



Work Those Muscles

Kinesiology Lab Days

Recording Sheet

Activity 2 – Testing Muscular Endurance

Part 1: Left and Right Side Bridge

Task	Time (s)
Left Side Plank	
Right Side Plank	

Part 2: Front Plank

Task	Time (s)
Front Plank	

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Procedure Sheet

Activity 1: McGill “Big 3”

Activity 1A: How to Perform a Half Curl Up

1. Lie on your back with one leg straight and one leg bent, with your hands under your lower back for lumbar support. Keep your core braced.
2. Lift your head and shoulders around 30° off the ground and hold this pose for a 10 second isometric contraction.
3. After a 10 second hold, return to resting position.

A correct visual for Step 1



A correct visual of Step 2



An incorrect visual of Step 2



In this visual the head is too high and there is no lumbar support.

Activity 1B: How to Perform a Side Bridge

1. Lean on your side with your elbow and knees bent on the ground to support you. Place your free hand on the opposite shoulder. Keep your core braced.
2. Raise your hips so that only your forearm and legs are touching the ground.
3. Hold this pose for a 10 second isometric contraction and return to a resting position.

A correct visual of Step 1



A correct visual of Step 2



An incorrect visual of Step 2



In this image the hips are too high.

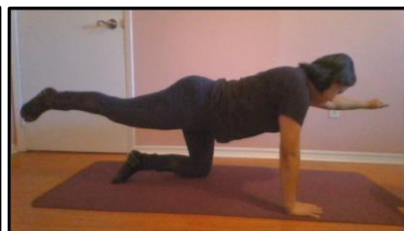
Activity 1C: How to Perform a Bird Dog

1. Face the ground in an all 4's position- with your back slightly arched, your hands directly under your shoulders and your knees bent and touching the ground. Keep your core braced.
2. Extend your left leg and your right arm until they are leveled together and hold an isometric contraction for 10 seconds.
3. Bring yourself back to an all 4's position by sweeping the arm and the leg underneath your body.
4. Repeat this motion with your **opposite** leg and arm (i.e., alternate sides).

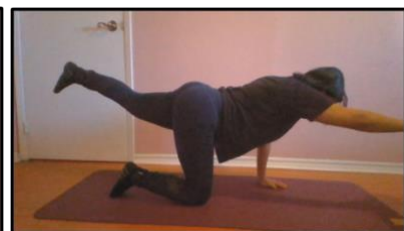
A correct visual of Step 1



A correct visual of Step 2



An incorrect visual of Step 2



Legs are too high and not level with the hip.

Activity 2: Testing Muscular Endurance

Part 1: Left and Right Side Bridge Tests

1. Lay on the right side of your body and extend your legs on the surface.
2. Place the top foot in front of the lower foot for support.
3. Lift your hips off the mat to maintain a straight line over your full body length and support yourself on the one elbow and feet. Your calf should not touch the mat. The upper arm should be pulled down across your chest at a 90 degrees angle, and your head should remain in line with the spine, and chin 90 degrees to body.
4. START the time at the initiation of the side bridge position and STOP the time when the subject breaks form. This value is the endurance time, record it in Table 3 of your recording sheet.
5. Repeat steps 1-4, for the left side.
6. Calculate the ratio of the right and left side bridge endurance times and record this value in your recording sheet.

A correct visual of a side plank



An incorrect visual of a side plank



In this image, the shoulders are rolling inwards, the hip sags, the is no longer in line with the spine, and the calf is touching the mat.

Part 2: Front Plank

1. Position yourself as if you were going to do a push up.
2. Place your forearms on the floor with your elbows aligned with your shoulders and arms parallel to your body at about shoulder width.
3. Neutralize your neck and spine by looking at a spot on the floor directly below and your chin is 90 degrees to body about a foot beyond your hands. Your head should be in line with your back.
4. Endurance time is recorded as the time of initiation of the front plank position to the time when the subjects break form. Record this value.

A correct visual of a plank



An incorrect visual of a plank



Hips too high in this image.

An incorrect visual of a plank



Hips too low in this image.