

Transverse Abdominis (TA) Strengthening – progression to plank



Pull the belly button toward your spine to tighten the TA, hold for 1-2 seconds for a quick contraction OR > 5-20 seconds for an endurance contraction.



Contract the TA and hold that contraction as you lift one arm and then the other. Reset and repeat. If you can only hold to lift the arm a little bit, that's ok. Lift as far as you can hold, reset and repeat on the other side.



Contract the TA and hold that contraction as you lift one arm and the opposite leg. Lift as far as you can hold the contraction, reset and repeat on the other side. Your hips should not twist when your leg lifts.



Contract the TA and shift your weight forward onto your hands. Only go as far forward as you can keep your abs tight. Work on increasing your hold time.

*If you catch yourself holding your breath, that is a sign to back down to the previous exercise. You are ready to progress to the next exercise if you can inhale and exhale naturally while holding a strong abdominal contraction.

*There's no advantage to get through these phases quickly, give your body a chance to get stronger before you move on.

*It is okay to do a plank if you are able to maintain the TA contraction while inhaling and exhaling in plank pose. If you can't maintain it yet, work on these progressions until you can.

Contact PhyAFit with questions!
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