

Stabilizer Muscles



Transverse abdominis

Located under the obliques, it is the deepest of the abdominal muscles and wraps around your spine for protection and stability.

Internal abdominal oblique

Located under the external obliques, running in the opposite direction.



External abdominal oblique

Located on the side and front of the abdomen.

Rectus abdominis

Located along the front of the abdomen, this is the most well-known abdominal. Often referred to as the "six pack."

Superficial layer

Support Muscles of the Lumbar Spine

Deep layer

