



# Build Your Back



1. Walking Reverse Flys: Starting Position: sit on a fitball so your knees reach a 90 degree angle. Once this is achieved bend forward keeping about an inch from your chest and your legs. Bring the dumbbells underneath your knees, palms facing in. Ending Position: Raise your arms up to shoulder height making sure your eyes are looking down. Return the dumbbells down to the starting position. Focus on squeezing your shoulder blades together.



2. Lat Pull Down: Starting Position: Find the lat pull down machine and sit down first to adjust the knee pad. Stand up once again reaching for the bar grabbing it right outside of where the bend in the bar starts. Sit back down placing your knees underneath the pad. Ending Position: Slightly lean back and pull the bar down right underneath your chin. Only lean back as far as you can without your lower back hurting. Work on pulling your shoulder blades down your back and bringing your elbows together behind your back (hypothetically).



3. Back Extensions: Starting Position: Find the correct fitball size and find a wall you can place your feet securely on. Place the fitball right underneath navel and bring your hands by your ears. Ending Position: Lower down slightly and when you come back up only come back until your back is in a straight line (shown above). Try not to hyperextend your back when you return up.

**For more information, ask one of your certified personal trainers**