**Back Extension**

**Equipment**:None

**Instructions:**

1. Starting Position:
   * Lie on your stomach with your legs straight behind you and your feet hip-width apart.
2. Position Your Elbows:
   * Place your elbows on the ground directly beneath your shoulders, and slide your shoulders down and away from your ears.
3. Lift Your Upper Back:
   * Press your hips into the mat while gently lifting your upper back off the ground. Engage your core to support your lower back.
4. Maintain Head and Neck Position:
   * Keep your head and neck in a neutral position, looking slightly forward, not craning your neck.
5. Hold the Position:
   * Hold the extension for 20-30 seconds, breathing deeply and evenly.
6. Lower Back Down:
   * Slowly lower your upper back back to the starting position, releasing any tension in your muscles.
7. Repeat:
   * Repeat the exercise for the desired number of sets.

**Tips for Back Extension**:

* + Maintain a Neutral Spine: Keep your spine in a neutral position throughout the exercise to avoid unnecessary strain.
  + Avoid Hyperextension: Do not push your back beyond its natural range of motion; focus on controlled movements.
  + Stay in Control: Perform the movements slowly and deliberately, avoiding any jerking motions.