

BACK EXTENSIONS HOLDING PLATE

START



MIDDLE



END



- Place the plate in front of the 45° back extension bench
- Position yourself front down on the bench
- Tuck your heels under the foot pads
- Hips must be forward on the hip pad as this is a hinge manoeuvre of flexing and extending from the hips
- Keep your entire spine and neck neutral
- Reach for the plate
- Hold plate parallel to the floor with fully extended arms and palms facing inwards

- As you move through extension, start the concentric rep slowly and then accelerate as you move towards full extension
- Go all the way up to parallel
- Do not look up as you reach full extension, keep a neutral spine and neck
- Seek maximum range of motion

- Slowly lower all the way down flexing from the hip
- Do not touch the plate to the ground
- Repeat for desired number of repetitions
- Always perform movements slowly and under control
- Avoid jerking or bouncing movements

MUSCLES TARGETED

ERECTOR SPINAE

- The primary muscle group involved in back extensions is the erector spinae. Made up of three muscles; the iliocostalis lumborum, longissimus thoracis and spinalis
- The erector spinae runs all the way from your neck to your lower back
- The gluteus maximus, adductor magnus and hamstring muscles also assist during back extensions
- These three muscles, (located in the glutes and down the back side of your upper thighs), are responsible for extending your hip joints as you lift your torso up

NOTE

Strengthening the muscles that are responsible for extending your spine is important for ensuring that you're able to maintain proper posture.