

# **Vücut Geliştirme**

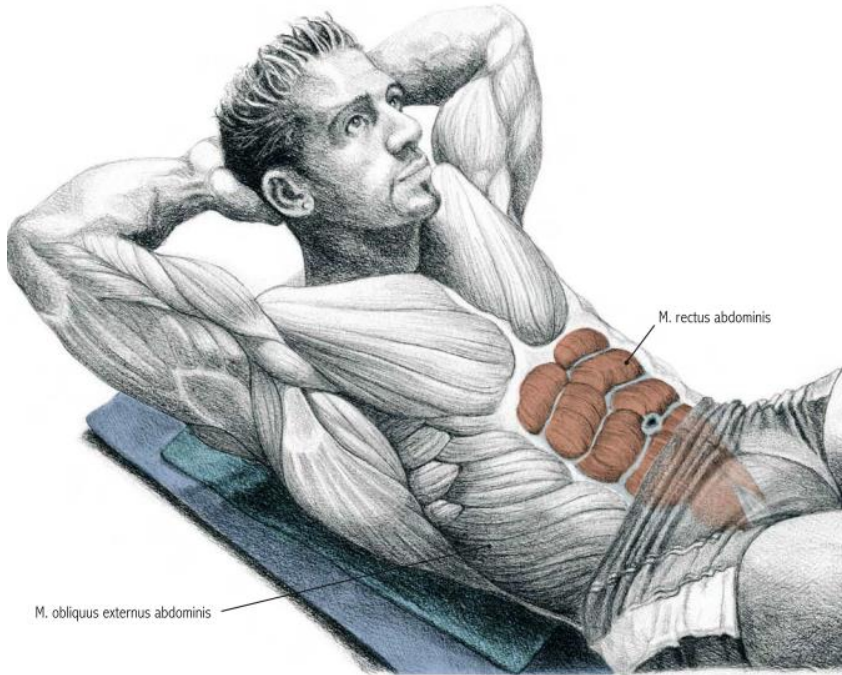
**Karın Grubu**

**Spor Bilimleri Anabilim Dalı**

# Karın Grubu

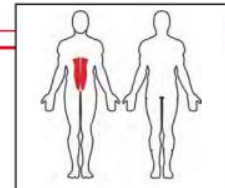
Abdomen,  
Free Weights

## CRUNCHES



M. obliquus externus abdominis

M. rectus abdominis

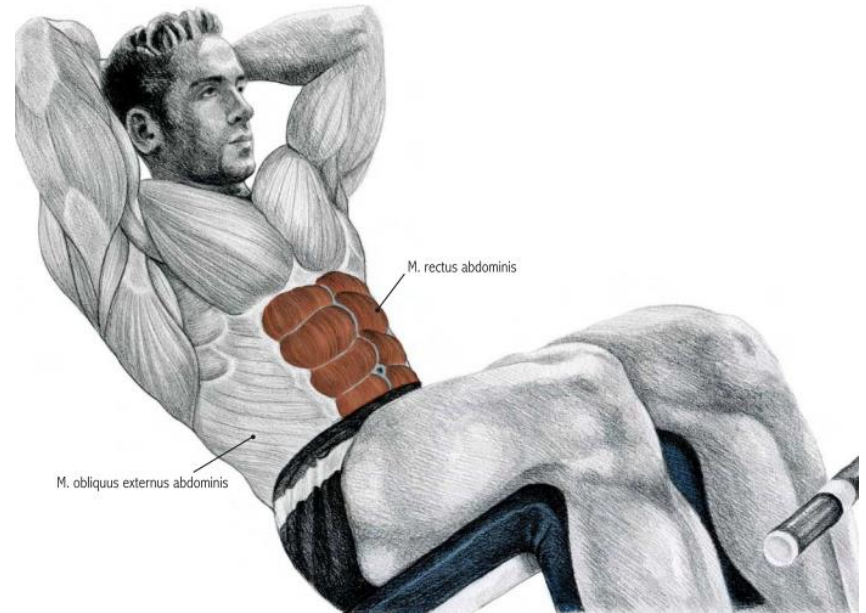


### Muscles involved

**MAIN MUSCLES:** rectus abdominis  
**SECONDARY MUSCLES:** external and internal obliques, transverse abdominal, (pyramidal)  
**ANTAGONISTS:** spinal erectors

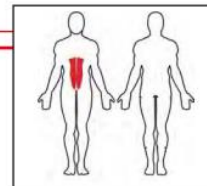
Abdomen,  
Free Weights

## ROMAN CHAIR SIT-UP



M. obliquus externus abdominis

M. rectus abdominis



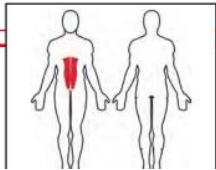
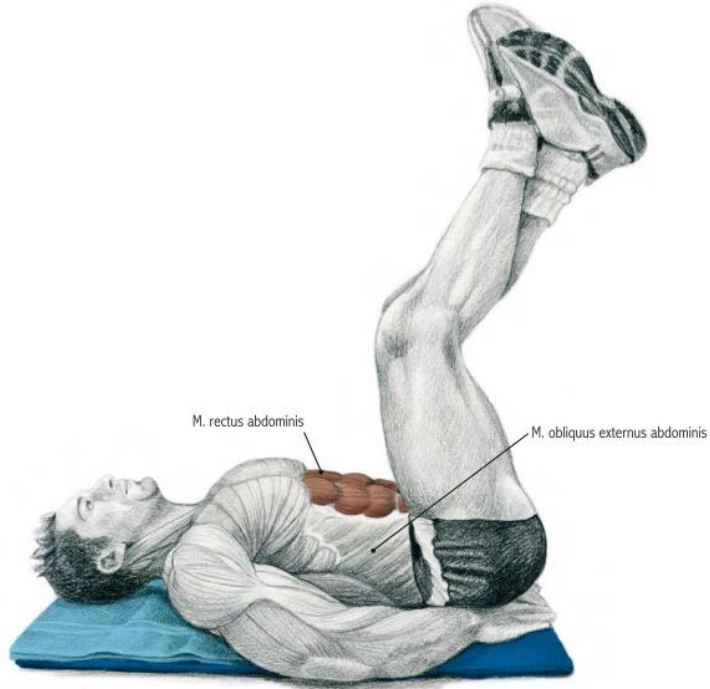
### Muscles involved

**MAIN MUSCLES:** rectus abdominis  
**SECONDARY MUSCLES:** external and internal obliques, psoas, quadriceps (front), transverse abdominal, (pyramidal)  
**ANTAGONISTS:** spinal erectors, longissimus dorsi and other muscles along the spinal column, lower back muscles, gluteus maximus

# Karın Grubu

Abdomen,  
Free Weights

## LYING LEG RAISE

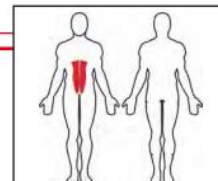
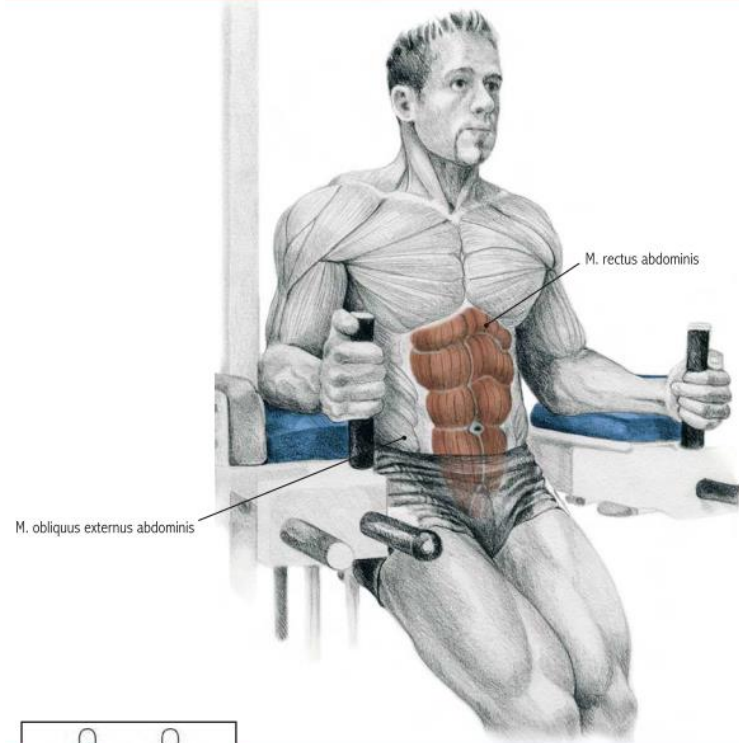


### Muscles involved

**MAIN MUSCLES:** rectus abdominis  
**SECONDARY MUSCLES:** external and internal obliques, transverse abdominal, iliopsoas, (pyramidal)  
**ANTAGONISTS:** spinal erectors

Abdomen,  
Free Weights

## VERTICAL LEG RAISE



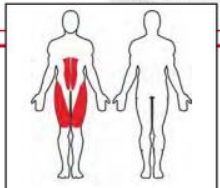
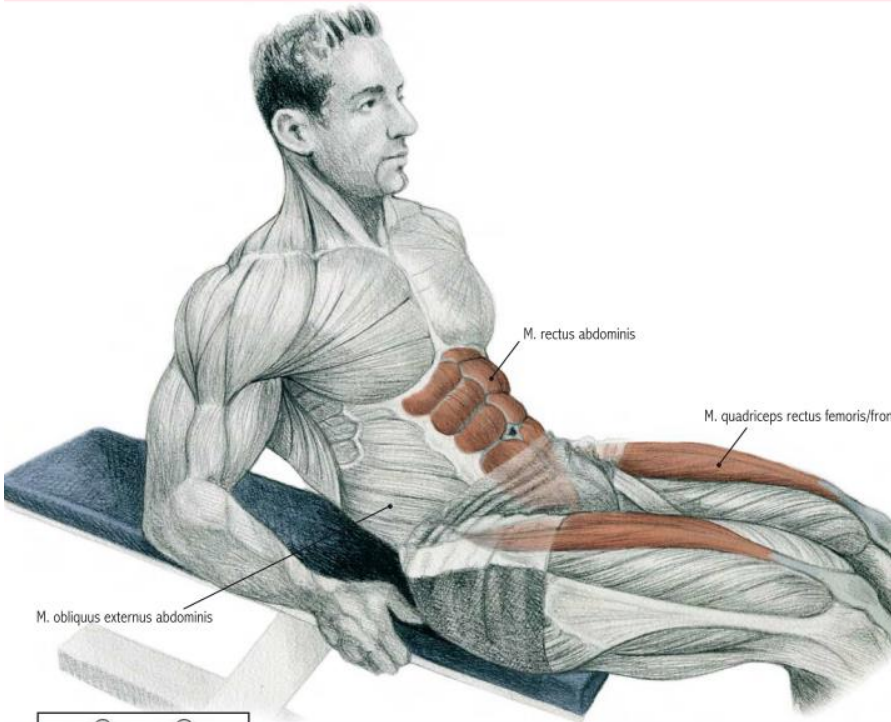
### Muscles involved

**MAIN MUSCLES:** rectus abdominis  
**SECONDARY MUSCLES:** external and internal obliques, iliopsoas, front quadriceps, transverse abdominal, (pyramidal)  
**ANTAGONISTS:** spinal erectors, longissimus dorsi and other muscles along the spinal column, and lower back muscles

# Karin Grubu

Abdomen,  
Free Weights

## SEATED LEG TUCK / SCISSORS CRUNCH

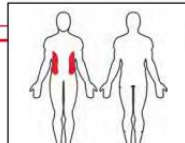
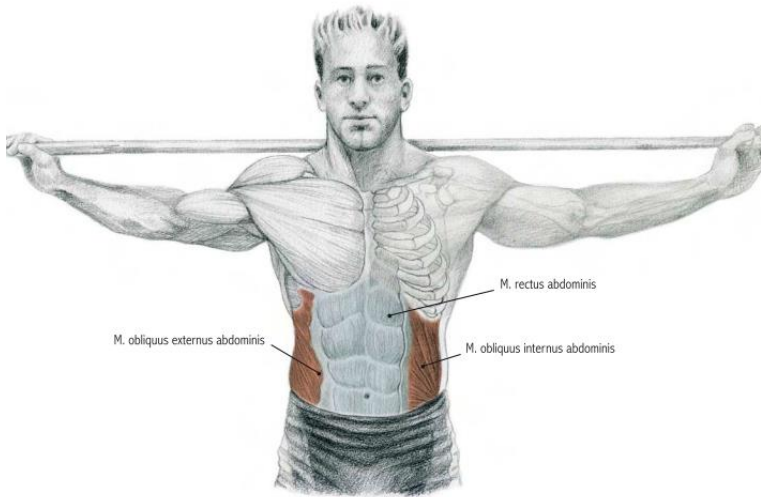


### Muscles involved

**MAIN MUSCLES:** rectus abdominis, iliopsoas, front quadriceps  
**SECONDARY MUSCLES:** external and internal obliques, transverse abdominal, (pyramidal)  
**ANTAGONISTS:** spinal erectors, longissimus dorsi and other muscles along the spinal column, and lower back muscles

Abdomen,  
Free Weights

## TWISTS



### Muscles involved

**MAIN MUSCLES:** internal and external obliques  
**SECONDARY MUSCLES:** rectus abdominis, transverse abdominal, quadratus lumborum, (pyramidal)  
**ANTAGONISTS:** the same muscles on the other side of the body

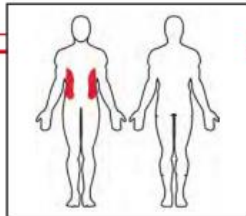
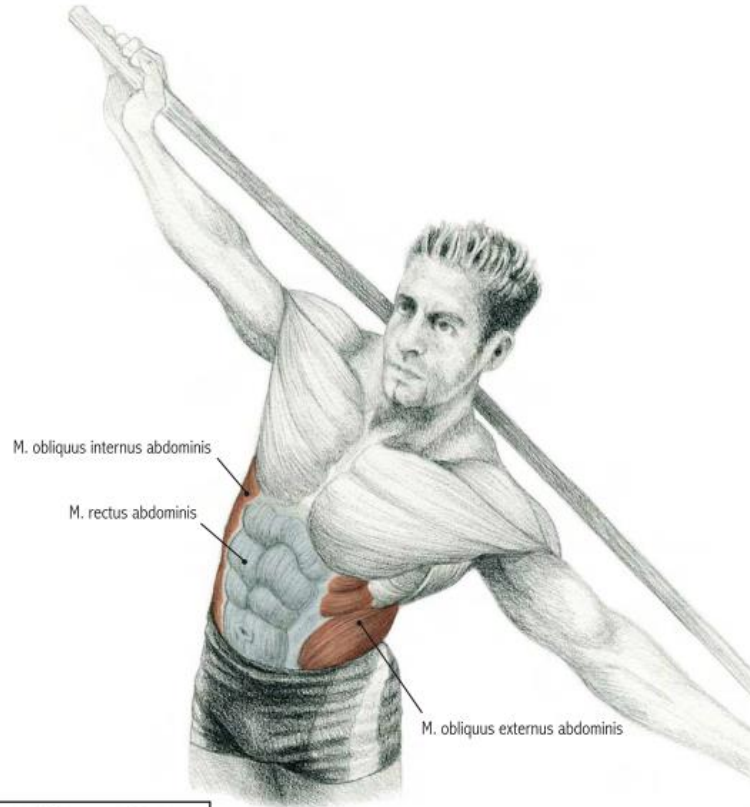


# Karin Grubu

7

Abdomen,  
Free Weights

## SIDE BEND

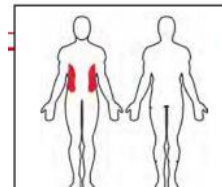
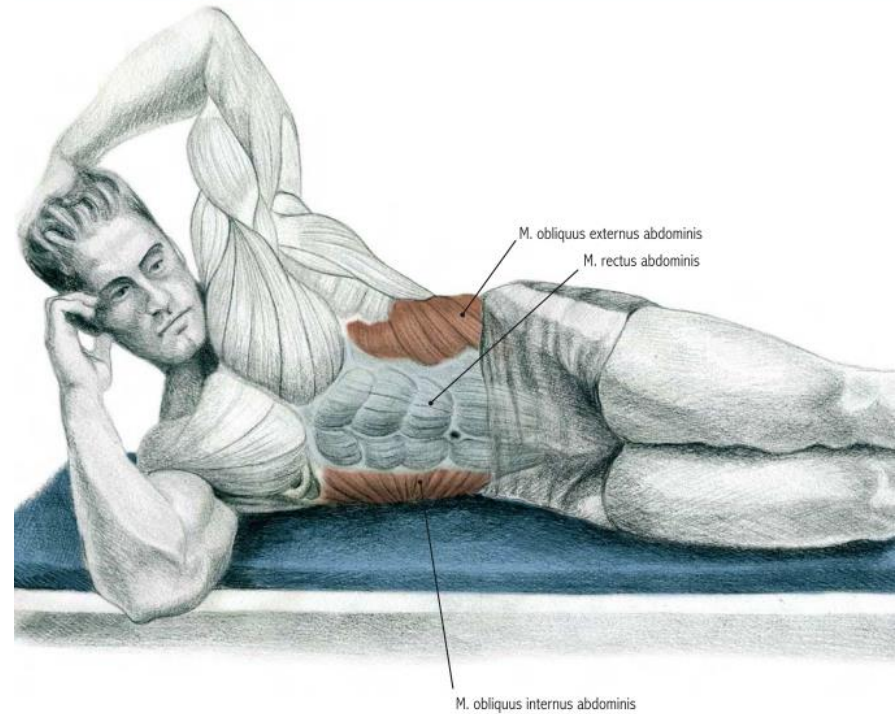


### Muscles involved

**MAIN MUSCLES:** quadratus lumborum, internal and external obliques  
**SECONDARY MUSCLES:** muscles of the spine, rectus abdominis, psoas  
**ANTAGONISTS:** the same muscles on the other side of the body

Abdomen,  
Free Weights

## LATERAL CRUNCH



### Muscles involved

**MAIN MUSCLES:** internal and external obliques  
**SECONDARY MUSCLES:** rectus abdominis, quadratus lumborum, muscles along the spinal column  
**ANTAGONISTS:** the same muscles on the other side of the body