



# MCGILL'S BIG 3 CORE EXERCISES



## Warm Up – Cat-Camel

Get into a four-point kneeling position, your back should be flat with your hands directly under your shoulders and your knees directly under your hips.

Starting with the cat stretch, slowly arch your back up until you feel a gentle stretch in your back muscles. Slowly return to the start position and move into the camel stretch by allowing your mid and lower back to sink below your hips and you feel a gentle stretch. Repeat this movement pattern for **FIVE reps**.



## McGill Curl Up

Lie on your back and place your hands under the gap between your lower back and the floor.

Bend one knee, keeping the foot flat and the other leg straight and resting on the floor.

Activate your pelvic floor muscles by simulating trying to stop the flow of urine and tense your abs by simulating the activation required to brace being punched in the stomach. Keep a neutral head position and raise your head and shoulders slightly off the floor maintaining the ab activation and the neutral lower back.

Hold the Curl Up position for 10s then lower and relax completely for 10s. Repeat for **THREE reps** each side. Try to maintain normal breathing throughout.



## Side Bridge

Lie on your side so that your body is in line support your weight on your elbow and your knees. Focus on activating your pelvic floor and deep abs as for the McGill Curl Up.

Hold this position for 10s then, relax for 10s. Repeat for **THREE reps** each side. Try to maintain normal breathing throughout. If capable, perform this exercise with straight legs.



## Bird Dog

Get into a four-point kneeling position, your back should be flat with your hands directly under your shoulders and your knees directly under your hips.

Focus on keeping a flat back and activating your pelvic floor and deep abs as for the Curl Up.

Raise the left arm forward while simultaneously extending your right leg back until both are parallel to the floor.

Ensure that hips are aligned with the torso and not tilted to one side. Hold for 5 seconds and return to the start position. Without relaxing your abs transition to raising the right arm and right leg. Hold for 5 seconds and return to the start position and relax completely. This is one rep.

Perform **THREE reps** each side.

