# Abdominal Hollowing, Abdominal Vacuum, Sucking In Your Gut

The Stomach Vacuum Exercise: A Core Strengthening Technique

The stomach vacuum exercise, also known as stomach vacuuming or the abdominal drawing in maneuver (ADIM), targets the transversus abdominis, your deepest abdominal muscle. I like it because you can do it anywhere and in multiple positions.

#### How to do it:

- Many Positions: Lay down, stand up, kneel, or sit.
- For example, while lying down, inhale deeply and exhale slowly while drawing in your lower abs. Hold for 5–30 seconds while breathing. Repeat 2–3 times.

### Muscles worked:

Primarily engages the transversus abdominis, with involvement from other core muscles like obliques and pelvic floor muscles.

# **Benefits:**

- Strengthens the transversus abdominis, potentially reducing back pain and injury risk. SEE
- Can give the appearance of a smaller waist by cinching the area.
- Aids in mastering the contraction of deep abdominal muscles.

### **Drawbacks:**

- Easily confused with simply "sucking in" the stomach, which doesn't activate the targeted muscle effectively.
- Doesn't directly contribute to visible abs or fat reduction.
- Should be part of a comprehensive exercise routine for optimal results.

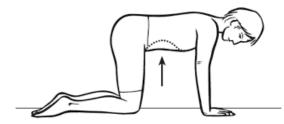
# Tips:

- Focus on proper technique over quantity.
- Use cues like imagining pulling the belly button towards the spine to engage the correct muscle.

The stomach vacuum exercise is a valuable addition to core workouts when performed correctly, contributing to core strength and potentially alleviating back issues. However, it's not a standalone solution for aesthetic goals like visible abs.







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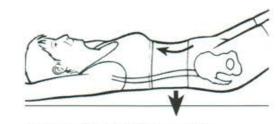


Fig. 1 Lower abdominal hollowing combined with lumbar spine flattening.