

The Brookbush Institute Publishes a NEW Article: 'Lower Ab Workouts Don't Exist: Research Confirmed'

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NEW YORK, NY, UNITED STATES, June 8, 2026 /EINPresswire.com/ -- Snippet from the Article:

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In this article, the lower-ab myth is addressed through a comprehensive review of all 13 available electromyography and ultrasonography studies that measure upper and lower abdominal activity.”

Dr. Brent Brookbush, CEO of Brookbush Institute

Lower Ab Workouts Don't Exist: Research Confirmed
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ABSTRACT

Background: The belief that specific exercises can isolate or selectively target the lower rectus abdominis is a pervasive myth in the fitness and rehabilitation industries.

Furthermore, this belief is often erroneously coupled with the physiological impossibility of spot reduction for localized fat loss. Biomechanically, the rectus abdominis spans vertically from the pubic symphysis to the xiphoid

process and costal cartilages, requiring it to contract as a single functional unit to produce spinal or pelvic movement—a reality clinically observable via Beevor's sign.

Objective: To systematically review the available electromyography (EMG) and ultrasonography literature comparing upper and lower rectus abdominis activation to determine if regional isolation of the lower fibers is possible.

Methods: A comprehensive review was conducted of all 13 published studies that measured upper and lower rectus abdominis activity using surface EMG or ultrasonography. The reviewed studies examined a wide range of core exercises and conditions, including traditional unassisted crunches and leg raises, stability-ball movements, portable abdominal devices, isometric exercises, and specific dance activities.

Results: Ten of the 13 reviewed studies (five providing direct evidence and five providing indirect

evidence) demonstrated that the rectus abdominis activates uniformly as a single, continuous unit. The remaining three studies indicated that specific conditions, such as traditional crunches, fatiguing isometric curl-ups, and isolated pelvic undulations (e.g., belly dancing), can elicit significantly greater relative activation of the upper rectus abdominis. However, zero studies demonstrated an exercise, device, or condition that preferentially recruits, targets, or regionally isolates the lower rectus abdominis.

Conclusion: The current body of evidence conclusively demonstrates that the rectus abdominis primarily functions as a single, continuous unit. It is biomechanically and neurologically impossible to isolate or selectively target the "lower abs" using conventional core exercises. Fitness and rehabilitation professionals should abandon attempts to isolate the lower rectus abdominis regionally and instead select exercises that emphasize global abdominal activation, functional integration, and total-body strength.

FOR THE COMPLETE ARTICLE, FOLLOW THE LINK...

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