

Stabilized Back Extension on Ball

Equipment Needed: Stability Ball

Start at this Position:

- **Note:** If you are unfamiliar with this exercise, please see your club's staff for assistance.
- Kneel on the mat. Position the ball against your thighs. *Refer to Figure A.*
- Hold the ball for support. Bending from your waist, lie on your stomach on top of the ball. *Refer to Figure B.*
- Make the ball the center of gravity by balancing your body on top of the ball. *Refer to Start Position.* (Depending on the size of the ball, your knees may or may not touch the floor.)
- *Note: For extra balance and comfort, you may stabilize yourself by squeezing the ball between your thighs.*
- Bring your hands behind your head, keeping your elbows outward and relaxed.
- Looking straight down, keep your back straight and your head aligned with your spine.

Steps to Performing the Exercise:

1. Start Position



Exhale as you slowly raise your body, by bending from your waist.

2. Middle Position



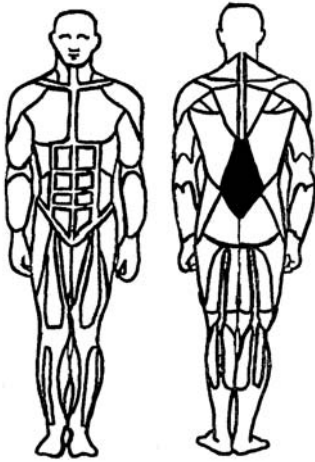
As you raise, concentrate on keeping your lower body stationary and your head aligned with your spine.

3. End Position



Continue to raise as high as possible, without exaggerating the hyperextension of your back. Hold for 1/2 a second. *Note: This is a very short range of motion. A slight hyperextension of the back is expected. If you feel discomfort in your lower back, STOP.*

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Region: Back

- Primary Muscle Worked: Lower Back

Focus on Your Form:

- Throughout the entire range of motion:
 - Keep your head aligned with your spine.
 - Keep the ball the center of gravity, by balancing your body on top.
 - Keep your lower body stationary.
 - Keep your arms level with your back.
 - Keep your elbows outward and relaxed.
- Keep the ball stabilized. If any movement of the ball occurs, STOP and reposition your body, then continue.
- At end 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

5. Return to Start



Inhale as you slowly return to start position.



Keep your back straight and your head aligned with your spine. Repeat the movement for the recommended number of repetitions.

Figure A



Figure B

