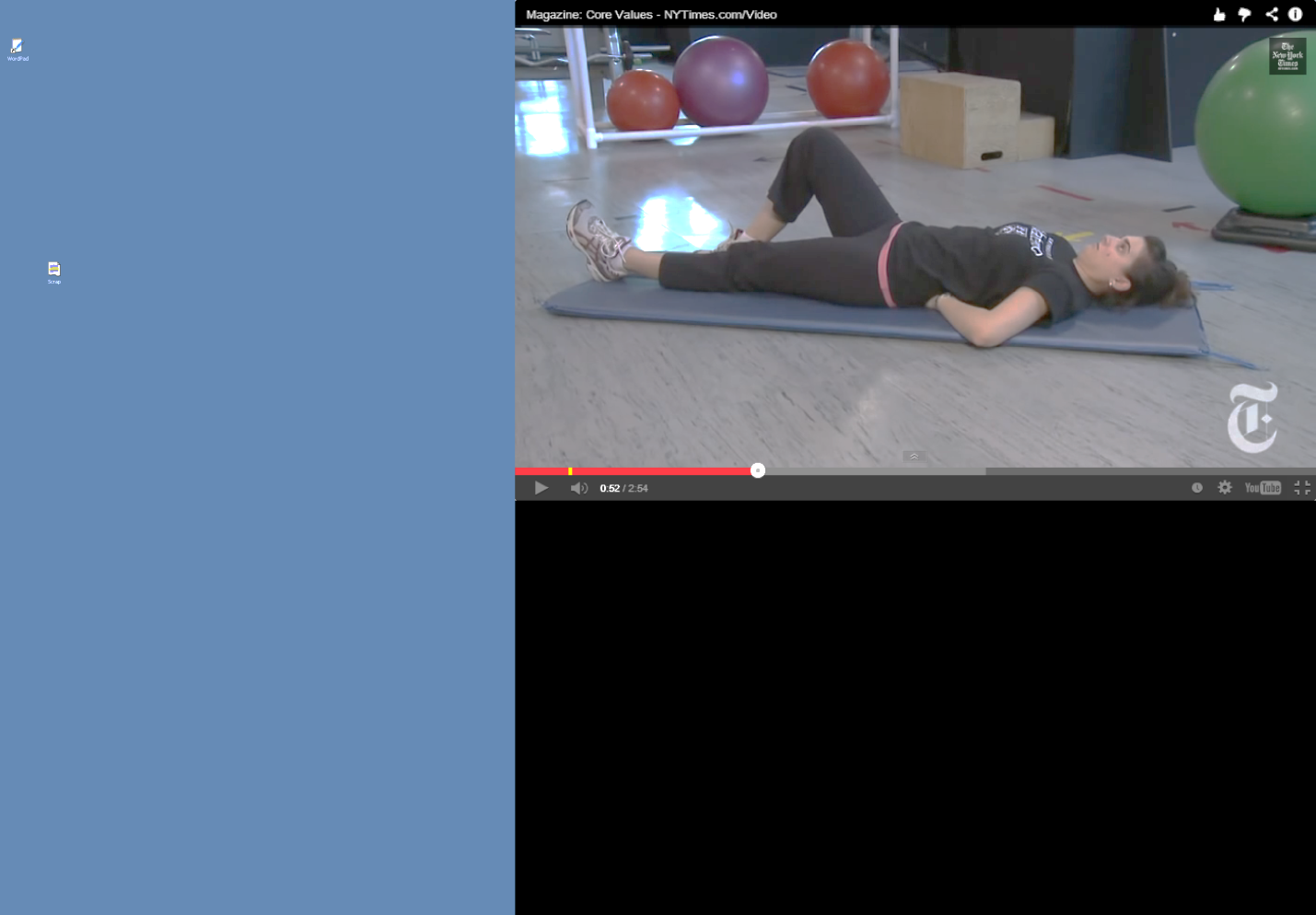
**McGill Big Three Exercises:**

1. **Spine sparing sit up**

* laying on your back, straighten one leg and keep one bent
* Place your hands under the low back, to provide feedback to keep a neutral spine and not lose the lumbar curve
* DO NOT CURL THE NECK AND SHOULDERS
* Rather assume that the shoulders are on a scale and you are lifting the shoulders toward the ceiling to unweight the scale (raising about 2-3’’ from the floor)
* Tense the abdominal region like someone is about to punch you in the stomach
* \_\_\_\_\_x/ set
* \_\_\_\_\_set(s)/ day

1. **The side bridge**

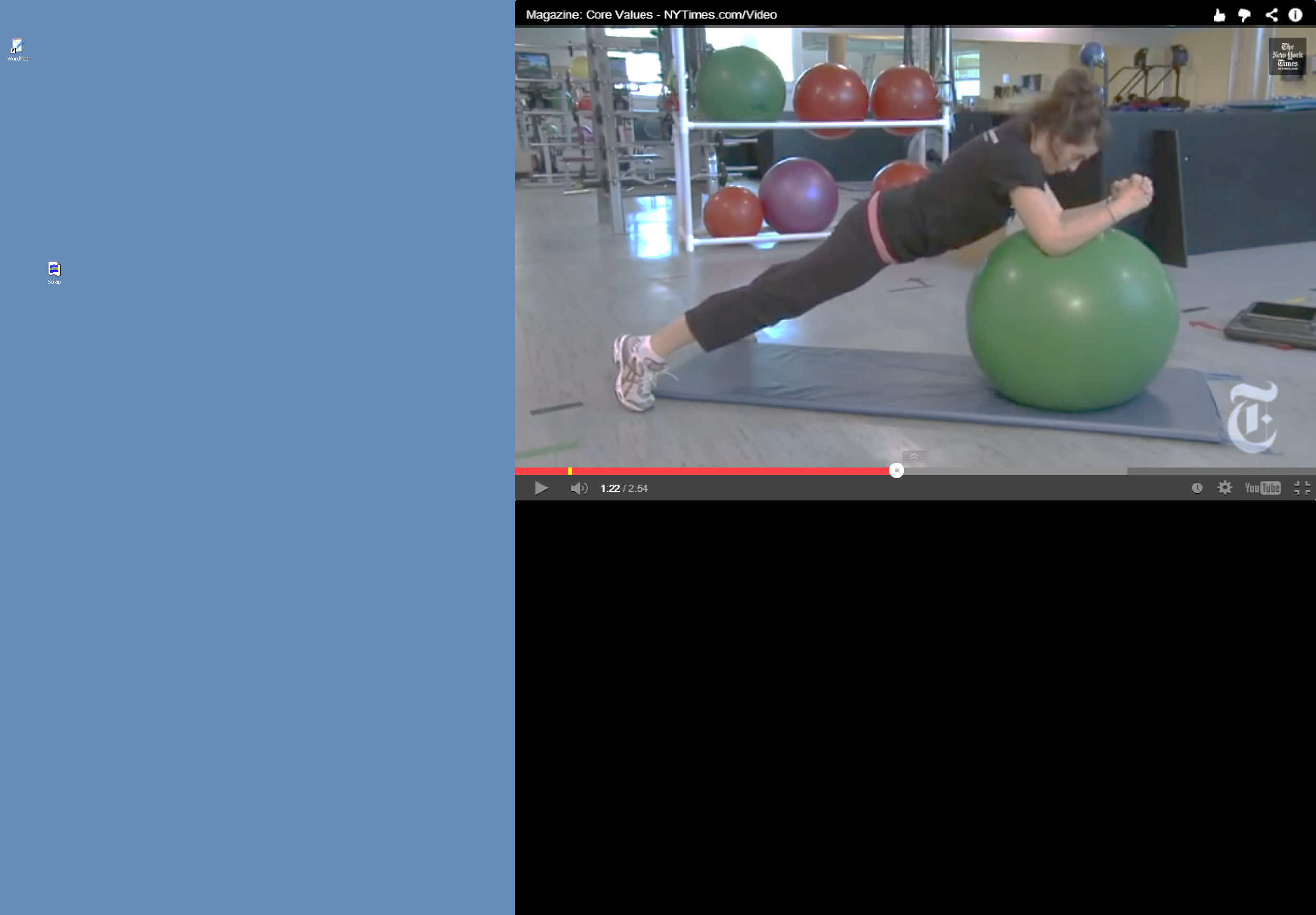
* Laying on your side, stabilize using one elbow
* Top foot widens the base by placing it ahead of the bottom foot
* Bridge up by lifting the hips from the floor and coming up onto the stabilizing elbow
* Straighten the spine through by pushing the hips forward
* The top hand is placed on the opposite shoulder, pulling the elbow into the body for stability
* \_\_\_\_\_x/ side /set
* \_\_\_\_\_set(s)/ day

1. **Bird Dog**

* In a quadruped position, maintain a stable core by stiffening
* Extend the opposite arm and leg out in front and behind respectively
* DO NOT ALLOW YOUR WEIGHT TO BE TRANSFERRED UPON THIS MOTION
  + Motion should be completed through the hip and shoulder
* Hold the position for 10-15sec
* Return to a neutral position by sweeping the floor with the hand and knee, do not allow the extremities to rest (complete all reps on one side and then move to the opposite side)
* \_\_\_\_\_x/ side /set
* \_\_\_\_\_set(s)/ day

*Add on to make it more difficult*

* When in an extended position, draw a square with the leg and arm, with motion about the hip and the shoulder
  + Square= out, down, across, up to midline



1. **Stir the pot**

* With a wide base of support, spread the feet a little wider than shoulder width
* Place forearms onto stability ball
* Lift torso into a push up position, DO NOT ALLOW THE BUM TO SAG, maintain a flat back from shoulders to feet
* Stir the pot, controlled circular motion of the forearms
* Maintain core stability so that the abdominal (torso region) does not move
* \_\_\_\_\_x/ direction/set
* \_\_\_\_\_set(s)/ day

**To view each exercise:**

<http://redelivery.ca/2013/08/25/the-big-3-core-exercises-dr-stu-mcgills-spine-conserving-alternatives-to-the-sit-up/>