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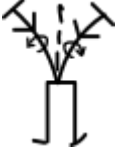
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TRUNK ACTIONS

ACTION		MANTRAKSHAR	MUSCLES RESPONSIBLE
trunk flexion	Bend		rectus abdominis , external oblique , internal oblique
trunk extension	Lateral bend		quadratus lumborum , erector spinae ,
trunk lateral flexion	Turn		(iliocostalis , longissimus , spinalis (erector spinae)) , intertransversarii
trunk rotation			external oblique , internal oblique , transversus abdominis

RADICALS

- BEND
- SLOUCH
- HUNCH

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