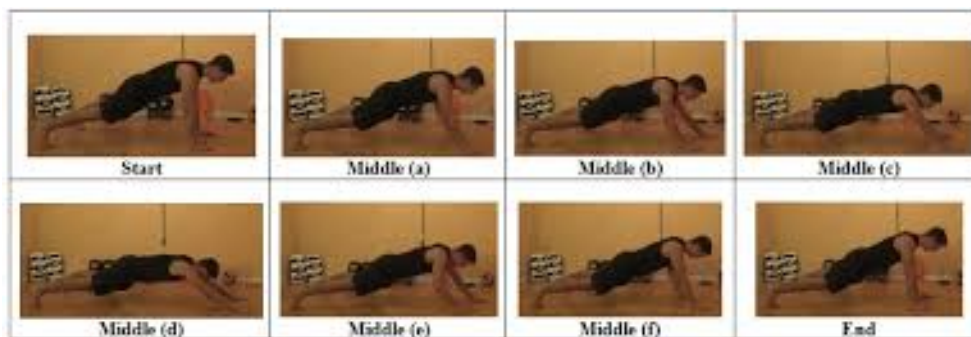




Anti-Extension Activities

These exercises are geared towards being able to maintain a neutral spine position as gravity and resistance is attempting to place us in an extended or “arched back” position. Many people live and walk around in an already extended state and this carries over into your workout routines. Below is an example of an anti-extension exercise to include into your routine. Perform 2-3 sets of 10-15 repetitions within a range of motion that is comfortable.

Plank Walk Outs



- 1) Start in a pushup position
- 2) Maintain a neutral back position (do not let lower back arch and have belly button sink to floor). Keep in mind rib cage orientation to pelvis.
- 3) Breathe air out and feel your ribs move towards your pelvis, maintain this position.
- 4) Slowly walk hands out in front of you as far as you can maintaining proper alignment and then walk them back to a pushup position

Alternate options

- 1) Regression-Perform from your knees instead of on your toes



- 2) Progression-Perform with hands arms on stability ball for increased core demand due to unstable surface

