# SEATED CABLE BACK EXTENSIONS

1. Attach a **Straight Bar** or **Wide-Bar** to a low pulley row machine, then select your desired resistance to be used.
2. Sit down and place your feet against the lower part of the machine's front platform, while making sure that your knees are slightly bent and not locked. Lean over as you maintain the natural alignment of your back and grab the bar attachment in an overhand grip with the palms of your hands facing down, and your hands are at shoulders width apart**.** Your arms should be fully extended, your back should be upright and your chest should be sticking out. You should also feel a nice stretch on your lats muscles as well as your lower back while holding on to the bar in front of you. This will be your starting position.
3. While keeping your arms fully extended, use your lower back muscles to pull the bar with the weight as you hyperextend your torso all the way to the back until you can't extend it anymore. Remember to keep both your arms fully extended and your torso/back straight the entire time while performing this exericse.
4. Slowly return the bar all the way back to it's starting position, while keeping your lower back muscles fully engaged and under constant tension.
5. Repeat this motion for the recommended amount of repetitions.

**CAUTION:** NEVER use a heavy weight setting when performing this exercise to avoid getting any lower back, hips, glutes, hamstrings, shoulders and/or wrists injury. A proper adjusted weight setting that is not too heavy should have you mostly engage your lower back muscles -as it should- instead of having you risk getting a back injury. Lower down the weight resistance if you ever felt that your lower back muscles are not being fully engaged as they should, and STOP immediately if you felt any discomfort or experienced any sharp pain anywhere across your spine or lower back while performing this exercise. Ideally, hyperextending your body with the weight should take about twice as long as returning it back to it's starting position. It is also normal for you to feel a slight burn in your forearms due to the effort being done to hold onto the bar attachment the entire time while performing this exercise.

**ALTERNATIVE EXERCISES:** Dumbbell Deadlifts / Weighted Hyperextensions / Barbell Deadlifts

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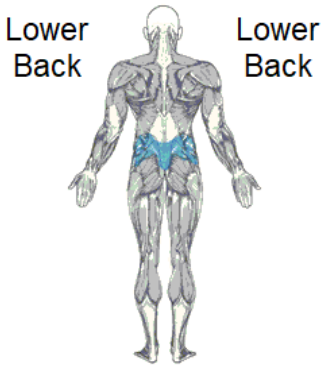
## PRIMARY MUSCLE




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.

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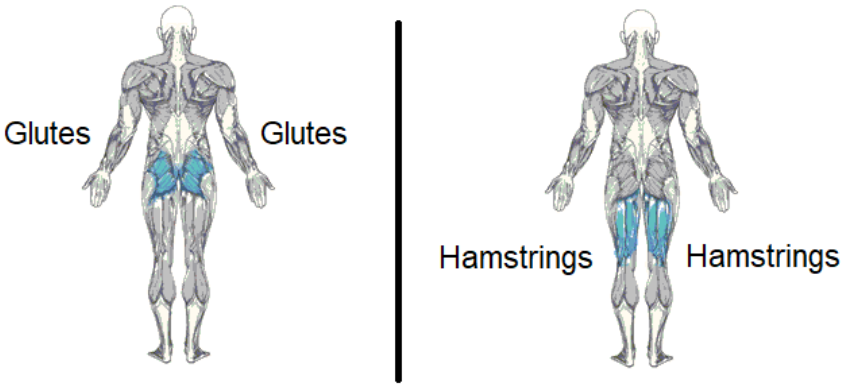
## SECONDARY MUSCLES




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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