Low Back Extension Weighted

Erector Spinae (Lower Back)

Adjust the height of the hip pads so they rest against the top of your hips. Place your feet on the platform and keep your knees straight but not locked. Hold onto a plate as shown.

Inhale and hinge forward from your hips. Exhale and slowly return to the starting position. Hyperextend your back very slightly until you feel your lower back muscles contract.