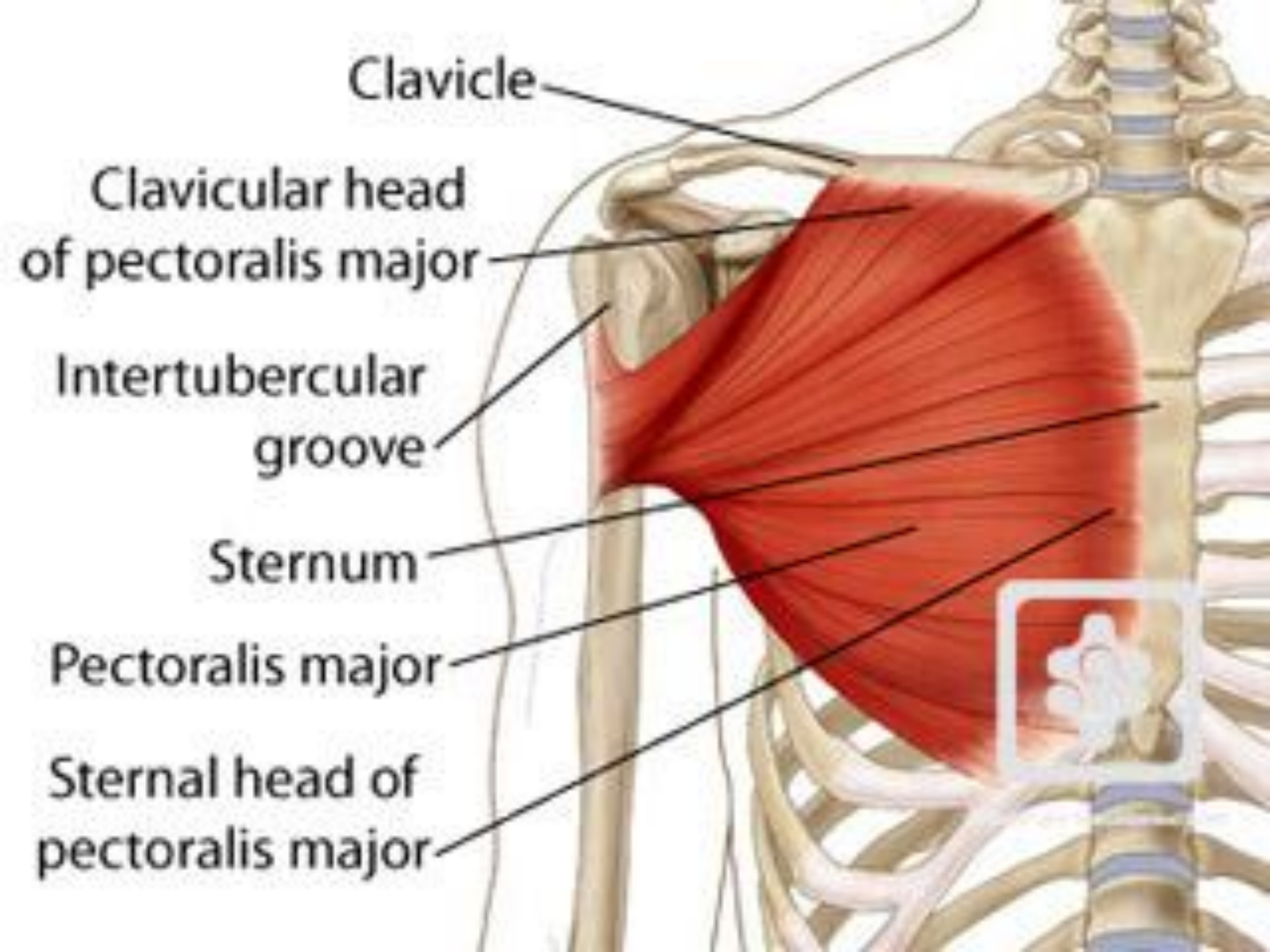


Pectoralis Major & Transversus Abdominus

By

Pectoralis Major

- Scientific name: Musculus Pectoralis Major
- Flexes, extends, medially rotates, and adducts arm at shoulder
- Origin and insertion: From the Medial half of the clavicle to the anterior surface of the sternum. It is inserted from the Lateral lip of the humerus & crest of the greater tubercle



Clavicle

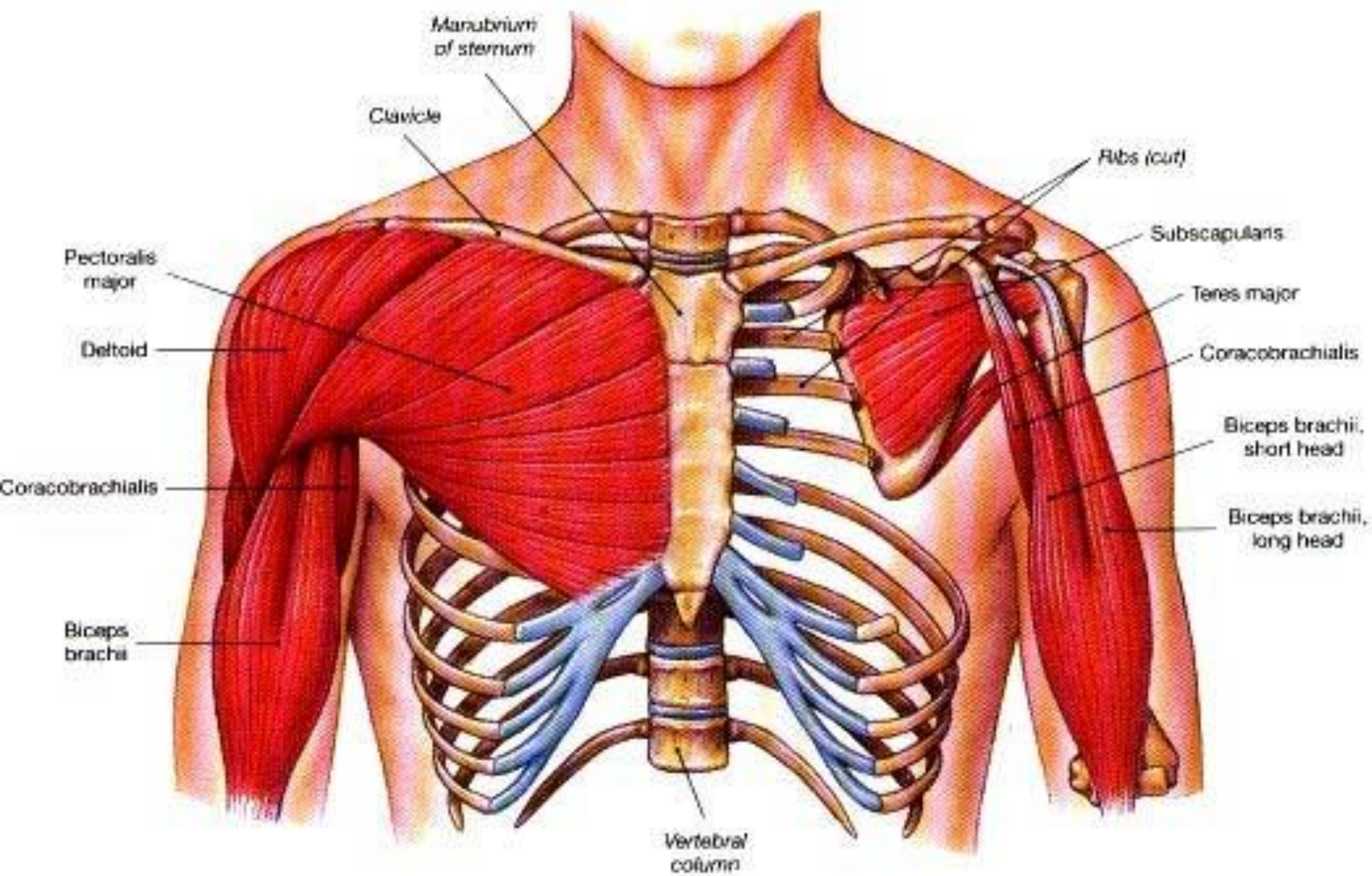
Clavicular head
of pectoralis major

Intertubercular
groove

Sternum

Pectoralis major

Sternal head of
pectoralis major



Pectoralis Major

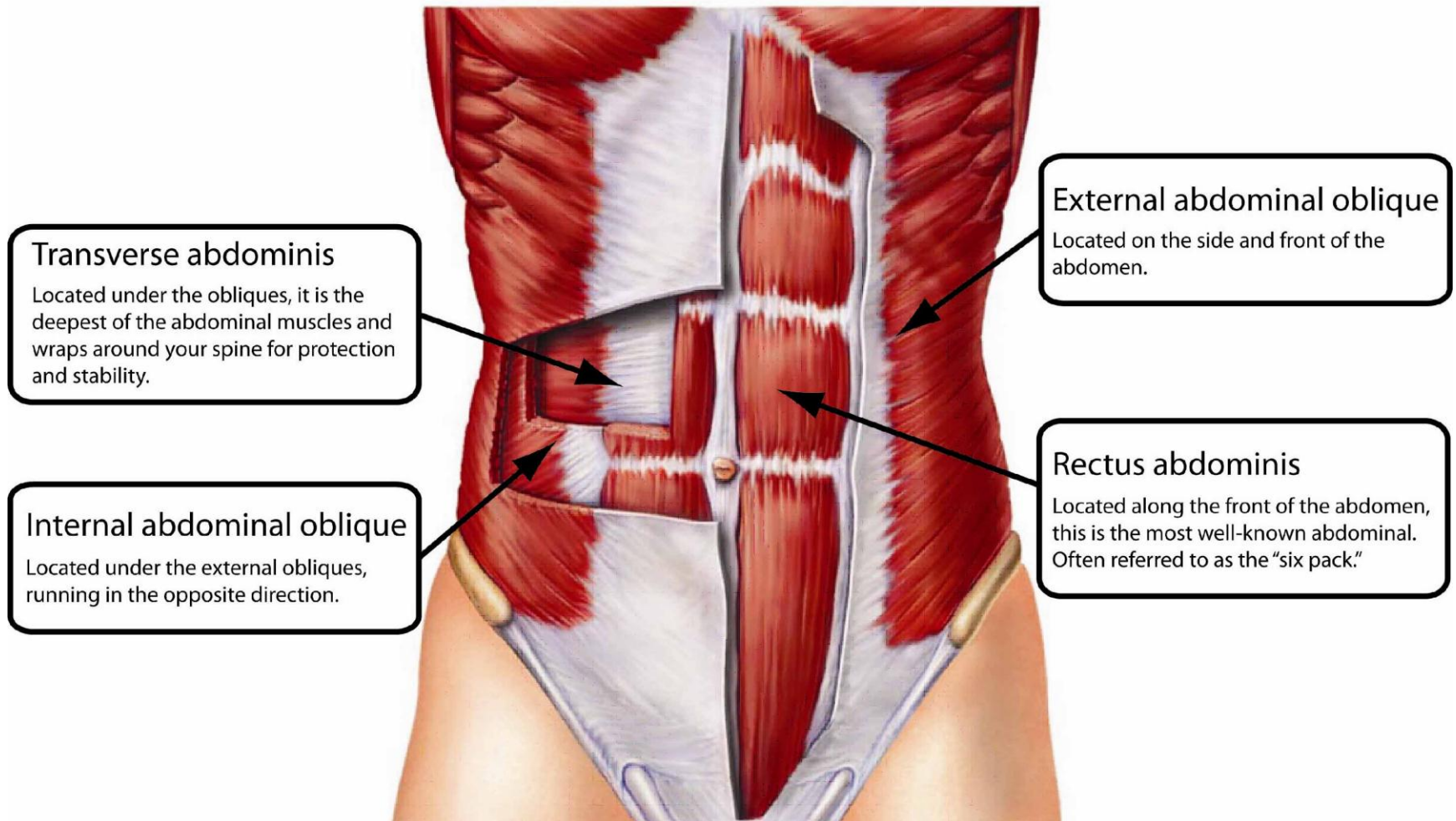
- 2 ways to strengthen the Pectoralis Major are 1:the flat bench press, and 2 push-ups.
<http://www.bodybuilding.com/exercises/main/popup/name/barbell-bench-press-medium-grip>
- <http://www.bodybuilding.com/exercises/detail/view/name/pushups>
- 1 way to strengthen it is to do the Bow Pose.
- To begin, start lying on the ground face down. Bend your legs at the knees and separate them slightly. Lift your chest off the ground, lifting your shoulders and head while putting your arms behind you. Grab onto your ankles and stretch. Hold for several seconds before slowly lowering back down.

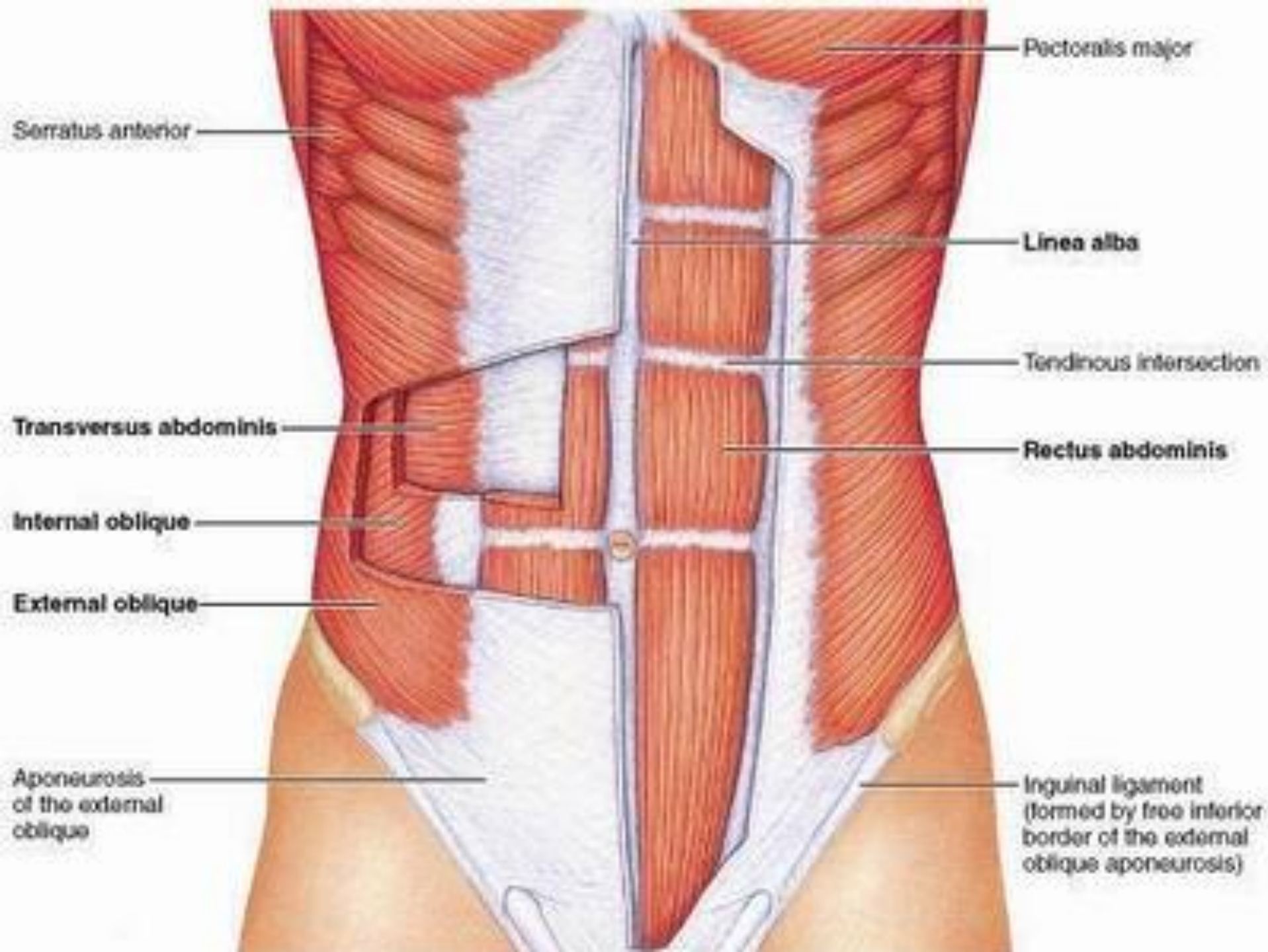


Transversus Abdominus

- Scientific name: Musculus Transversus Abdominus
- Compresses abdomen
- Origin and insertion: The transverse abdominal muscle wraps around the torso from front to back and from the ribs to the pelvis. Transversus abdominis is inserted into: Xiphoid process, Linea alba, and the Symphysis pubis

Picture

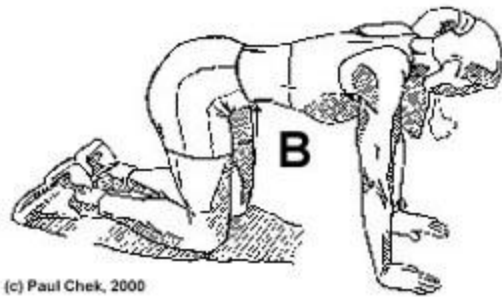
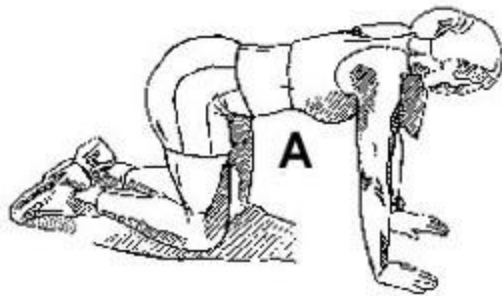




Transversus Abdominus

- 2 ways to strengthen it are to 1: Soccer Throws, and 2: Four-Point TVA breathing.
- Kneel on the ground on your hands and knees with your hands below your shoulders and your knees below your hip joints. Keep your head and neck in alignment with your spine and pelvis.
- Inhale deeply in your stomach so that your belly expands toward the ground like a balloon.
- Exhale and push your belly into your body cavity. Do not move your spine as you breathe. Perform two sets of 10 breaths.
- **Soccer Throw:** Hold 6-lb. medicine ball over and behind your head, and stand about ten feet away from a sturdy wall. Then Step forward twice and throw the ball against the wall without moving your spine. Catch the ball after it bounces on the ground once, and repeat the exercise as fast as you can with control.

4 point TVA breathing, Soccer Throw



(c) Paul Chek, 2000



Transversus Abdominus

- 1 stretching exercise is the Back Extension.
- Lie on your stomach with your arms straight out in front of you palms facing down.

Now lift your upper body stretching your transverse abdominis muscle and your back muscles.

For additional stretching, you can also lift up your upper and lower body at the same time for this exercise.

Hold for 30 seconds, relax and then repeat several times.

- <http://www.exercise4weightloss.com/transverse-abdominal-exercises.html#Plank Pose>

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