

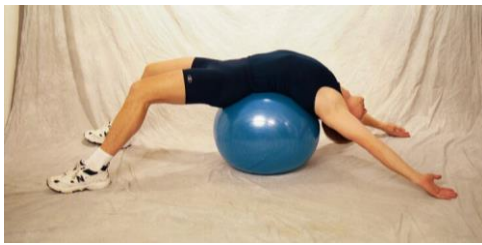
Back Extensions



Start with a neutral pelvis.

Don't over extend with contraction.

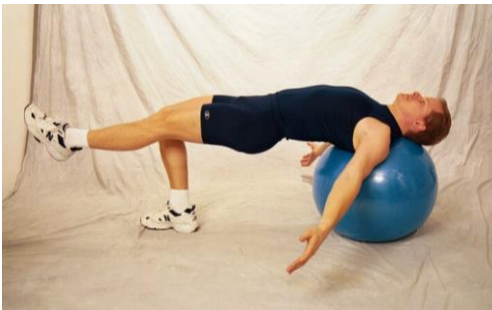
Superman.



Passive Extension



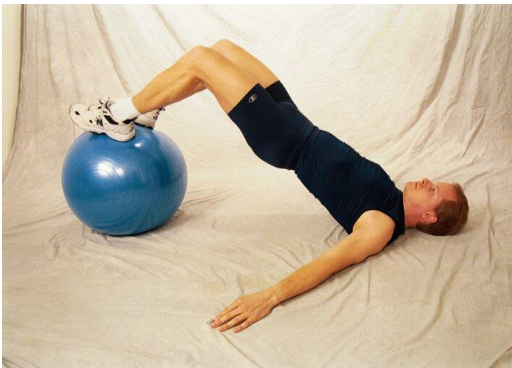
Roll out to Bridge



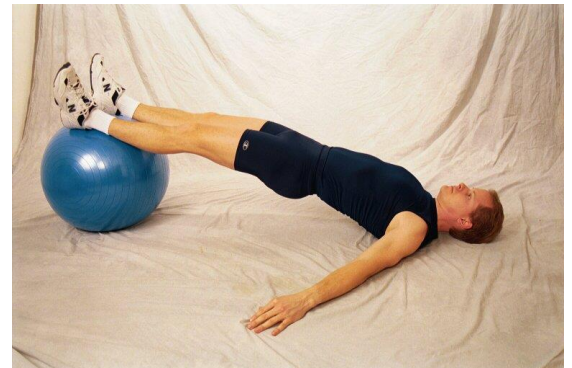
Bridge with leg extension



Hamstring Curl Up



Maintain Neutral Pelvis During This Exercise.



Do Not Over Extend Back