


## Back Extension Machine Wall Mounted Chart– CT106

<p><b>Description</b></p>	<p>◆ This chart shows how to do the exercise using the Back Extension Machine as well as illustrating the major muscle groups that work during the exercise. Four positions are shown from start to finish and each position has instructional information about to do the exercise properly and safely. The chart is ideal for fixing on the wall next to your weight training machine and will help to reinforce instruction from the fitness trainer.</p>
<p><b>Details</b></p>	<p>1. Dimension: A3 Size</p>
<p><b>Image</b></p>	 <p><b>BACK EXTENSION MACHINE</b></p> <p><b>STRENGTHENS BACK MUSCLES</b></p> <p><b>START POSITION</b></p> <ol style="list-style-type: none"> <li>Place feet under pads, sit on the bench with hip joint resting between the shoulder blades.</li> <li>Adjust hip pad to ensure that the back is at right angle with hip joints.</li> <li>Fasten safety strap over top of thighs. Keep hands over stomach.</li> </ol> <p><b>POSITION TWO</b></p> <ol style="list-style-type: none"> <li>Keeping the Lower Back arched, in its natural Lumbar Curve, press backwards against the hip pad.</li> <li>Keep buttocks in firm contact with bench, head upright and neck straight.</li> </ol> <p><b>POSITION THREE</b></p> <ol style="list-style-type: none"> <li>Continue to press backwards against the pad keeping Lower Back arched, neck straight and buttocks in contact with bench.</li> </ol> <p><b>POSITION FOUR</b></p> <ol style="list-style-type: none"> <li>Press the pad back until you reach the position shown below.</li> <li>Return slowly to start position to the count of 2.</li> </ol> <p><b>STAY HEALTHY... KEEP FIT</b></p>