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Seniors to sport court, not to hospital

ABDOMINAL MUSCLES

The correct activation of abdominal muscles, i.e. coordination of both straight abdominal muscles and also stabilization and activation of transverse and oblique abdominal muscles helps us to stabilize the spine and it even helps to promote the functional posture of hip joints. Stabilization of this system acts preventively against difficulties of hip joints, arthrosis and lumbar spine.