

Back Extensors – Superman and Swiss Ball

Advice: Avoid pain. If an exercise causes you pain or other problems stop doing it. Allow yourself sufficient time to recover. Next time you repeat it, do it 50% more gentle (less power/ less repetitions/ less movement). If you have problems, please seek advice. **Keeping a good posture throughout when doing this exercise is crucial. Have someone with expertise have a look at you doing it before you introduce to your routine. Remember you need to aim for no more than 50% of your maximum.** See our 'Physical Rehab Advice' sheet for deciding on your reps

Spinal Extension Hygiene Exercises (Back Extensors)

- Do a minimum of 2 of these exercises every spinal hygiene workout

Prone Superman & Swiss Ball Superman

Start face down and lift your arm and opposite leg at the same time as high as possible. Lift your arm out at a 45 degree angle with hand in a fist with thumb up. Hold this position for as long as possible, slowly lower arm and leg and repeat on opposite side.

Exhaling and Holding



Exhaling and Holding



Swiss Ball Back Extensions

Lie face down over Swiss ball. Keeping your toes on the ground and arms by your side extend your legs and spine into a straight position flexing your buttocks and bringing your shoulder blades together. Hold this position for as long as possible then slowly lower back to start position and repeat.

Start (Inhaling and Relaxing)



Finish (Exhaling and Holding)



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