

Obliques, Abdominal, and Low Back Exercises

Obliques

Russian Twist (m-ball, or plate)- sitting on butt, with knees pulled towards chest, and feet off the floor, move ball or plate side to side behind the hips as fast as possible for desired reps. Can be done with bent arms or arms extended. **Purpose**- strengthen the rotating muscles of the torso.

Dumbbell Oil Cans- feet shoulder width apart, holding a dumbbell in one arm and placing opposite arm on your head, bend to the side the dumbbell is on while keeping your legs straight. **Purpose**- strengthen the oblique muscles.

Standing Side Press (barbell, or dumbbell)- place barbell, or dumbbell in hand on shoulder with palm facing towards face, pushing the object overhead, while bending in the opposite direction. The barbell or dumbbell should be in alignment with your hip and ankle. **Purpose**- strengthen the oblique muscle, stabilize and strengthen the shoulder.

Side Throws (m-ball)- sitting sideways about a foot away from the wall, lean back at 45 degrees with knees towards chest and feet off floor, catch and throw ball with hands cupped while rotating ball or plate behind hips for the desired reps. Can be done standing or sitting. **Purpose**- strengthen oblique muscles in rotation.

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Landmine Row- using a barbell, place one end in a corner, putting your hands at the opposite end, keeping arms locked out, rotate the barbell from side to side by pivoting, and driving it back to the starting position using your butt and oblique.

Purpose- strengthen oblique muscle in rotation.

Standing Plate Twist- feet shoulder width apart, elbows against body at 90 degrees, rotate from torso by pivoting from feet side to side (swinging bat).

Purpose- loosen up oblique muscle in rotation.

Lower Abdominal-

Hanging Knee Raises (bodyweight, or m-ball)- hanging from a pull-up bar, bring knees to chest by rolling hips without swinging. Knees move through range of motion for desired reps. **Purpose-** strengthen lower abdominal, and loosen lower back.

Hip Thrust (bodyweight, or m-ball)- lying on your back with legs straight up in the air, drive hips into the air onto your shoulders without having your feet crossing your face for desired reps. **Purpose-** strengthen lower abdominal.

Reverse Crunch (m-ball)- lying on your back, keeping your heels close to your butt, bring your knees to your chest and back down in the same pathway for desired reps. **Purpose-** strengthen lower abdominal.

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Scissors- lying on your back, take feet off of floor and move up and down in a scissors pattern for desired reps. **Purpose-** strength and endurance of the lower abdominal.

Straight Leg V-Ups (plate, or m-ball)- lying on your back with legs straight and arms overhead straight, bring feet and arms off ground and sit up by bringing both halves together in the middle. You should be sitting on your butt at the top of the movement. Go back down without having your feet or hand touch the floor and repeat for desired reps. **Purpose-** strengthen lower abdominal.

Upper Abdominal:

Dumbbell Straight Leg Sit-up- lying on your back with legs straight and heels flat on floor. Place dumbbell on chest with crossed arms and sit-up by digging heels into the floor while keeping the weight on your chest. **Purpose-** strengthen upper abdominal.

Wall Throws (m-ball)- lying on your back with legs straight and arms extended overhead with ball, throw ball and follow it up against the wall and repeat for desired reps. **Purpose-** strengthen upper abdominal in dynamic movement.

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Throw Downs (m-ball)- standing with feet shoulder width apart, bring m-ball overhead and throw it down into the floor as hard as you can for desired reps.

Purpose: strengthen abdominal in dynamic movement.

Glute-Ham or Back Extension Machine Sit-Up (bodyweight, m-ball, or plate)- opposite of back extension, sit facing up, with butt in the middle of pad, place m-ball or plate behind head and go as far back as you can until you can reach the floor. Come up and repeat for desired reps. **Purpose-** strengthen abdominal and lower back.

Stabilization Exercises

Isometric Abdominal (bodyweight)- get in push-up position, with hands underneath shoulders, stay tight by pushing through the floor with your hands and feet. Will do prone (push-up position,) lateral (one arm on floor and completely turn to side with one foot on top of other,) and backwards (with arms behind body and locked out pushing through floor, keeping hips up and heels dug into floor.) Complete for desired time. Can be done single leg for more of a challenge.

Purpose- stabilization of abdominal and shoulders.

Dollies- place feet under something stable or get someone to hold them. Sitting on butt, lean back to a 45-degree angle with chest out, chin up and elbows back, hold that position for desired time and reps. Can add weight behind head for more of a challenge. **Purpose-** stabilization of abdominal and lower back.

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Seals- lying on your stomach, raise your body off the floor by using your forearms and your feet. You should be straight from head to toe with hips off the floor. You will hold for a time, manual pressure will be added for an amount of time, then pushing for the last stage of time. Will be done in regular position, and side positions. **Purpose-** strengthen and stabilize abdominal.

Back Stabilization

Back Bridges- lying on your back, place feet close to your butt with toes raised, raise hips to ceiling and pause. Go down and repeat for desired reps. For added difficulty do single leg keeping the leg that is in the air straight. **Purpose-** back stabilization.

Quadruped: get on all fours, raising opposite arm and leg into a straight line, pause and repeat. **Purpose-** back stabilization.

* **Core-** This is the area between your lower chest and your kneecaps. It consist of your upper abdominal, oblique, lower abdominal, hip flexors, hamstrings, hips, gluteus, lower back, and your quads. The abdominal and oblique exercises are to be done during your warm-up before the lift begins. They are of utmost importance to getting stronger, and being faster as they help in stabilizing the muscles that create movement. Playing baseball where the majority of the movement is rotational

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(throwing, hitting) the torso region of your body must be strong and able to repeat movements many times over. It is great to have beach abs., but in the sport you play you need strong abs. **Do the work!**