

Muscle Strengthening at the Gym (Back Extension)

(Dave Patania)

Now, we'll work the back muscles, using a machine called the back extension.

Adjust the footplate so that the back pad rests on the upper back and shoulder blades when you sit down on the machine. Attach your seatbelt and, with your back straight, stomach muscles tight, and arms crossed at your chest, slowly push back from your hips, exhaling as you go.

Lean back only as far as you can, in good form, with your back straight and stomach muscles tight. Slowly return to the starting position and continue with 8 to 12 repetitions, for 1 set.

Do 1 set at least 2 times per week.