

Tighten Up Your Belt Muscle



Want a flatter stomach and to sort out your lower back pain?

Forget the sit-ups,

Your mother was right when she told you to pull your stomach in!



The main muscle that you use when you do sit ups is the Rectus Abdominous, or 6 pack for those lucky enough to have one! This is a muscle that bulges out from under stomach fat when it is developed, so keep working on your 6 pack alone if you want your stomach to protrude further!



The Transverse Abdominous (or belt muscle) acts as it's nickname implies, when it is contracted it actually draws your stomach in, creating a slimmer visual and helps to strengthen & protect your back.



Try the following simple exercise a few times a day and start experiencing improved posture, relief from lower back pain and burn extra kilojoules by activating a long lost muscle!

- Sit up a nice and tall in your chair and pretend you're a doing a belt up a notch tighter, or that you are doing up a tight pair of jeans. Hold this for 5 seconds, then let your tummy out and repeat up to 10 times. Remember to keep breathing throughout!

There are plenty more advanced exercises for strengthening, Including Pilates and Swiss ball work. However, start with learning to draw in that belt muscle in all situations.. walking down the road, cooking dinner or driving your car!