

EXERCISE

Lying Back Extension

By Cathal Fanning

- **Description**
- **Coaching Points**
- **Main Muscles Involved**

Description & Coaching Points

[Cathal is working here with his client, Dominika (Dom). The description below is best read in conjunction with the accompanying video].

This exercise called a Lying Back Extension. The area of the body we're working is the trunk. Primary muscles worked are the lower-back extensors and the glutes.

Once your client is in a lying position, they're placing their hands onto the sides or the back of their head. From here, once they're ready, they're going to push down with their hips into the floor as they lift their chest away from the mat. A brief pause at the top and then slowly lower back down.

Key points that you might need to look out for is the chin coming away from the chest. Make sure that we try to keep a fist-width distance between chin and chest so that the head stays neutral to the spine.

Once a client has completed the allotted number of repetitions, they lower their chest to the floor, bringing their hands down back to the mat.



Main Muscles Involved

- Lower Back Extensors
- Trunk

