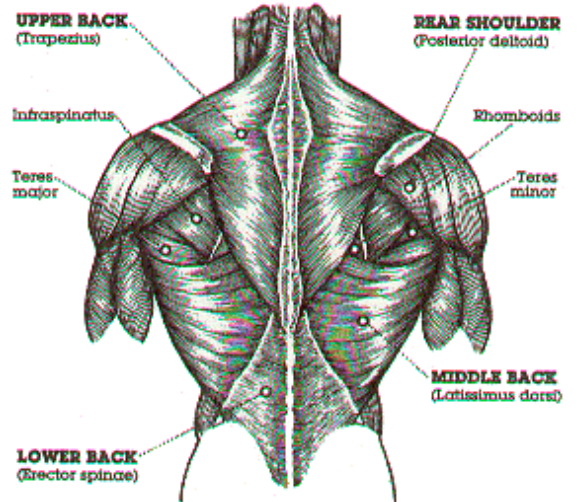


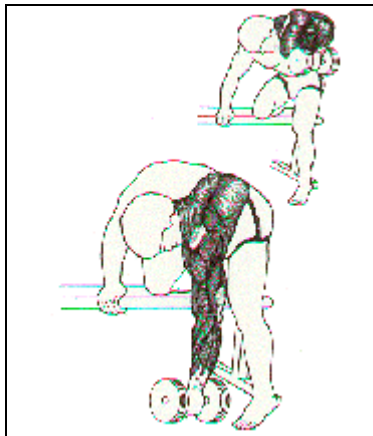
ADVANCED BACK WORKOUT

[After viewing and/or printing, please click your back button to return to the Heritage Exercise page.](#)

CAUTION: THE EXERCISES BELOW ARE VERY DIFFICULT AND SHOULD ONLY BE DONE WHEN YOUR BODY AND BACK ARE HEALTHY, PAIN FREE, STABLE AND SECURE. A WEIGHT BELT IS RECOMMENDED TO HELP SUPPORT YOUR BACK. THESE EXERCISES SHOULD ONLY BE PERFORMED WHILE UNDER THE CARE OF A DOCTOR. PLEASE REVIEW THESE EXERCISES WITH YOUR DOCTOR.

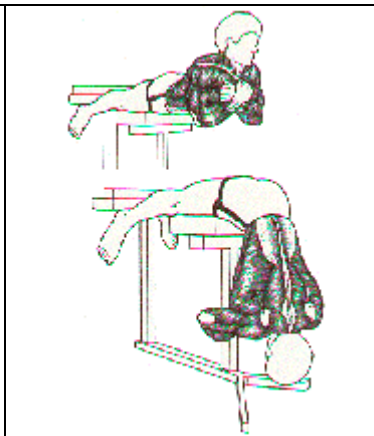


<p>Wide Grip Chin Up: Using a pronated grip (or a supinated grip) slightly wider than shoulder width, hang relaxed with the feet crossed or the legs loose. With tremendous back and arm contraction, pull to the chin up position. Try to avoid swinging which results from moving too quickly. It is important to lower back down to the starting position in a controlled manner. The supinated grip – with the palms facing you – is also very effective and better utilizes the upper arm muscles which aid the back muscles in the pulling action.</p>	<p>Wide Grip Pull Down: In a seated position, knees placed under a padded support, arms extended with a wide palms-down grip, pull the bar down behind the head until touching the base of the neck. Slowly return to the starting position and repeat. (This exercise can also be performed while on the knees.)</p>	<p>Upright Row: Use a palms-down grip (pronated), hands close together, hold the barbell at the thighs. Pull the bar up to the chin, keeping the elbows high and the bar close to the body. Concentrate on trying to touch your trapezius muscles to the side of your neck. On the down phase, concentrate on keeping the weight under control.</p>	<p>Bent Over Row: Use a pronated grip, slightly wider than shoulder width, head up and torso parallel to the floor. Start with the knees slightly flexed and locked in this position. Pull the weight up to the chest or stomach. Concentrate on pulling slowly, allowing the desired back muscles to create maximal force. Return to the starting position and repeat.</p>



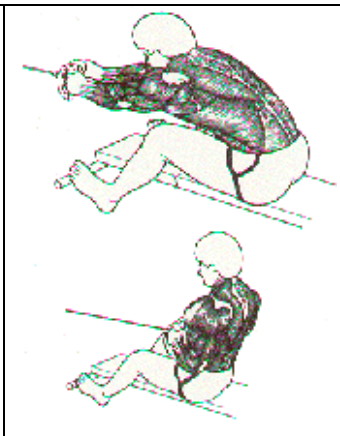
One Arm Dumbbell Row:

One hand and knee resting on the bench, slowly pull the dumbbell up as high as possible to the side. Try to keep the upper body in a parallel position and avoid swinging or jerking the weight upward, as this increases momentum and reduces the chance for maximal results.



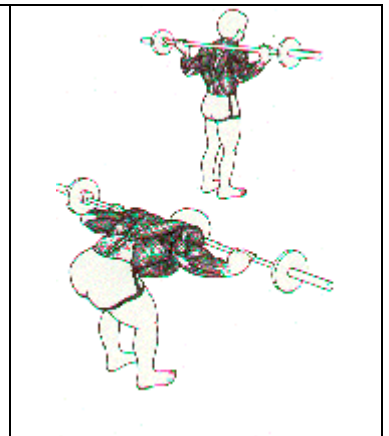
Back Hyperextension:

Supporting the heels, upper thighs and pelvis on the padded supports, and arms folded across the chest (or hands behind the head), slowly lower the upper torso down as far as comfortably possible. Slowly pull up to a horizontal position, and repeat. Exaggerated "hyperextending" above horizontal can aggravate the spinal column and therefore should be avoided.



Seated Cable Row:

In a seated, arms extended position with knees slightly bent, pull the handles back until reaching the stomach. Try to avoid leaning back which only reduces the effectiveness of performing the exercise. Remember to take your time when returning to the starting position.



Good Morning Exercise:

With a light barbell resting across the upper back (not on the vertebrae of the neck), knees slightly bent, bend at the hips and slowly lower the trunk downward until reaching a parallel or comfortable position with the floor. Slowly pull back to the original position, and repeat. Avoid using too much weight as this will only increase the chance of injury.