



Work Those Muscles

Kinesiology Lab Days

Discussion Questions

1. Why is muscle contraction the focus as opposed to muscle relaxation?
2. In what ways do you think the muscles of your body act as a protection mechanism?
3. Why do you think Dr. McGill chose these exercises as the “Big 3”?
4. How would having a weak supporting core layer affect daily life?
5. What metabolic system was likely more active near the end of the planking exercises?
6. Which plank did you find more challenging? Why do you think this might be?