



Muscle Group: Lower Back

Machine Exercise: Back Extension



Pull out the handle for adjustment of the pads.

Position them on your thighs so that the top of your hips are at the top of the pads while standing on the machine



Start with the body straight and the arms crossed on the chest.



Lower your upper body and straighten it again using your lower back muscles.



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Free Weight Exercise

Stability Ball Back Extension



Lean forward so that your midsection rests on the ball. Straighten your legs out behind you. Keep your feet against the wall with your toes on the ground. Don't touch the ground with any other part of your body.



Inhale and lift your torso up from the waist up so that your entire body forms a straight line. Stop once you've reached a comfortable position. Sitting up too far will put unnecessary strain on your lower back.

Stability Ball Hip Lift



Lie on your back on the stability ball, arms down by your sides, knees bent with your feet shoulder width on the ground.



Exhale as you press through your heels to lift your hips up in the air until they are in line with your thighs, then inhale as you lower your hips back towards the ground, stopping when they are within an inch of the floor.