

# 45 Degree Back Extension

*Equipment Needed: 45 Degree Back Extension*

## Start at this Position:

- **Note: This is an advanced level exercise. If you are unfamiliar with this exercise, please see your club's staff for assistance.**
- Adjust the 45-degree back extension to your body so your hips are aligned with the pads and you are able to bend comfortably from your waist.
- **Note: Some manufacturers have foot and thigh adjustments, others do not. The pictures below show a 45-degree back extension with a thigh adjustment.**
- Position your body at a 45-degree angle.
- Keep your back straight, your head aligned with your spine, and your knees slightly bent.

## Steps to Performing the Exercise:

### 1. Start Position



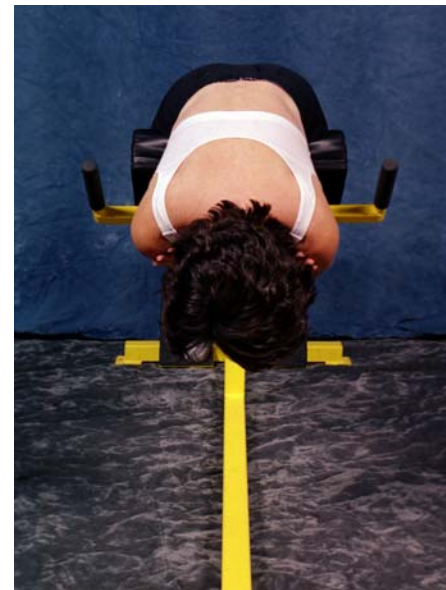
Inhale as you slowly lower your body by bending from your waist.

### 2. Middle Position

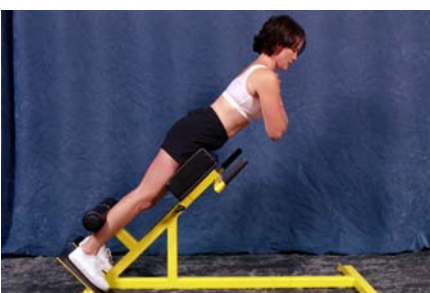


As you lower your body, concentrate on keeping your back straight and your head aligned with your spine.

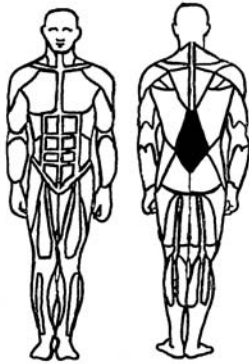
### 3. End Position



At the lowest position, hold for 1/2 a second, feeling the stretch in your hamstrings.



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### Region: Back

- Primary Muscle Worked:  
Lower Back

### Focus on Your Form:

- Throughout the entire range of motion:
  - Keep your back straight and your head aligned with your spine.
  - Keep the position of your legs consistent with a slight bend in your knees.
- Move by bending from your waist only.
- **In start position, do not exaggerate the hyperextension of your back by jerking your body or using momentum.**
- This is a slow and controlled movement. If you feel discomfort in your lower back, **STOP**.

### 4. Return to Middle



Exhale as you slowly return to starting position.

### 5. Return to Start



**Do not hyperextend your back.** Hold for 1/2 a second, squeezing your glutes and hamstrings. Repeat the movement for the recommended number of repetitions.

