

# Back Extension: Standing

**Why we do it:**

Open up the chest and shoulder girdle.

**Functional Benefit:**

Mobility  
Flexibility



Stand in the neutral position.



Raise both arms up in front of you and reach up and over your head.

Arch your back as you reach your arms backwards.



Bring your arms back down to your knees.

Round your shoulders and touch your chin to your chest.

Repeat the movement and return to centre.