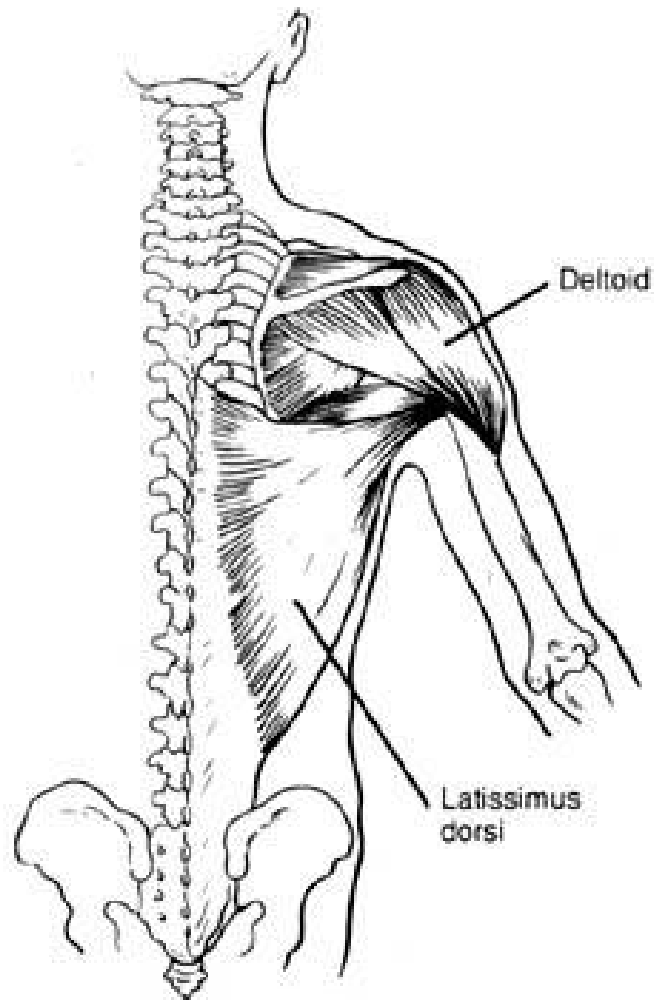


Ultimate Personal Training's Lower Back Exercise Guide



Major Muscle That Acts On The Lower Back

| MUSCLE | ORIGIN | INSERTION | PRIMARY FUNCTIONS |
|-----------------|---|---------------------------------------|---|
| Lower Trapezius | Occipital bone, spines of cervical and thoracic vertebrae | Acromion process and spine of scapula | Upper: elevation of scapula; middle: adduction of scapula; lower: depression of scapula |

Hyperextensions (Back Extensions)

Exercise Data

Main Muscle Worked: Lower Back
Other Muscles Worked: Hamstrings
Equipment: Other
Mechanics Type: Isolation



Tips: Lie face down on a hyperextension bench, tucking your ankles securely under the footpads. Adjust the upper pad if possible so your upper thighs lie flat across the wide pad, leaving enough room for you to bend at the waist without any restriction. Start with your body in a straight line. Cross your arms in front of you or behind your head. You can also hold a weight for extra resistance. Slowly bend forward at the waist as far as you can while keeping your back FLAT. Do not round your back. Slowly raise your torso until your legs and upper body are in a straight line again. Do NOT arch your back past a straight line!

Hyperextensions With No Hyperextension Bench

Exercise Data

Main Muscle Worked: Lower Back
Other Muscles Worked: None
Equipment: Body Only
Mechanics Type: Compound



Tips: Good if you don't have access to a hyperextension bench. You will need a partner to sit on your legs or hold them down. Slide yourself down to the edge of the bench, until your hips hang off the end of the bench. Your entire upper body should be hanging down towards the floor. You will be in the same position as if you were on a hyperextension bench; just the range of motion will be shorter. The height of the flat bench is lower than the height of the hyperextension bench. Cross your arms in front of you, but keep your elbows in close to your body. This method is much harder than the regular hyper but sometimes in order to achieve your goal, obstacles must be overcome.

Smith Machine Stiff Legged Deadlift

Exercise Data

Main Muscle Worked: Lower Back

Other Muscles Worked: Hamstrings

Equipment: Machine

Mechanics Type: Isolation



Tips: Like the [Stiff Legged Deadlift](#) but with a Smith Machine.

Stiff Leg Barbell Good Morning

Exercise Data

Main Muscle Worked: Lower Back

Other Muscles Worked: Hamstrings

Equipment: Barbell

Mechanics Type: Isolation



Tips: Place a barbell on your shoulders. Keep your head up and your back completely straight. Bend at your waist with your legs locked, until your upper body is parallel to the floor. Return slowly to the upper position. Can also be done with your knees slightly bent.

Stiff-Legged Barbell Deadlift

Exercise Data

Main Muscle Worked: Lower Back

Other Muscles Worked: Hamstrings, Calves

Equipment: Barbell

Mechanics Type: Compound



Tips: Bend at your waist with your head up, back straight and knees nearly locked. Hold bar with hands about 16 inches apart. Straighten up while holding the bar at arm's length. Lower back down to the floor but do not let plates touch. This can be a dangerous exercise if not done correctly or done with weights that are too heavy. Can also be done standing on a bench or box (so that plates don't touch the floor) or with dumbbells.

Stiff-Legged Dumbbell Deadlift

Exercise Data

Main Muscle Worked: Lower Back

Other Muscles Worked: Hamstrings

Equipment: Dumbbell

Mechanics Type: Compound



Tips: Bend at your waist with your head up, back straight and knees nearly locked. Hold dumbbells at arm's length with palms facing in. Straighten up while holding the dumbbells at arm's length. Lower back down to the floor. This can be a dangerous exercise if not done correctly or done with weights that are too heavy. Can also be done standing on a bench or box or with a barbell.

Superman

Exercise Data

Main Muscle Worked: Lower Back

Other Muscles Worked: None

Equipment: Body Only

Mechanics Type: Compound



Tips: Lie face down on the floor with your arm stretched out directly overhead (like Superman flying, hence the name). Raise your arms, chest and legs off the floor and hold it there for 2 seconds and squeeze. Lower back to the ground and repeat. You can also do these one arm and leg at a time as follows: Raise your left arm and right leg into the air at the same time, also raising your chest slightly off the floor. Hold there for a second and squeeze the muscles of your lower back. Lower your limbs back to the ground then raise your right arm and left leg and hold for a second. You can push down with the hand that is on the ground to help raise your other arm and chest higher off the ground. This exercise, even though it only uses your limbs as resistance, provides an excellent way to strengthen the lower back muscles.
