



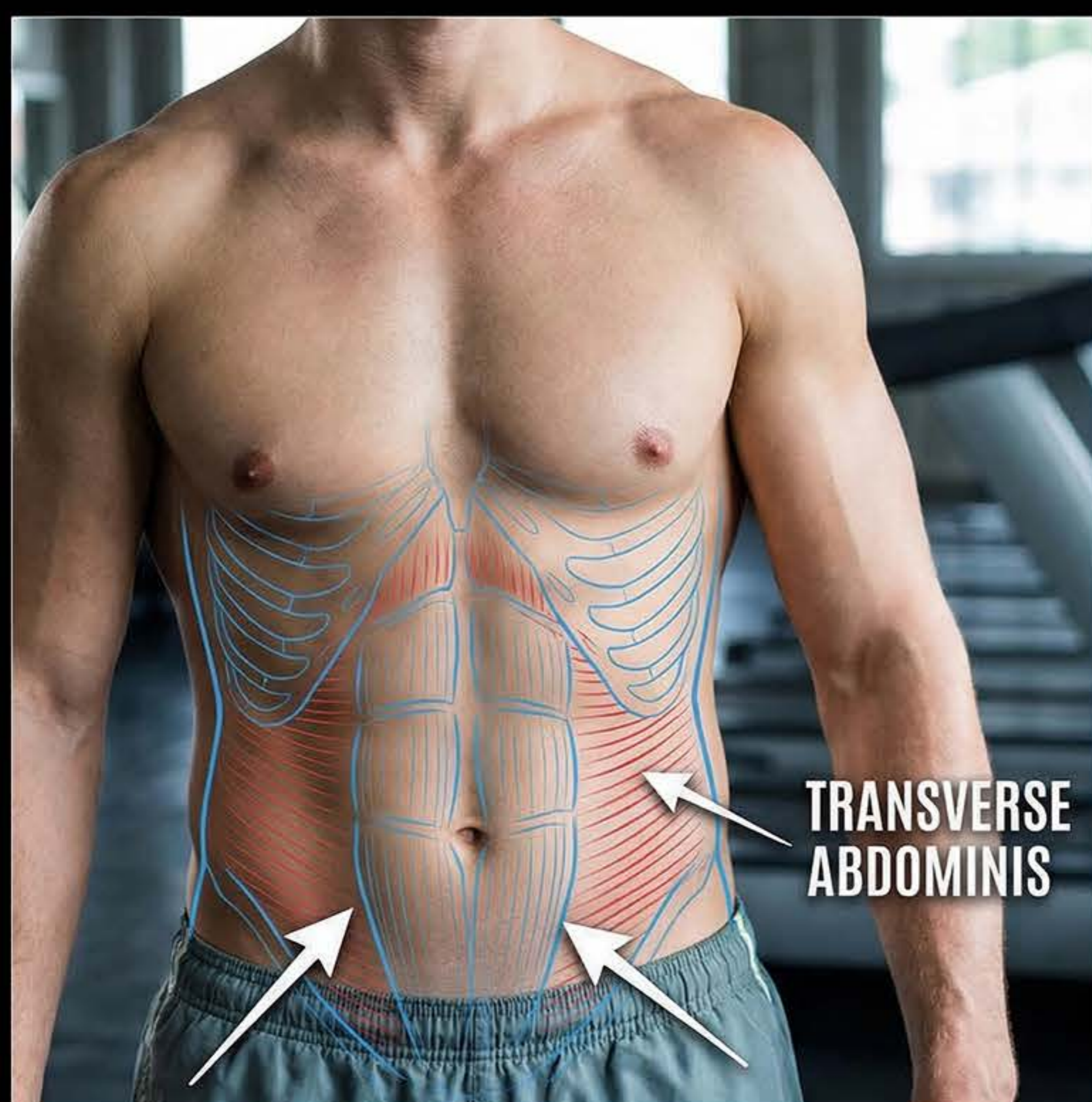
**22  
DAYS**

— to a —  
*Flat Stomach*

# THE MECHANICS OF ABDOMINAL PROTRUSION

**22**  
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*to a*  
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A protruding midsection is often attributed solely to subcutaneous body fat; however, it is frequently the result of structural under-activity in the deep core stabilizers. To achieve a flat stomach, one must address the functional integrity of two primary muscle groups:



**The Transverse Abdominis (TA):** Functioning as a biological weight belt, the TA originates from the lower ribs and iliac crest, wrapping around the torso to the linea alba. When properly recruited, it creates "hoop tension," narrowing the waist and compressing the abdominal contents.

**The Pelvic Floor:** This muscular diaphragm supports the pelvic organs. In a state of laxity, it allows for downward pressure and outward distension. When contracted (shortened and "rolled"), it provides a rigid base for the TA to pull against.

## **NEUROMUSCULAR RE-EDUCATION: THE "CINCH" TECHNIQUE**

Before beginning the 22-day progression, the trainee must master the simultaneous activation of these muscles through two specific internal cues:

**Pelvic Floor Recruitment:** Emulate the physiological sensation of halting urination midstream. This creates a foundational upward lift.

**TA Activation ("The Cold Water Cue"):** Imagine stepping into waist-deep freezing water. The natural response is to "hollow" the midsection by drawing the navel toward the spine without holding the breath.

## **PRE-PROGRAM ASSESSMENT (DAY 0)**

To establish a baseline for core stability and muscular endurance, perform the following:

### **The Static Profile:**

Document a lateral view of the torso in a relaxed, standing state.

### **The Leg Lowering Test:**

Lie supine with legs vertical. Engage the TA and Pelvic Floor. Slowly lower the legs toward the floor. The "fail point" is defined as the exact degree at which the lumbar spine loses contact with the floor. The objective of this program is to increase the range of motion before this structural failure occurs.

# 22 DAYS

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## THE 22-DAY PROGRESSIVE PROTOCOL

The program is divided into three distinct phases. Each daily drill requires three sessions per day.

### PHASE I: STATIC CONTROL (DAYS 1-7)

Goal: 10 reps of 20-second holds per session.

**Day 1:** Lying Flat. Basic engagement of pelvic floor and TVA while lying down.

**Day 2:** Hollowed Out. Lift shoulders slightly off the ground; hold engagement.

**Day 3:** V-Sit. Seated on tailbone with knees bent, maintaining a flat stomach.

**Day 4:** Plank. Traditional plank; focus on pulling the belly up against gravity.

**Day 5:** Elevated Plank. Hands on a bench or chair; maintain a cinched waist.

**Day 6:** Kneeling. Tall kneeling position; focuses on vertical core control.

**Day 7:** Standing. The most functional position; maintain the cinch while standing tall.

## **PHASE 2: DYNAMIC CONTROL (DAYS 8-14)**

**Goal: 20 reps of 10-second movement bursts per session.**

**Day 8:** Lying Flutter. Engage core while performing small leg flutters.

**Day 9:** Hollow Rock. Maintain a hollow body position while rocking back and forth.

**Day 10:** V-Sit Drifts. Move hands side-to-side in a V-sit without losing core tension.

**Day 11:** Step-Out Plank. Step one foot out at a time while in a plank.

**Day 12:** Elevated Plank Knee Drives. Slowly bring knees toward elbows.

**Day 13:** Kneeling Lateral Walk. Hand-walk side-to-side while kneeling.

**Day 14:** Standing Lateral Movement. Step side-to-side while keeping the belly flat.

### **PHASE 3: INTEGRATION (DAYS 15–21)**

**Goal: Combine Static and Dynamic. 5 reps of 20s Static + 5 reps of 20s Dynamic for each day's specific position.**

**Day 15:** Lying Position (Static + Flutter)

**Day 16:** Hollowed Position (Static + Rock)

**Day 17:** V-Sit Position (Static + Drift)

**Day 18:** Plank Position (Static + Step-Out)

**Day 19:** Elevated Plank (Static + Knee Drive)

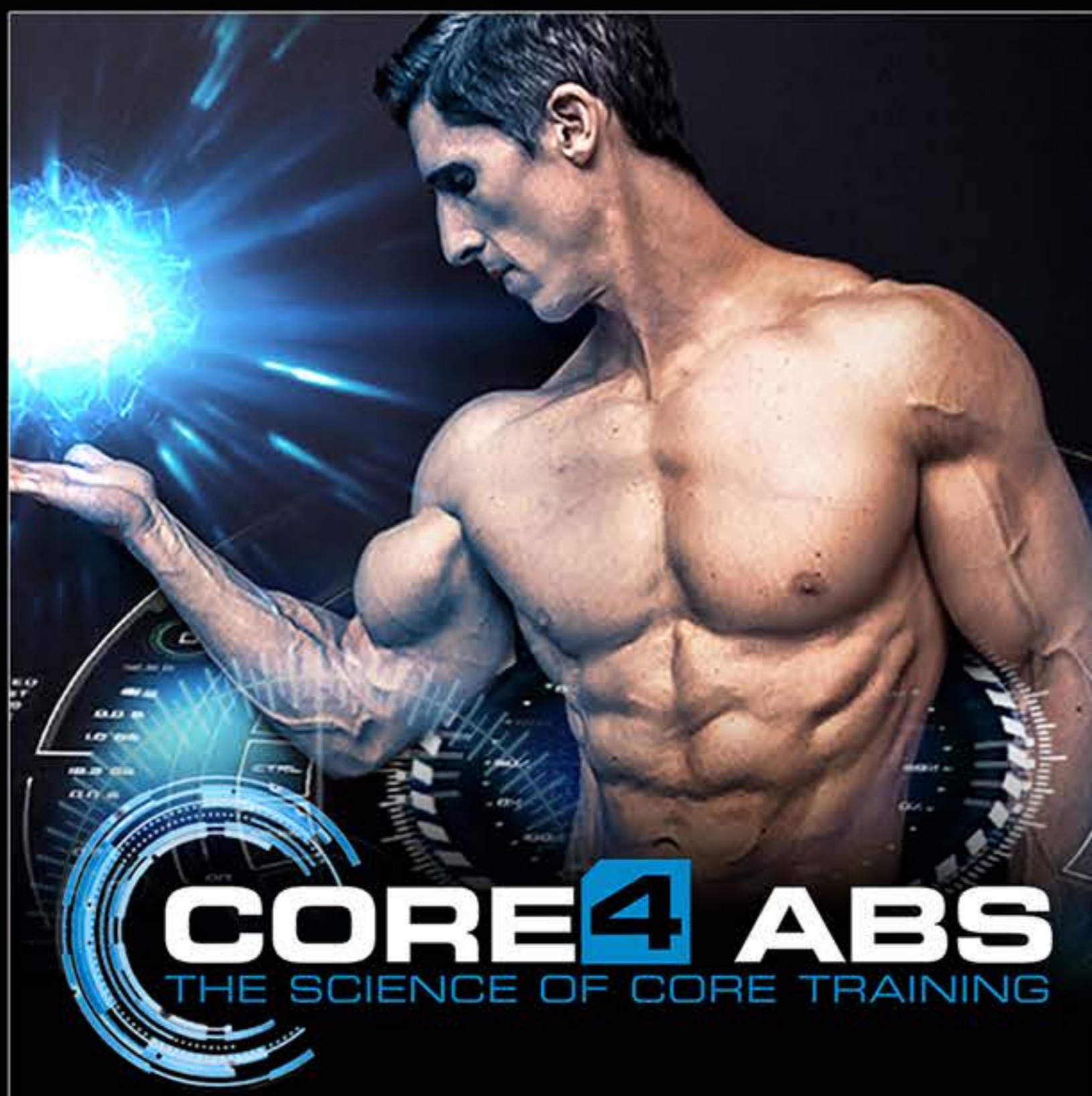
**Day 20:** Kneeling Position (Static + Lateral Walk)

**Day 21:** Standing Position (Static + Lateral Movement)

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## CONCLUSION AND RE-EVALUATION

On Day 22, repeat the Leg Lowering Test. Success is measured by the ability to maintain a flat lumbar spine at a lower leg angle than recorded on Day 0. Continued application of these activation techniques during heavy compound lifts (squats, deadlifts) is recommended for long-term core aesthetics and spinal health.



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