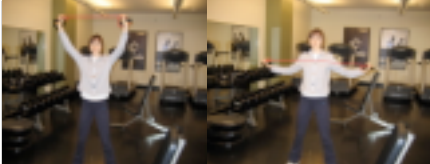


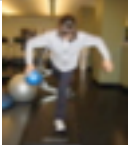




25 Minute Back Strengthening Workout

Warm-up

Brief cardio warm up (if you do not have cardio workout) 5 min

Exercises				
Name	Picture	Sets	Reps	Description
Lat Pull down		2	12	The Lat pull down can done with a tube or using a machine. If on a machine hands just slightly wider than shoulder width apart. When using a tube wrap your hands around the tube to shorten the distance, so you can see your head, so you can see your head while squeezing.
Seated row		2	12	The seated row can done with a tube or using a machine. When using a tube under feet and sit tall, back flat. Bring hands to body, squeeze shoulder blades together, keep elbows in close.
Back extensions		2	12	Lying on your stomach slowly lift one arm while lifting the opposite leg, hyperextend legs, lift only a few inches above the floor.
Bent over row		2	12	Bending at the waist, back is flat. Use the back muscles to lift dumbbells or kettlebells to chest. Lead with the elbows and squeeze shoulder blades together. If difficulty stand on one leg.
Reverse curls		2	12	Lying on stomach on ball with hands at ears lift slightly contracting lower back.
Bridge		12	30-60 sec holds	Lying on back with knees bent, squeeze glutes and lift hips toward ceiling until a straight line from knees to shoulders.

Stretch

See back stretch sheet