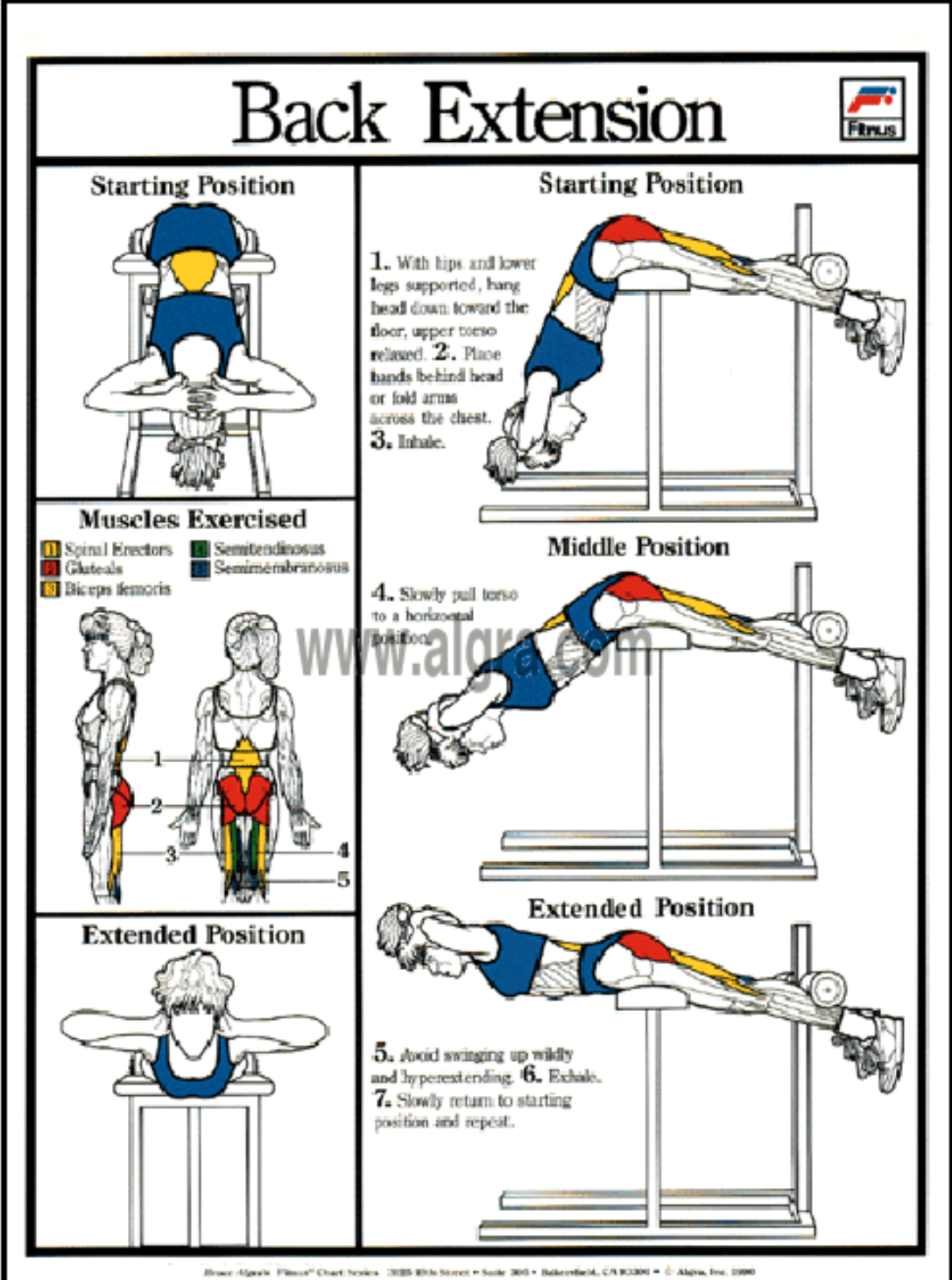


## Back Extension Chart– BA090

<p><b>Description</b></p>	<p>◆ Bruce Algra's Back Extension Poster displays an array of exercises to strengthen and tone your back. It uses specific colors to show which muscles groups are being engaged during the back extension exercises. The images give step-by-step directions that show how to maximize your workout and use the machines correctly.</p>
<p><b>Details</b></p>	<p>1. Dimension: 11" x 16" 2. Material: gloss paper laminated with clear polyester both sides</p>
<p><b>Image</b></p>	 <p><b>Back Extension</b></p> <p><b>Starting Position</b></p> <p>1. With hips and lower legs supported, hang head down toward the floor, upper torso relaxed. 2. Place hands behind head or fold arms across the chest. 3. Inhale.</p> <p><b>Middle Position</b></p> <p>4. Slowly pull torso to a horizontal position.</p> <p><b>Extended Position</b></p> <p>5. Avoid swinging up wildly and hyperextending. 6. Exhale. 7. Slowly return to starting position and repeat.</p> <p><b>Muscles Exercised</b></p> <ul style="list-style-type: none"> <li>1 Spinal Erectors</li> <li>2 Gluteals</li> <li>3 Biceps femoris</li> <li>4 Semitendinosus</li> <li>5 Semimembranosus</li> </ul> <p><small>Bruce Algra's Fitness® Chart Series 1035 8th Street • Suite 305 • Berkeley, CA 94704 • © Algra, Inc. 1990</small></p>