

Back Press

General Back Exercise



- Do the Back Press on your hands and knees. Keep your knees under your hips and your hands under your shoulders. Keep your spine in a neutral position, not arched or sagging. Be sure to maintain your neck's natural curve.
- Tighten your abdominal and buttocks muscles to press your back upward. Let your head drop slightly.
- Hold for 5 seconds. Return to starting position.
- Repeat 5 times.