

Back Extension

Why we do it:

Stretch the torso and abdominal muscles.
Strengthens arms and shoulders.
Relieves stiffness in the lower back muscles.

Functional Benefit:

Mobility
Flexibility



Lie on the floor, face down, legs hip width apart, hands on the floor placed next to your shoulders.



Straighten arms and lift chest and torso off floor, arching your back.

Lower head back to floor.



Point your toes and bend your knees, bringing your feet to your buttocks.

Return to centre. Repeat full sequence.