flexor strain. Iliopsoas tendonitis.

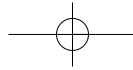
Common problems and additional information for performing this stretch correctly

For most people who spend their day in a seated position, (office workers, drivers, etc.) the muscles in the front of the body can become extremely tight and inflexible. Exercise caution when performing this stretch for the first time and allow plenty of rest time between each repetition of this stretch.

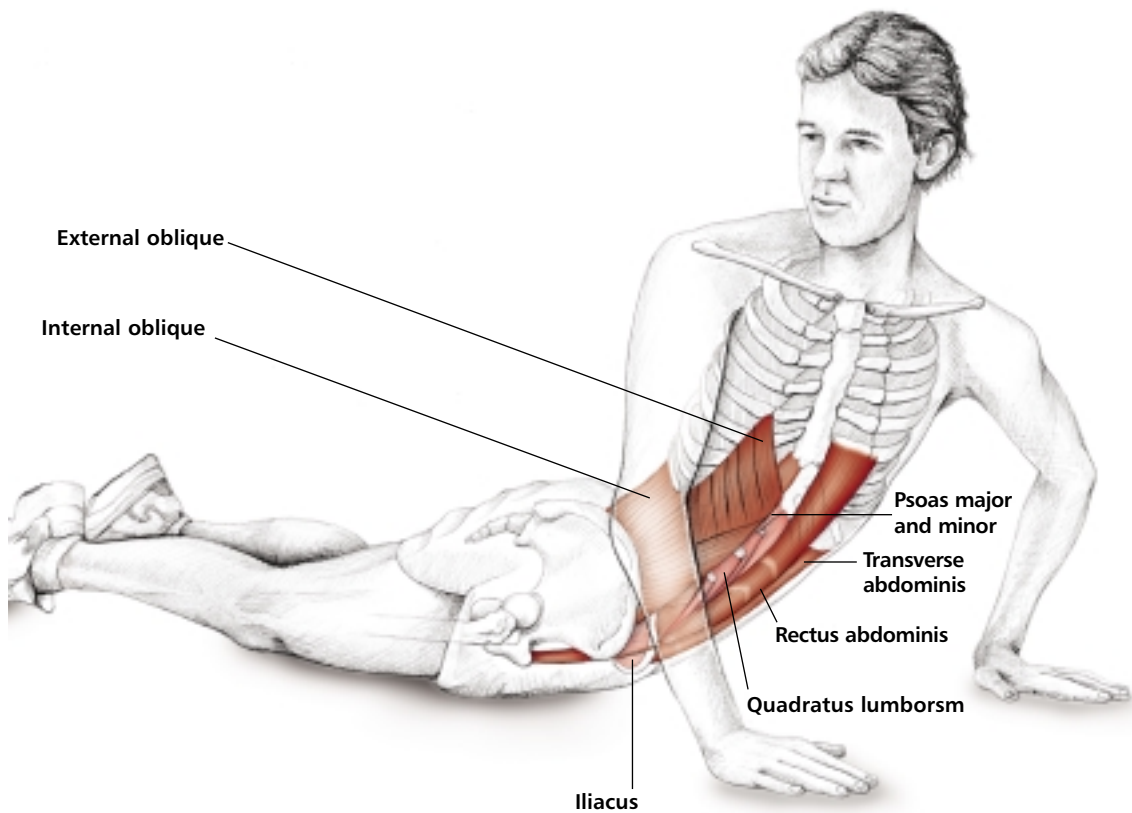
Complementary stretch

#030.





030: ROTATING STOMACH STRETCH



Technique

Lie face down and bring your hands close to your shoulders. Keep your hips on the ground, look forward and rise up by straightening your arms. Then slowly bend one arm and rotate that shoulder towards the ground.

Muscles being stretched

Primary muscles: External and internal obliques. Transversus abdominis. Rectus abdominis.
Secondary muscles: Quadratus lumborum. Psoas major and minor. Iliacus.

Sports that benefit from this stretch

Basketball. Netball. Cricket. Baseball. Softball. Boxing. Golf. Hiking. Backpacking. Mountaineering. Orienteering. Ice hockey. Field hockey. Ice-skating. Roller-skating. Inline skating. Martial arts. Rowing. Canoeing. Kayaking. Running. Track. Cross-country. American football (gridiron). Soccer. Rugby. Snow skiing. Water skiing. Surfing. Walking. Race walking. Wrestling.

Sports injury where stretch may be useful

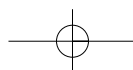
Abdominal muscle strain. Hip flexor strain. Iliopsoas tendonitis.

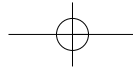
Common problems and additional information for performing this stretch correctly

For most people who spend their day in a seated position, (office workers, drivers, etc.) the muscles in the front of the body can become extremely tight and inflexible. Exercise caution when performing this stretch for the first time and allow plenty of rest time between each repetition of this stretch.

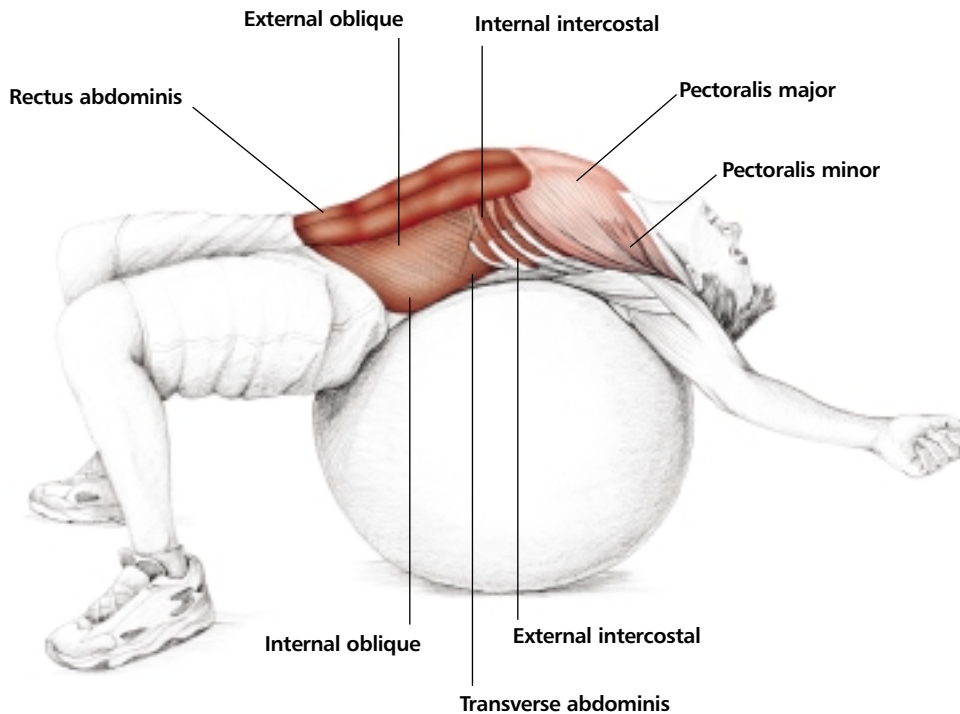
Complementary stretch

#031.





031: BACK BENDING STOMACH STRETCH



Technique

Sit on a Swiss ball and slowly roll the ball forward while leaning back. Allow your back and shoulders to rest on the ball and your arms to hang to each side.

Muscles being stretched

Primary muscles: External and internal intercostals. External and internal obliques. Transversus abdominis. Rectus abdominis.

Secondary muscles: Pectoralis major and minor.

Sports that benefit from this stretch

Basketball. Netball. Cricket. Baseball. Softball. Boxing. Golf. Hiking. Backpacking. Mountaineering. Orienteering. Ice hockey. Field hockey. Ice-skating. Roller-skating. Inline skating. Martial arts. Rowing. Canoeing. Kayaking. Running. Track. Cross-country. American football (gridiron). Soccer. Rugby. Snow skiing. Water skiing. Surfing. Walking. Race walking. Wrestling.

Sports injury where stretch may be useful

Abdominal muscle strain. Chest strain. Pectoral muscle insertion inflammation.

Common problems and additional information for performing this stretch correctly

For most people who spend their day in a seated position, (office workers, drivers, etc.) the muscles in the front of the body can become extremely tight and inflexible. Exercise caution when performing this stretch for the first time and allow plenty of rest time between each repetition of this stretch.

Complementary stretch

#029.

