Muscle Group: Lower Back

Machine Exercise: Back Extension

Pull out the handle for adjustment of the weight.

Pull the handle up to adjust the back pad. Align the pad to the shoulder blades.

Pull the handle to adjust the platform. Raise it until you can sit while keeping the legs a little bent.

Pull the handle to adjust the angle of the back pad. Keep the angle at 90°.

Rest both arms on the chest while keeping a 90° angle with the body.

Straighten the whole body by pressing the upper body backwards.
Muscle Group: Lower Back

Machine Exercise: Back Extension

Pull out the handle for adjustment of the weight.

Pull the handle to adjust the pad. Position it just above the shoulder blades.

Pull the handle to adjust the angle of the pad.

Start in a bent or flexed position with both arms crossed on the chest. Keep both feet on the platform.

Straighten the back, while leaning backwards.
Muscle Group: Lower Back

Machine Exercise: Back Extension

Pull out the handle for adjustment of the pads. Position so the top of your hips are on the pads while standing on the machine.

Use the handles to step up on the machine, resting your thighs on the pads.

Start with the body straight and the arms crossed on the chest.

Lower your upper body and straighten it again using your lower back muscles.
Muscle Group: Lower Back

Free Weight Exercise

Stability Ball Back Extension

Lean forward so that your midsection rests on the ball. Straighten your legs out behind you. Keep your feet against the wall with your toes on the ground. Don't touch the ground with any other part of your body.

Inhale and lift your torso up from the waist up so that your entire body forms a straight line. Stop once you’ve reached a comfortable position. Sitting up too far will put unnecessary strain on your lower back.

Stability Ball Hip Lift

Lie on your back on the stability ball, arms down by your sides, knees bent with your feet shoulder width on the ground.

Exhale as you press through your heels to lift your hips up in the air until they are in line with your thighs, then inhale as you lower your hips back towards the ground, stopping when they are within an inch of the floor.