Back Health

McGill Big 3

Side Plank

Birddog/Quadruped





Brace the abdominal muscles.
Extend opposite arm and leg.
Maintain a neutral spine from your tailbone to the top of your head.

Hold this position for 8-10 seconds.



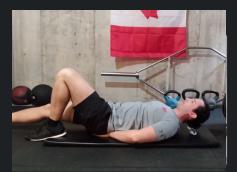


Brace the abdominal muscles
 Ensure that your shoulders are aligned and that the bottom shoulder is pulled away from your ear.

 Maintain a neutral spine from your tailbone to the top of your head.

✓ Hold this position for 8-10 seconds.

Modified Curl-up





Brace the abdominal muscles
 Slightly elevate your elbows off the floor

As you maintain a neutral spine, slightly lift the head and shoulders off the floor.

✓ Hold this position for 8-10 seconds

