



Abdominal Hollow In Neutral

Purpose:

This hollowing technique ensures that you pre-activate your abdominals which helps you isolate them better.

Benefit:

This exercise helps you derive the most benefit from other abdominal exercises.

Instructions:

Lie flat on your back with your knees bent and your feet flat on the floor. To perform an abdominal hollow, try to draw in or suck in your abdominals like you were pulling your belly button down towards your spine. Try to minimize any chest elevation or upper body muscular recruitment and make sure you can breathe throughout the entire exercise.

Quantity:

Do _____ reps _____ sets.

