

Fitness Focus!

MATRIX BACK EXTENSION BENCH

Back muscles are one of the most important parts of the body that needs strengthening not only for that impressive physique but also because a strong back is necessary for keeping your spine healthy, preventing possible future injuries, and maintaining your walking balance, which again prevents possible future injuries.

HOW TO SET UP THE BENCH:

- Adjust the machine to a 45-degree angle so your hip aligns with or is barely above the cushion pad.
- Position yourself on the extension machine.
- Your feet should be hip-width apart, and your thighs should be parallel to leg pads.
- Step on the platforms and place your thighs on the pads that are a little below your hip.
- Your foot should be held in place by the support pads behind your calves.
- Keep your neck neutral and your spine straight. Your body should be straight, like from your neck to your ankles.
- Place your fingers at your temple or cross your arms in front of your chest.
- Contract your core muscles and keep your pelvis in a neutral position.
- Your neck and head should remain in a neutral position.
- Bend your hips until your body is at full extension. This is your starting position!



USING THE MACHINE

- Inhale, contract your abs, and squeeze your glutes. Begin to pull yourself up using your back muscles.
- Come to the top with your body in a straight line. Pause at this position and exhale.
- Contract your abs and glutes as you slowly lower yourself to the starting position. This is one rep.
- Repeat.