

**Back extensions**

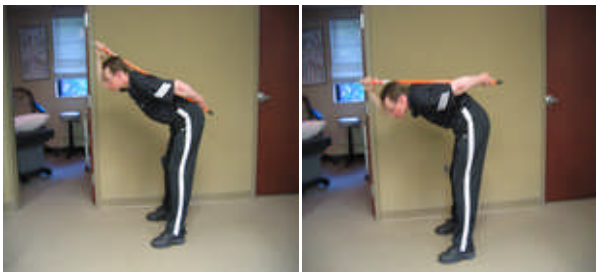
Stand with your feet apart. Place both hands on your low back and lean back as far as possible. Don't bend your knees and move from your low back. Discontinue if you experience leg or low back pain.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:

All Categories except power and S.T.



**Hip Hinge**

A: Correct: Keep spine straight by hinging at the hips.

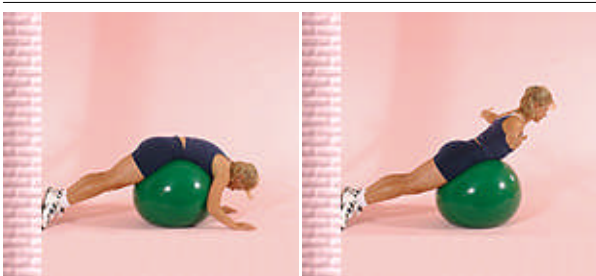
B: Incorrect: Spine bends forward putting low back in a harmful position. Hold pole against back of head and tail bone Once the pole breaks from the body clients not using their hips. Client may bend knees to get lower. Master this before doing any weights. This is not so much a test its just a way for you to see how poor bending mechanics are.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:

All Except Power



**Airplane**

From a kneeling position with ball in front of stomach, place toes against wall and raise upper body onto ball so that ball rests under pelvis. Position arms 90° to the sides with thumbs pointing up to ceiling. Perform an abdominal brace and pelvic tilt to maintain stability, then raise upper body up until rib cage is just off ball (ears, shoulders and hips should be in line). Hold, lower and repeat.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:

All Except Power