

The Anterior Oblique System (AS)

The **Anterior Oblique System (AS)** consists of a working relationship between the oblique abdominal muscles and the contralateral (opposite) adductor muscles via the anterior abdominal fascia.



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The oblique abdominal muscles, working with core muscles, are primarily responsible for creating the energy that initiates normal gait (walking).

The oblique abdominals, like the adductors, serve to provide stability and mobility in gait.

It is clear that both sets of muscles contribute to stability at the **initiation** of the **stance phase** of gait, as well as to rotating the pelvis and pulling the leg through during the **swing phase** of gait. As the speed of walking progresses to running, activation of the anterior oblique system becomes more prominent.

Therefore:

Training of the anterior oblique system is VITAL for any running sports!

The Anterior Oblique System (AS) is very important, particularly in sprinting, where the limbs and torso must be accelerated. Furthermore, the demands on the AS are great in multi-directional sports such as tennis, soccer, football, basketball and hockey. In such sporting environments the AS must not only contribute to accelerating the body, but also to changing direction and decelerating it. Accelerating, decelerating and changing directions are all activities that result in immediate pain in the presence of both abdominal and groin strains or tears.



During explosive activities like woodchopper gym exercises the AS serves a critical function, stabilizing the pelvis, yet assisting in propelling the cable. Trunk flexion and rotation, as a closed chain movement over the lead leg, is generated by the adductors as they assist in trunk flexion and internal rotation of the pelvis.





Activation of the adductors occurs in concert with activation of the ipsilateral (stance leg side) internal oblique and contralateral (throwing arm side) external oblique, pulling the trunk in the necessary direction to propel the shoulder/arm complex. Phew!




Trunk Rotation
“Woodchopper”



**EXERCISES THAT INCORPORATE BOTH INNER AND
OUTER UNIT SYSTEMS**

ANTERIOR OBLIQUE SYSTEM FOCUS

Exercise Description	Exercise Picture
Hula	
100's	
Oblique crunch with med ball squeeze	
Seated Ball Leg transfers	

<p>Oblique crunches with Bug Legs</p>	
<p>Ball lifts in sidelying</p>	
<p>Side Supports</p>	

There are a few more interesting teams or systems of muscles which are described in detail during the core and pelvic workshop. Progressive exercises for the muscles responsible for core and pelvis stability are contained within the Active Anatomy data CD. Essential information we all must know to train our clients optimally!

I hope to see you at the workshop soon.
Regards,
Merrin Martin