

BACK RAISES **ADVANCED**

START



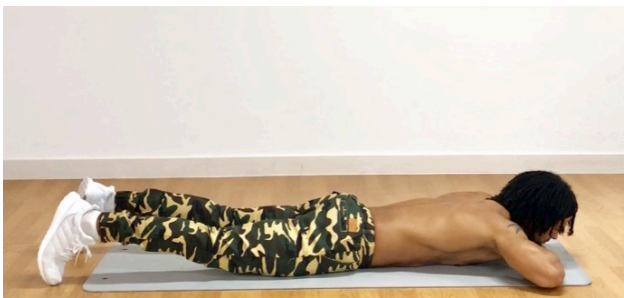
- Lie on your stomach
- Face down
- Arms crossed under your chin, elbows pointing outward
- Legs fully extended behind you touching the mat
- Pull your abdominals in creating a small space between your stomach and the mat

MIDDLE



- Pull your shoulders down and back
- Inhale and lift your chest 2 inches from the floor
- As you lift ensure your spine is neutral and not arched
- Hold this position until you feel the tension in the lower back muscles (erector spinae)
- Keep your feet on the ground

END



- Exhale and slowly release down to the floor
- Continue to repeat according to your program
- Perform the raise in a slow and controlled manner
- Only a small movement is required to feel the lower back contraction

MUSCLES TARGETED

ERECTOR SPINAE & EXTENSOR MUSCLES

- The erector spinae and extensor muscles on either side of the spine are activated during this exercise
- An excellent exercise to complement crunches and the plank

CAUTION

Back Raises are not suitable for those who have a herniated disc, sensitive spinal nerves or extremely overweight.

BACK RAISES **BEGINNERS** / **INTERMEDIATE**

START



- Lie on your stomach
- Face down, chin touching the mat
- Arms down by your side close to your body
- Palms up
- Legs fully extended behind you touching the mat
- Pull your abdominals in creating a small space between your stomach and the mat

MIDDLE



- Pull your shoulders down and back
- Inhale and lift your chest 2 inches from the floor
- As you lift ensure your spine is neutral and not arched
- Hold this position until you feel the tension in the lower back muscles (erector spinae)
- Keep your feet on the ground

END



- Exhale and slowly release down to the floor
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