

Abdominal 360 Wraps: Phase One



Lay in a comfortable position and place your hands on your lower abdomen, just inside your hip bones.

Take a deep belly inhale, breathing diaphragmatically. Think big belly, hard belly.

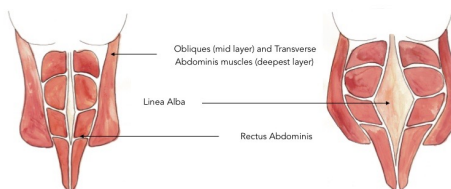
Exhale and begin to engage your core.



Imagine your lower abdominal muscle drawing your hip bones in towards your midline (note: your hip bones will not actually draw closer – use visual imagery to picture this!). Think about zipping up a tight pair of pants to engage this muscle.

Inhale, take a deep belly breath.

Exhale, tension through the pelvic floor and lower belly and “wrap” the abdominals. This muscle wraps around your side body towards your low back to tension the deep core and controls you intra-abdominal pressure (IAP).



Imagine continuing to draw into each part of the muscle: just above the pubic bone, at your belly button and at your lower ribs. Imagine zipping up a tight pair of pants, a tight jacket and stitching your lower ribs together to gain a full 360 degree wrap of your deep core.

Repeat 2 sets, 10 times each set.

Your sequence should be:

- 1) Inhale, deep belly breath
- 2) Exhale, wrap lower abdominals
- 3) Inhale, deep belly breath
- 4) Exhale, wrap lower abdominals
- 5) Repeat for a set of 10

As you perfect this, try the exercise in more functional positions (sitting, standing)

Phase Two

As the foundational exercise gets easier, move into a longer engagement of the transverse abdominis/corset wrap:

- 1) Inhale, deep belly breath
- 2) Exhale, wrap abdominals
- 3) Inhale, short into the chest to maintain wrap
- 4) Exhale, wrap deeper
- 5) Repeat for 30 seconds, work yourself up to 60 seconds

Phase Three

As you are able to engage for 30-60 seconds you may add in leg extensions:

- 1) Inhale, deep belly breath
- 2) Exhale, wrap abdominals
- 3) Inhale, slide one heel to extend knee
- 4) Exhale, slide heel back to start position
- 5) Repeat with opposite leg, perform 2 sets of 10

When you add in leg movements, ensure that your pelvis stays level: your hip bones should stay on the same plane and you should not be rotating your pelvis as you extend one leg!

Phase Four

Return to function! We will implement this strategy into each exercise and functional movement you perform each day.