

RIB FLARE & THE FEMALE BODYBUILDING POSE

Creating a tighter waistline, smoother abdominal presentation, and more balanced silhouette in Bikini & Wellness

WHAT ATHLETES CALL “RIB FLARE”

In physique sports, this usually describes lower ribs that appear to project forward or outward, sometimes alongside a pronounced lumbar arch. Onstage, the appearance may be structural, positional, breathing-related, or exaggerated by posing, lighting, leanness, rotation, and camera angle.

The posing goal: Improve rib-to-pelvis control without flattening the physique or sacrificing the shape your division rewards.

WHY IT MATTERS ON STAGE

WAIST PRESENTATION

Excess spinal extension and a lifted rib cage can make the midsection appear less controlled or visually wider.

GLUTE DISPLAY

Bikini and Wellness require strategic hip and lumbar positioning—but more arch is not always more flattering.

CORE CONTROL

A controlled exhale can help athletes feel the lower ribs move inward and improve abdominal tension.

BREATHING

Practice 360° breathing into the sides and back of the rib cage instead of only lifting the chest.

EXHALE • STACK • EXPAND • POSE

BIKINI VS. WELLNESS POSING

BIKINI

Maintain an elegant S-curve and small-waist illusion without aggressively thrusting the lower ribs forward. Exhale gently before setting the pose, keep the sternum proud without lifting the entire rib cage, then add hip shift and rotation.

WELLNESS

Showcase lower-body density and glute development while keeping the torso controlled. Set the pelvis first, then organize the lower rib cage before adding division-specific hip shift and upper-body presentation.

THE KRATOS RIB-STACK CORRECTIVE PROTOCOL

Build deep-core control, rib-to-pelvis awareness, breathing mechanics, and posing stability.

DEAD BUGS	3–4 sets × 10–12 reps Begin with a controlled exhale to bring the lower ribs into a more stacked position. Keep the lower back gently connected to the floor while extending the opposite arm and leg. Stop the range before the ribs flare or low back excessively arches.
REVERSE DEAD BUGS	3–4 sets × 10–12 reps Start with hips and knees at approximately 90 degrees. Maintain stacked ribs and pelvis as you slowly lower one foot toward the floor. Move only as far as you can while maintaining abdominal control.
STOMACH VACUUMS	3–4 sets × 10-second holds to begin Fully exhale, then gently draw the abdominal wall inward and upward. Avoid straining, shrugging, or forcefully holding your breath. Gradually increase hold time as control improves.
SINGLE-LEG HIP-THRUST MARCHES	3–4 sets × 10–12 reps per side Maintain a level pelvis and controlled rib cage while alternating legs. Avoid compensating by flaring the ribs, rotating the pelvis, or excessively arching the lower back.
KNEELING RIB-STACK BREATHING	3–4 sets × 5–10 breaths or 10-second holds Begin tall on your knees with shoulders stacked over hips. Gently draw the belly button toward the spine as a positioning cue, fully exhale, and feel the lower ribs soften inward. Maintain the stack while inhaling into the sides and back of the rib cage.

STACK FIRST. THEN BREATHE. THEN POSE.

Shoulders over hips. Ribs organized over pelvis. Core engaged without maximal bracing. Maintain your shape without losing control.

HOW TO USE THIS PROTOCOL