

# Anatomy Asana

## Core

Mary Geibel

supports upright spine/posture

holds organs in place

major stabilizer for body's actions

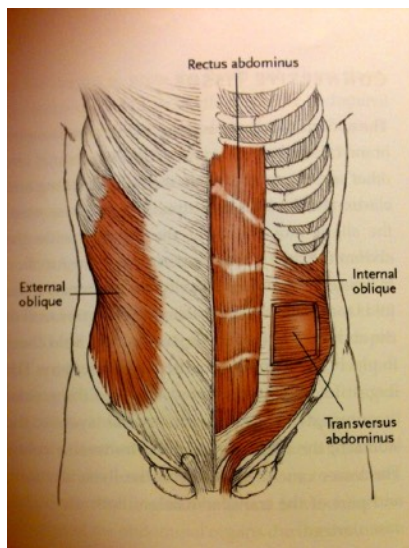
multi-joint/ planar movement

think function...then train, move

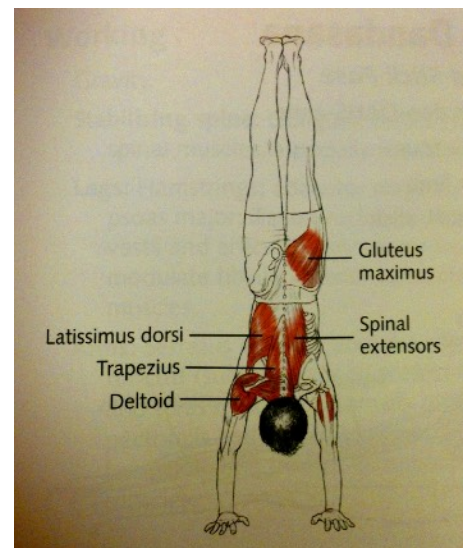
requires mobility & strength to STABILIZE

synergistic unit with pelvis, ribs & spine

often interacts with psoas (hip flexion)



rectus  
abdominis  
external  
obliques



latissimus  
dorsi  
spinal  
extensors

### **‘old habits’**

all up front

moving forward

1 plane of training (sagittal)

“I have weak abs”

no engagement....‘rock hard’

metabolic syndrome/menopausal fat

crunching, crunching, crunching....slouch

isolated from body

stretching will fix the pain

surrender to kyphosis  
tight abs, pecs....

### **‘new habits/awareness’**

360 wrap

backbend, twist, invert....

multi-planar movement mimics life!

how is your back strength???

balance between stabilizing and easy breath

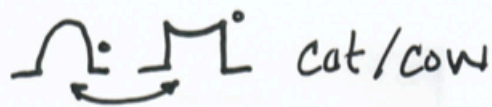
fat layer is not abs! (remove with cardio)

functional training, yoga, balanced strength

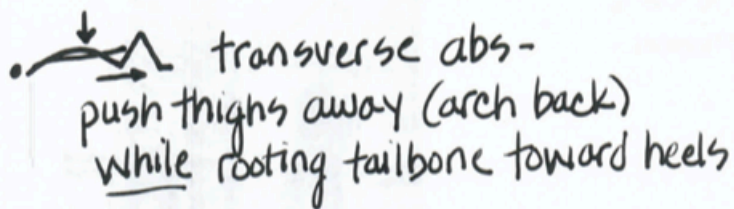
affected by calves, hips, shoulders, pecs

RICES  
(rest, ICE, compression, elevate, stabilize)

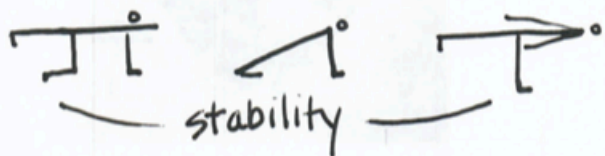
stretch front of body, strengthen back of  
body



cat/cow



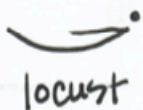
transverse abs -  
push thighs away (arch back)  
while rooting tailbone toward heels



stability



obliques - come up  
super slow!



locust

or



wheel



dolphin



dolphin push-ups



boat or



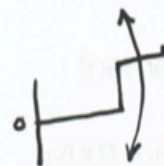
or



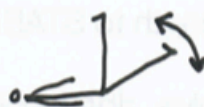
roll up/down

(then try w/ bound angle legs)

core



twist legs side  
to side very slowly



lower 1 leg almost  
to floor (can do  
with bent knees)



move opposite arm  
& leg on diagonal



hand on ♥  
hand on abs

3 minutes - deep  
breaths