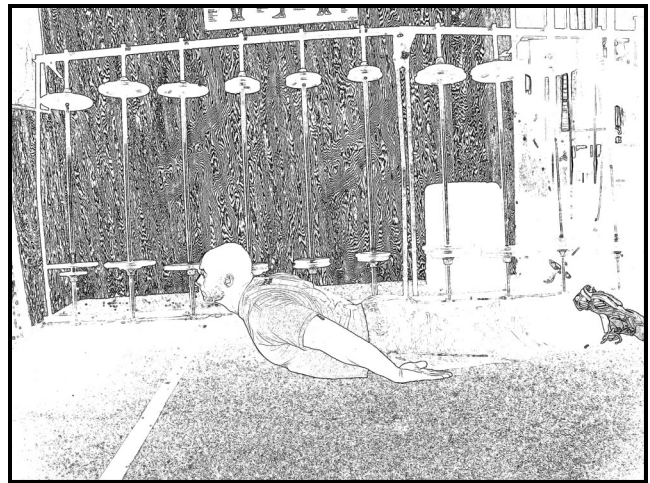
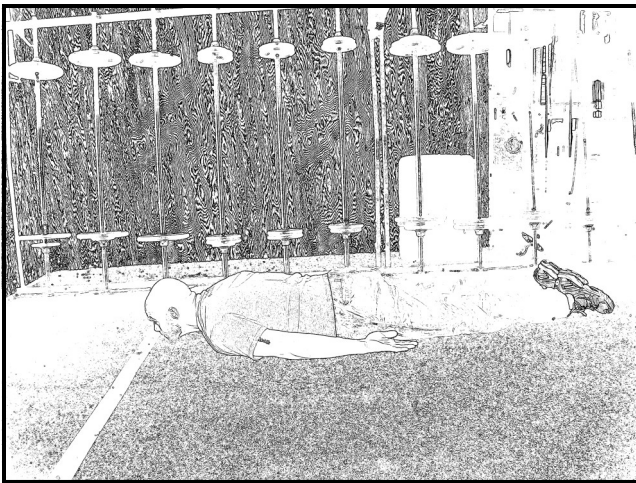


# Back Extension

- Always consult a physician before beginning any exercise routine.
- Drink appropriate amounts of fluid to remain hydrated-if you have any related conditions, ask your doctor how to do so properly.
- No dumbbells? A 16 oz canned good = 1 lb weight!
- Effective workout routines can be done in 30 min, 4-5 days a week.
- Walking, in appropriate footwear, at good pace can be a great way to remain active in between workouts.



Focus of exercise: Lower back

Laying on your stomach, the front of your shoulders touching the ground, keeps arms down at your side with palms facing up. This is the starting position. Raise your shoulders off the mat, pulling your shoulder blades together, then return back to the starting position in a smooth and controlled movement.

Repeat for 2-3 sets of 8-15 reps.