



WRESTLING USA

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COMPLIMENTARY
MATT BRZYCKI
EXERCISE PRESCRIPTION
224 LAKE AVE
HAMILTON TOWNSHIP NJ 08610-5618

Peterson Brothers Wrote Olympic History
Wrestling: The Path To The Top
Parents Play Largest Supportive Role

EXERCISE PRESCRIPTION: Back Extension

By **Matt Brzycki**
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Princeton University

Muscles used: erector spinae (lower back)

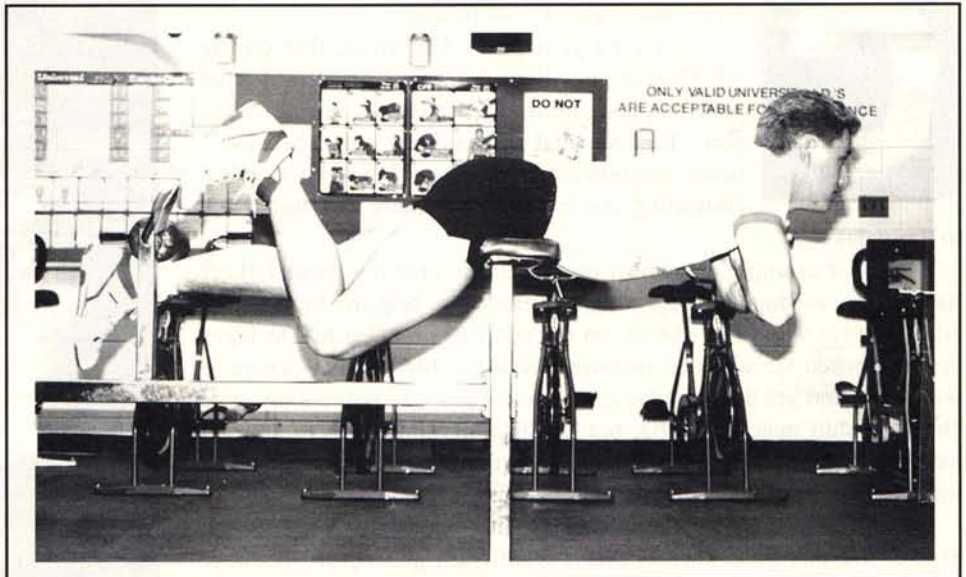
Equipment possibilities: selectorized machine, back extension bench

Suggested reps: 10-15

Type of movement: single joint

Notes:

•If you're doing this exercise on a selectorized machine, position yourself so that your legs are underneath the front pads and your upper back is against the rear pad. Interlock your fingers and place your palms against your mid-section; if you're doing this exercise on a back extension bench, position your pelvis on top of the rectangular hip pad and place your feet underneath the roller pads.




Allow your upper torso to hang straight down over the edge of the hip pad and fold your arms across your chest.

•Extend your upper torso backward during the mid-range of each repetition. On a back extension bench, don't raise your torso above a point that is parallel to the floor.

•Lower the weight (or yourself) back to the starting position at the end of each rep to provide a proper stretch.

•Avoid throwing your upper torso or snapping your head backward as you do this movement.

•Back extensions may be contraindicated if you have low back pain. 



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