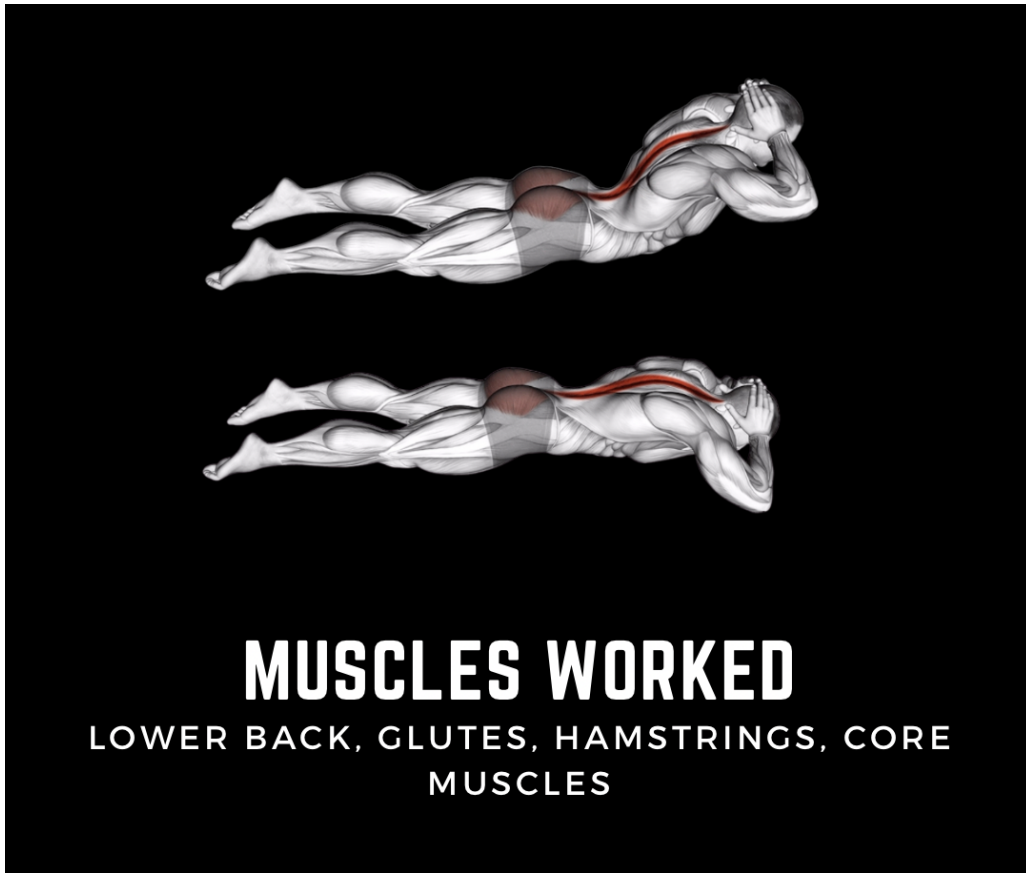


HOW TO PERFORM A BACK EXTENSION



How to do:

- Lay on the floor on your stomach.
- Place your hands lightly behind your head and look toward the top of your mat.
- Engage your core and gently squeeze your glutes and back.
- Keep your spine and neck neutral and pull your shoulder blades together.
- With control, on your exhale, lift your upper body away from the mat as high as you can. Look ahead.
- Pause and squeeze as many muscles as you can, then slowly lower to your starting position.

Tip: Start with 2-3 sets of 8-12 reps. You could also practice the movement lying on a swiss ball — it'll challenge your stability and balance while offering a bridge between the ground and chest.