

LINKS TO EXERCISE DEMONSTRATIONS (You Tube)

CORE STRENGTHENING:

<https://www.youtube.com/watch?v=zEvy5CCvNLA>

McGill talks about why spinal flexion is bad and how to protect the spine with: 1. Sit-ups, 2. Stirring the pot, 3. Side bridge, 4. Bird Dog [finishes with #2 Stirring the pot] (2:54) *New York Times*

Similar You Tube with additional explanation why loading the lower spine in flexion should be avoided. 1) Sit-ups; 2) Side bridge; 3) Quadruped; 4) Stirring the pot. (5:56).

<https://www.youtube.com/watch?v=qsup3ZvzAjU>

SQUATTING: How Much back arch is needed with squatting? Aaron Lipsey interview/demonstration with McGill (6:36)

https://www.youtube.com/watch?v=h3n8z1wy_SQ

SQUATTING: How Deep Should I Squat? How To Test Squat Depth (6:35)

<https://youtu.be/PkQb2LJtLgo>



How Deep Should I Squat? How To Test Squat Depth

Aaron Lipsey
109K views

SQUATTING: “One of the squat’s most controversial questions answered.” Aaron Lipsey interview/demonstration with McGill (5:13)

<https://www.youtube.com/watch?v=-X1GkG2YgXw>
