

GOOD MORNINGS



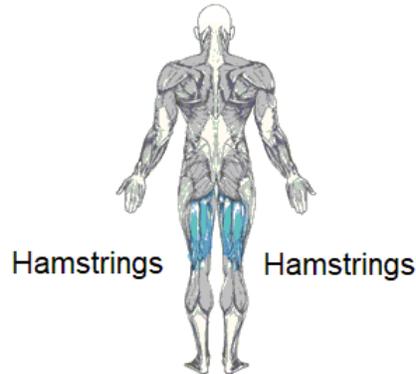
1. Stand tall with your torso upright & straight while carrying a very light barbell that's resting comfortably behind your neck on top of your trapezius muscles, with your hands holding the bar firmly from both sides just a bit further than your shoulders width. Your head should be facing forward, and your feet should be placed at hips width apart. This will be your starting position.
2. Slowly start lowering down your torso by bending at the hips/waist, while keeping your back straight and your knees very slightly bent (almost locked). Keep your chin up at all times with your head facing forward to force your spine to stay straight throughout the entire movement. Now keep on bending forward as you move your hips backwards until you feel a good stretch on your lower back & your hamstrings.
3. Start bringing your torso back up again to it's starting position by pushing your hips/waist forward until your back is upright and straight again.
4. Repeat this motion for the recommended amount of repetitions.

CAUTION: ALWAYS use a very light pre-stacked bar or even an empty (unstacked) barbell when performing this exercise as it's meant to engage your lower back & hamstrings muscles through applying very light and controlled pressure, without allowing the risk of getting those muscles injured. STOP immediately if you felt any sharp lower back pain. Make sure to keep your back upright and straight throughout the entire motion to gain the best out of this exercise.

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

GOOD MORNINGS

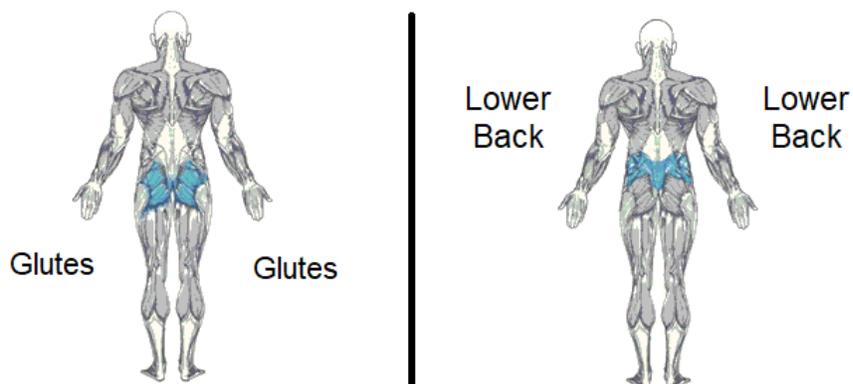
PRIMARY MUSCLES



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.

GOOD MORNINGS



YOUR_BEST_STARTS_HERE

www.fitnesslegacy.net