

Video #7: Muscles of the core

1. What muscle is typically referred to as the “6 pack”?
2. How does the muscle work as a whole unit with having so much space in the body that its responsible for?
3. Please fill out the table to answer the origin, insertion and action of the Rectus Abdominus.

Muscle	Origin	Insertion	Action
Rectus Abdominus		Xiphoid process and costal cartilages of ribs 5-7	

4. You can remember the direction of the _____ for the external obliques by thinking “_____in your pockets”.
5. Please fill out the table to answer the origin, insertion and action of the External Obliques.

Muscle	Origin	Insertion	Action
External Obliques		Abdominal Aponeurosis to linea alba, pubic crest, pubic tubercles and anterior iliac crest	

6. Please fill out the table to answer the origin, insertion and action of the Internal Obliques.

Muscle	Origin	Insertion	Action
Internal Obliques	Thoracolumbar fascia, inguinal ligament (anterior ½), Iliac crest (anterior 2/3)		

7. The Quadratus Lumborum is the _____muscle of the abdomen.

8. Please fill out the table to answer the origin, insertion and action of the Quadratus Lumborum.

Muscle	Origin	Insertion	Action
Quadratus Lumborum		Last rib and transverse processes of L1-L4	