Title: Stability / Swiss / Exercise Ball Back Extensions

Primary Muscle Groups: Lower Back

Secondary Muscle Groups:

Summary: <ol>

<li class="p1">Lie prone on a swiss ball with your feet hip width apart. You can place your feet against a wall for better stability. Clasp your hands behind your head with elbows pointing out.</li>

<li class="p1">Engage your abs and raise your torso off the ball, hyperextending your spine.</li>

<li class="p1">Return your torso to the ball to the starting position.</li>

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