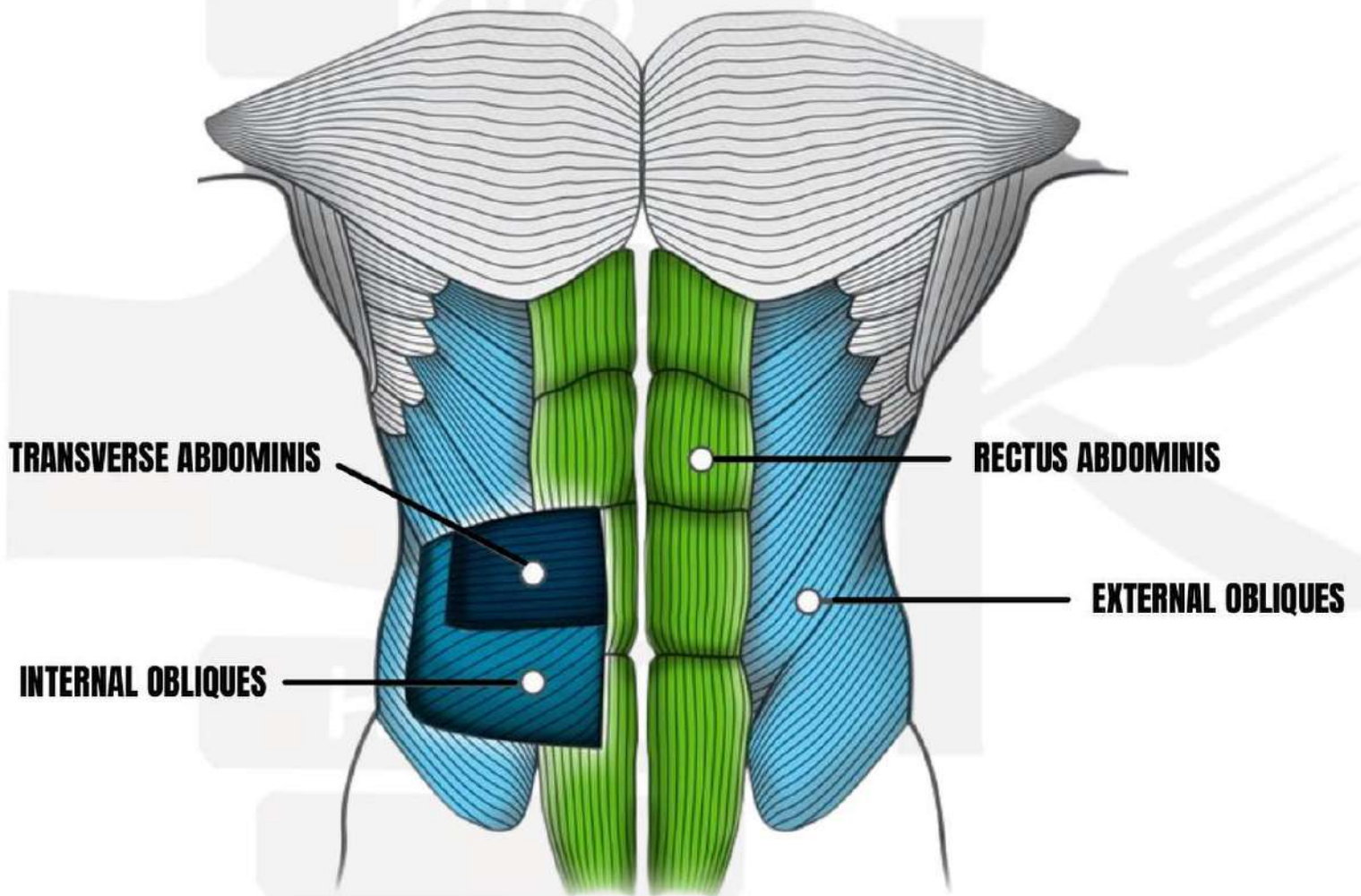


# ANATOMY OF THE ABDOMINALS

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# RECTUS ABDOMINIS



Ab Wheel Rollout



Throne Weighted  
Leg Raises



Reverse Crunches



Hanging Leg Raises



Cable Crunches



# INTERNAL/EXTERNAL OBLIQUES



**Bicycle Crunches**



**Dumbbell Side Bends**



**Weighted Russian Twists**



**Side Planks**



# HOW TO VACUUM



- **Stand Upright**
- **Hands on hips**
- **Exhale all the way as you expand your chest**
- **Suck your stomach in**
- **Visualize touching the belly button to the backbone**
- **HOLD!**

**1 isometric hold ('X' secs) = 1 rep**

To progressive overload, increase the hold time every week.

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# TRANSVERSE ABDOMINIS

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## Arnold's Favorite Stomach Vacuums

SWIPE FOR THE TECHNIQUE



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