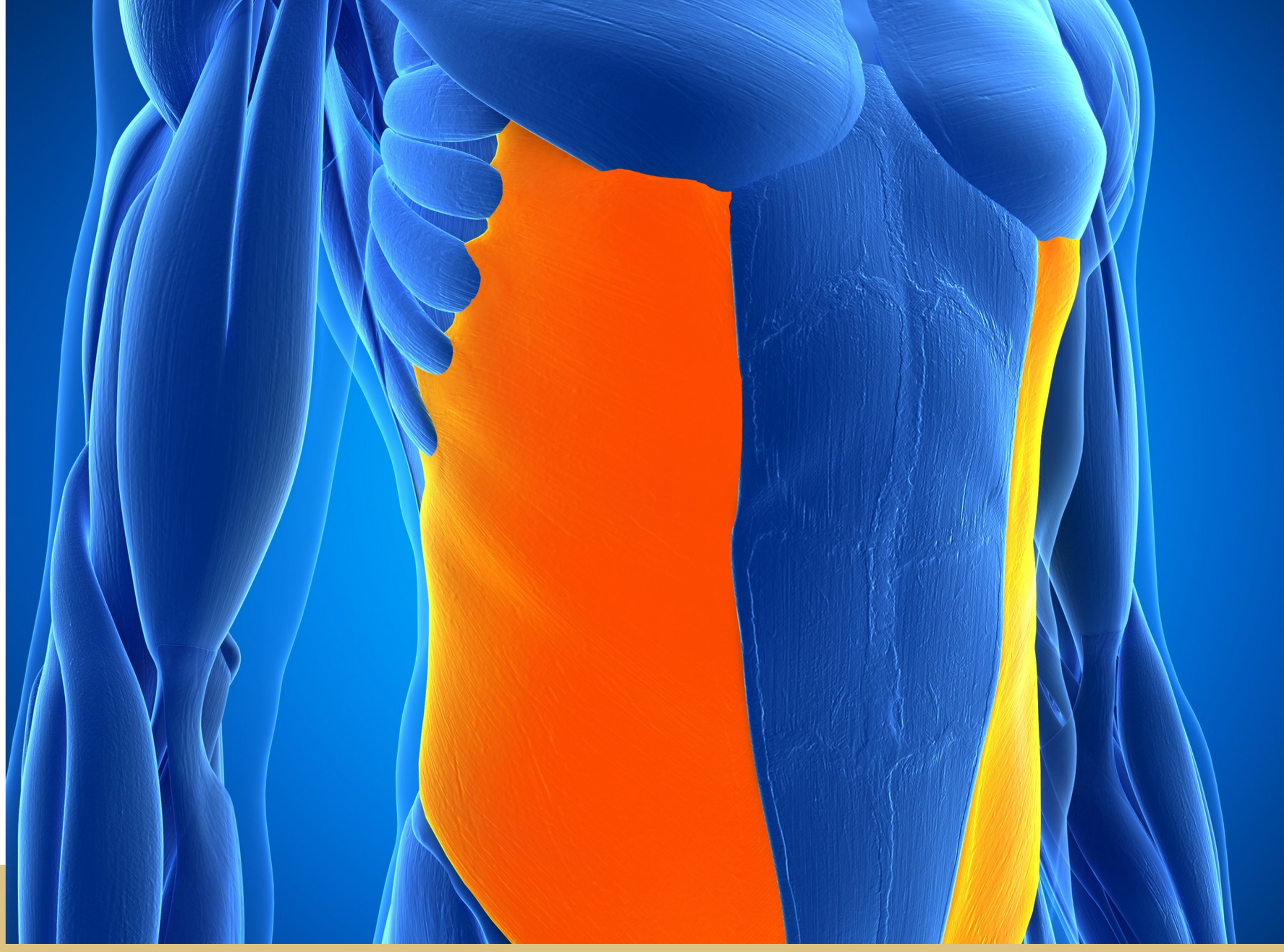
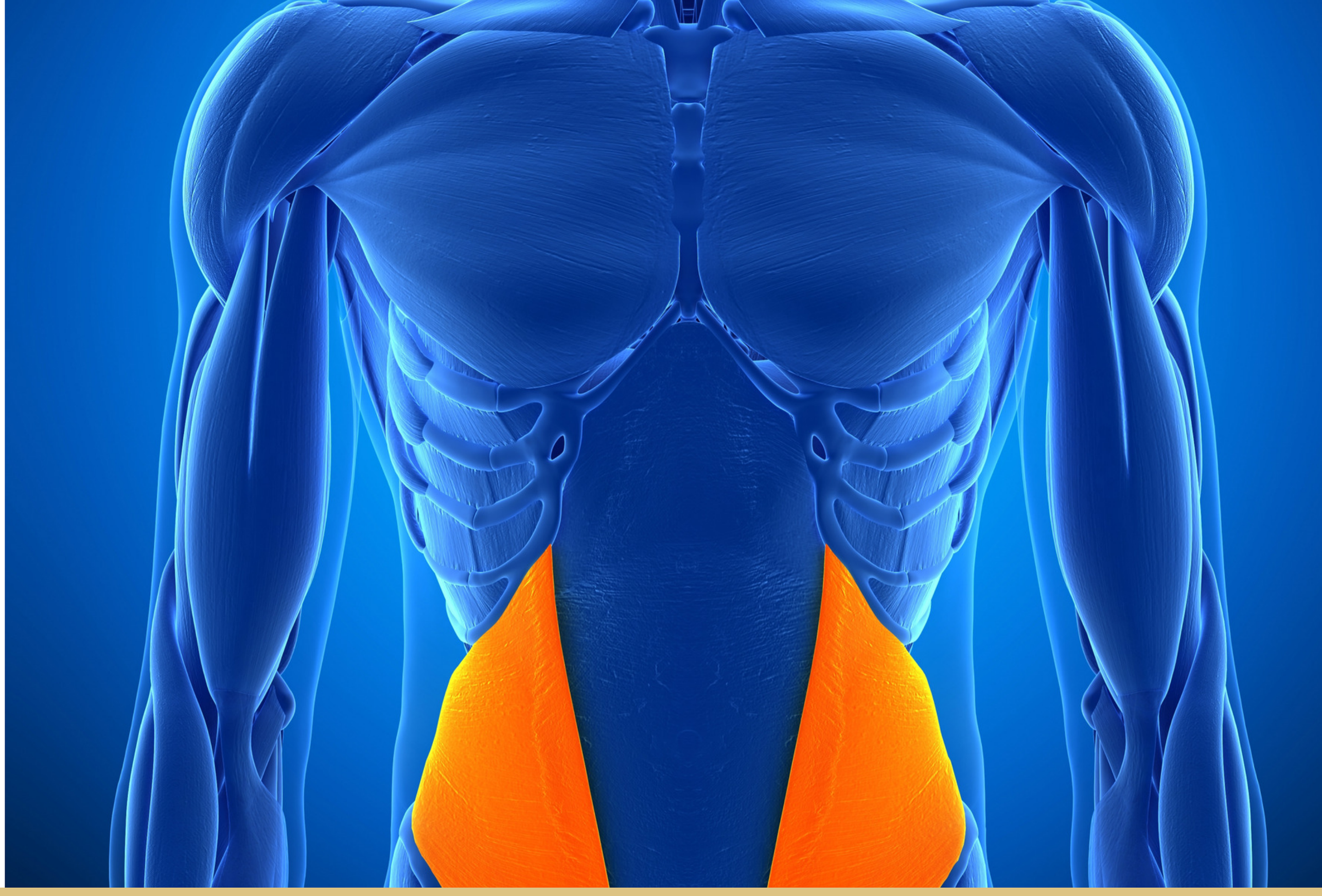


EXTERNAL OBLIQUES

The Obliques occur in two sets: Internal and External. Both sets run from the ribs to the pelvis, the inguinal ligament and the linea alba (the fibrous vertical midline of the stomach.) The Internal and External Obliques share many attachment points, but have opposite insertions and origins, giving them slightly different roles.

The External Obliques are your “front pockets,” meaning they're angled as you would angle your hand to place it in a front pocket. The functions of the External Obliques are pulling the pelvis up, helping flex the spine, assisting in twists to the side opposite the active Obliques, and flexing the trunk laterally, or side-bending.



INTERNAL OBLIQUES

These are your “back pockets,” meaning the muscle fibers of the Internal Obliques are angled as you might angle your hand to place it in a back pocket. The Internal Obliques pull the ribs down, help flex the spine, assist in twists to same side as the active Obliques, and flex the trunk laterally in side-bends.

--> See if you can feel both sets of Obliques stretch and strengthen in a Seated Side Stretch. Then try a little twist. Can you use the External Obliques to create the twist? Can you use the Internal Obliques? Check out the video below to explore more twisting with the Obliques.

Click here for Obliques video.