

McGill Curl-Up



1. Place your hands under your low-back arch to act as pressure sensors. Bend one leg with the foot flat on the floor and keep the other leg straight
2. Start by lifting the elbows off the ground and holding the contraction for 10–20 seconds while taking powerful breaths. Next, emphasize a maximal brace by squeezing the glute and quad of the extended leg and floating the heel an inch off the ground

Keep the head and neck as a rigid block. The subtle lift comes from the thoracic spine, not the cervical spine, and the tongue pressing into the roof of the mouth helps activate neck stabilizers.
