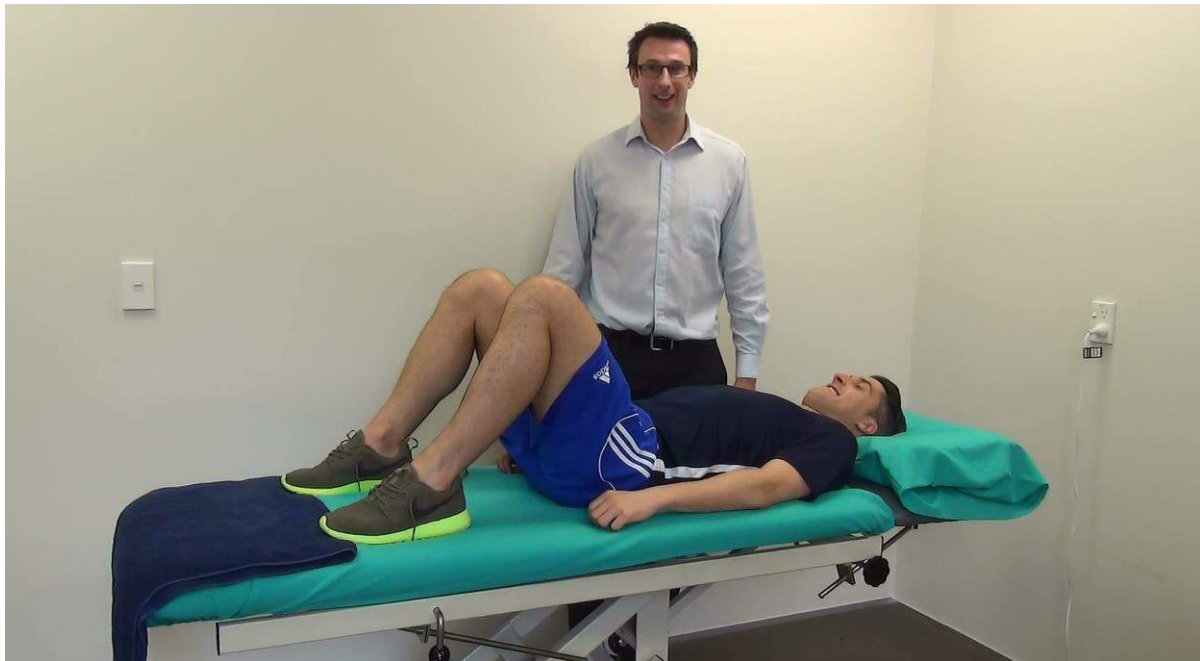


## Stomach Hold



Full video instructions for this exercise can be found at: <http://ptpete.co.nz/?p=465>

### Exercise Purpose:

- To learn how to activate your deep stomach muscles (Transverse Abdominis)

### Key Points:

- Lie on your back with your knees bent and your feet flat on the floor
- Place your middle and index fingers 2 cm in and 2 cm down from your front pelvic bones (ASIS)
- Slowly breathe in and as you are breathing out lightly draw your lower stomach in towards your spine (approx. 30% effort) and feel for a hardening of the muscle under your fingers
- Release your stomach muscles when you have finished breathing out
- Do not push your lower back into the bed
- Think about light “drawing your stomach away from your belt line”
- Relax your shoulders and make sure you breathe from your stomach throughout the exercise

\*If you know how then gently activate your pelvic floor muscles at the same time as activating your deep stomach muscles

\*To progress, once you can activate your lower stomach muscles then hold them drawn in for a few breathe cycles and then release them