

Back Training Block

McGill Big 3 + posterior chain | 2-3x per week

Do each colored group, then rest 60-90 sec

After warm-up or before main lifts

SUPERSET 1: MCGILL BIG 3

Modified Curl-Up

Hands under low back, one knee bent. Lift head/shoulders 1 inch. Brace, do not flex. Breathe.

3 x 10-sec holds (5-3-1)

Bird Dog

Fist, not open hand. Sweep the floor between reps. Nothing moves but the limbs.

3 x 6 per side, 5-sec hold

Side Plank

Start from knees if needed. Straight line ear-hip-ankle. Top hand on hip.

3 x 20-30 sec per side

SUPERSET 2: EXTENSORS

Reverse Hyper Extension

Legs to horizontal only, not above. Squeeze glutes, slow lowering. Decompresses the spine.

3 x 12, light

Roman Chair Back Extension

Hip hinge, stop at neutral. Squeeze glutes at the top. Not a lumbar hyperextension.

3 x 10

SUPERSET 3: POSTERIOR CHAIN

Nordic Curl

Hips extended, lower over 4-5 sec. Band assist or push back up with hands. Sore is normal week 1.

3 x 3-5 slow eccentrics

SUPERSET 4: OBLIQUES / QL

Roman Chair Oblique Extension

Sideways on the pad, hips stacked. Lower and raise through the side, control the range.

3 x 8-10 per side

HOW TO RUN THIS BLOCK

- Do the Big 3 first every session. Quality beats time: short hard holds beat long saggy ones.
- Reverse hypers and Roman chair extensions are hip hinges. Stop at neutral; do not arch hard.
- Nordics: start with band assist. Add 1 rep or reduce assist when the last eccentric is controlled.
- If the low back flares, keep only the Big 3 (curl-up, bird dog, side plank from knees) and walking.