

Back extension rotation 04322



Tips

Start with the hips over the bench & keep the arms straight.

Extend & rotate the torso until the shoulders are in line with or slightly above the hips then reverse the movements back to the start position.

The range of movement may depend on the requirements of the exercise. Do not extend past the neutral position unless specified otherwise by an exercise professional.

Cautions

If you have a history of spinal injury or high blood pressure, seek medical advice prior to commencing this exercise.

Prime Movers

[Multifidus](#)
[Iliocostalis lumborum](#)
[Iliocostalis thoracis](#)
[Longissimus thoracis](#)
[Semispinalis thoracis](#)
[Spinalis thoracis](#)

Related Exercises

[Back extension 04284](#)
[Back extension 04285](#)

Disclaimer

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