

Back Health



McGill Big 3

Bird dog/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.

Side Plank



- ✓ 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.