



ELITE PERFORMANCE SERIES

Strength & Power Training



Back Extensions

Purpose:

- **Strengthening exercise for the lower back**

Start/Finish Position:

- Prone position in the glut/ham rack with the hip pad positioned so the upper-body can fold downward without any hindrance
- The hands are placed behind the neck
- Legs are secured in the foot supports with the upper-body resting vertically

YES **NO**



Phase I:

- Slowly raise the upper-body by contracting the lower back musculature
- Keep head neutral and arms relaxed



Phase II:

- After the short pause at the top position, lower the upper-body slowly down to the bottom position



Variations:

- Weighted back extensions