Lower Back

Low Back Extension

**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 the handlebars or cross your arms over your chest as shown.

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

LifeFitness Lower Back Extension

Erector Spinae
(Lower Back)

Sit on the seat with your back against the back rest. Place your feet on the foot rest. Select weight. Grasp the handles.

Exhale and hinge backward from your hips. Pause briefly. Inhale and slowly return to the starting position.
**All Fours Lower Back Extension**

From a hands and knees position, extend your right arm and left leg as shown. Keep your left elbow slightly bent because it is bearing weight. Keep your body straight from your fingers to your toes.

Inhale and bring your right arm and left knee toward your chest. Exhale and return to the starting position.

When you have completed the set, repeat on the opposite side.

**Prone Lower Back Extension (version 1- modified)**

Version 1 is a modified version of the lower back extension.

Lie on the floor in a prone (face down) position. Place your hands by your shoulders, palms down. Keep your neck in alignment with your spine.

Exhale and use the strength of your lower back muscles to lift your shoulders 8-12 inches off of the floor. Pause briefly. Inhale and slowly return back to the starting position.
Prone Lower Back Extension (version 2)

Version 2 uses a slightly longer lever and is more difficult than version 1.

Lie on the floor in a prone (face down) position. Cross your arms underneath your chin. Keep your neck in alignment with your spine.

Exhale and use the strength of your lower back muscles to lift your arms 6-8 inches off of the floor. Pause briefly. Inhale and slowly return back to the starting position.

Prone Lower Back Extension (version 3)

Version 3 uses longer levers of the arms and legs and is more difficult than version 1.

Lie on the floor in a prone (face down) position. Extend your right arm and rest your chin on the back of your left hand as shown. Keep your neck in alignment with your spine.

Exhale and use the strength of your lower back muscles to lift your right arm and left leg. Pause briefly. Inhale and slowly return back to the starting position.

When you have completed the set, repeat on the opposite side.