

WEIGHTED HYPEREXTENSIONS



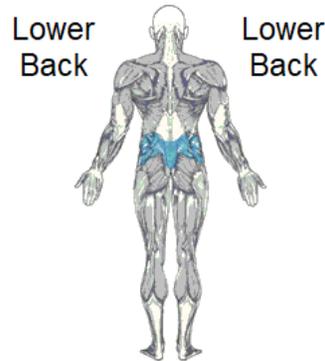
1. Adjust the upper pad of a **Lower Back Bench** so the front of your thighs can lie flat against the pad, and make sure to leave enough room for you to be able to bend forward at the hip/waist without any restriction. Climb up on the bench and lean forward against the bench's upper pad, while tucking your ankles securely against its platform's footpads, and while holding a **Weight Plate** with both hands just below your chin level. Make sure your back is held upright & straight. This will be your starting position.
2. Slowly start bending forward at the hip/waist for as far as you can go while keeping your back flat. Keep moving forward until you feel a nice stretch on your lower back, as well as your hamstrings and glutes muscles. Go down until you can no longer keep going without rounding/arching your back. Your torso should be kept upright & straight without arching at any point throughout the entire movement with your arms kept stationary (not moving) while holding the weight plate. Note that some people can go further than others, so try to go as far as your body allows you to without arching your back.
3. Slowly raise your torso back up to its starting position while holding the weight plate and while making sure your lower back muscles are fully engaged and are under constant tension. **Tip:** Avoid the temptation to arch your back past a straight line, and do NOT swing your torso at any point throughout the entire movement to protect yourself from getting any back and/or hip injury.
4. Repeat this motion for the recommended amount of repetitions.

CAUTION: NEVER use a heavy set weight plate when performing this exercise to avoid getting any back, hips, glutes and/or hamstrings injury. STOP immediately if you felt any discomfort or experienced any sharp pain anywhere across your spine or lower back, or if your hamstrings started pulling/stretching more than it should causing you sharp pain while performing this exercise.

ALTERNATIVE EXERCISES: [Dumbbell Deadlifts](#) / [Seated Cable Back Extensions](#) / [Barbell Deadlifts](#)

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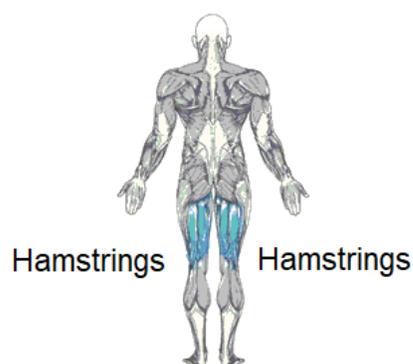
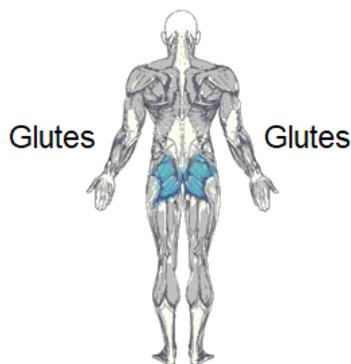
PRIMARY MUSCLE



A **primary muscle** is the main muscle group responsible for controlling a certain movement or that is primarily engaged when performing a certain exercise.

Muscle engagement should be **%60 - %70** when performing this exercise.

SECONDARY MUSCLES



A **secondary muscle** is the muscle group that assists a main muscle group when performing a certain movement or when performing a certain exercise.

Muscle engagement should be **%30 - %40** when performing this exercise.

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