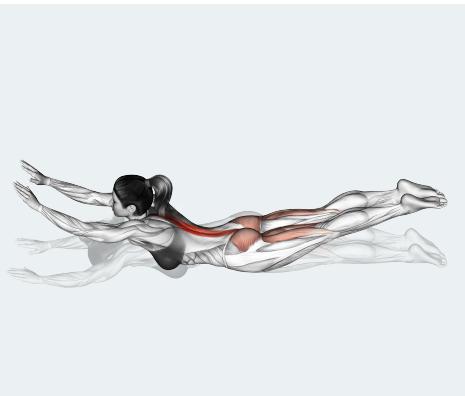
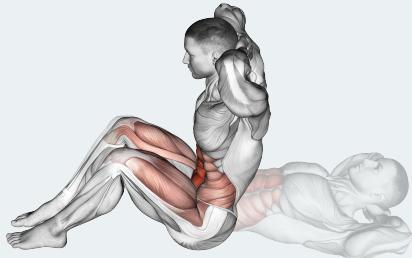


RECTUS ABDOMINUS & ERECTOR SPINAES WORKOUT



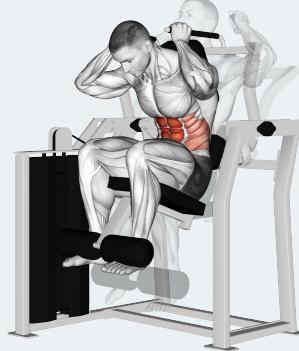
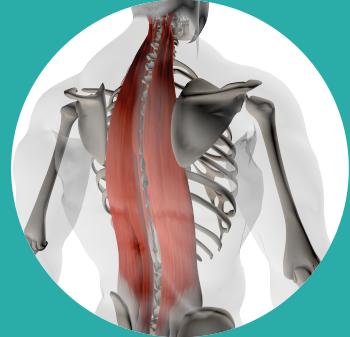
Abdominal Curl

- In a supine position, place hands on the temples, across the chest or on the thighs as preferred while keeping the core engaged and low back flat on the mat.
- Curl up rather than sit up, there should be approximately 30° of spinal flexion.
- Keep legs bent and feet flat on the floor and maintain neutral head alignment throughout.



Back Extension

- In a prone position on the floor, keep legs straight, feet on the floor.
- Place hands behind back, straight out overhead or at the temples.
- Raise the upper body up until the chest clears the floor, avoiding lumbar hyperextension.



Seated Back Extension

- Sit into the machine so that feet are on (or behind) foot rest, and the back pad is on your upper back (shoulder blades) while your torso is slightly pitched forward and head remains neutral.
- Keep knees above your ankles, back straight, abs engaged, and arms crossed at your chest.
- Lean back against the resistance while maintaining neutral spine/posture, avoid lumbar hyperextension.



Seated Abdominal Crunch

- In a seated position, place your feet under the pads or on flat ground, grab hold of the top handles and ensure your arms are bent at 90° and rest your triceps on the pads.
- Begin lifting your legs up as you engage your abs and crunch your upper torso.
- Return to the starting position under control while keeping your head in a neutral position throughout.

KEY:

FX



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BW



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