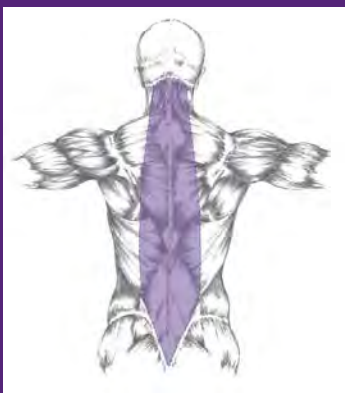


# Prone Lower Back Extension (version 1- modified)

Erector Spinae  
(Lower Back)



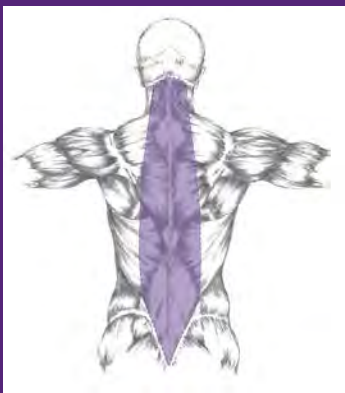
Version 1 is a modified version of the lower back extension.

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)

Erector Spinae  
(Lower Back)



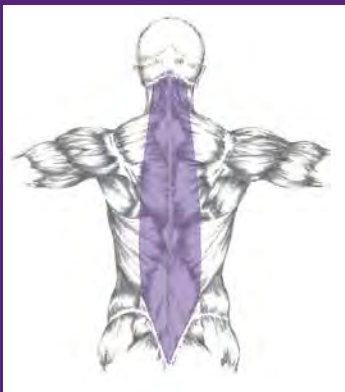
Version 2 uses a slightly longer lever and is more difficult than version 1.

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)

Erector Spinae  
(Lower Back)



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.