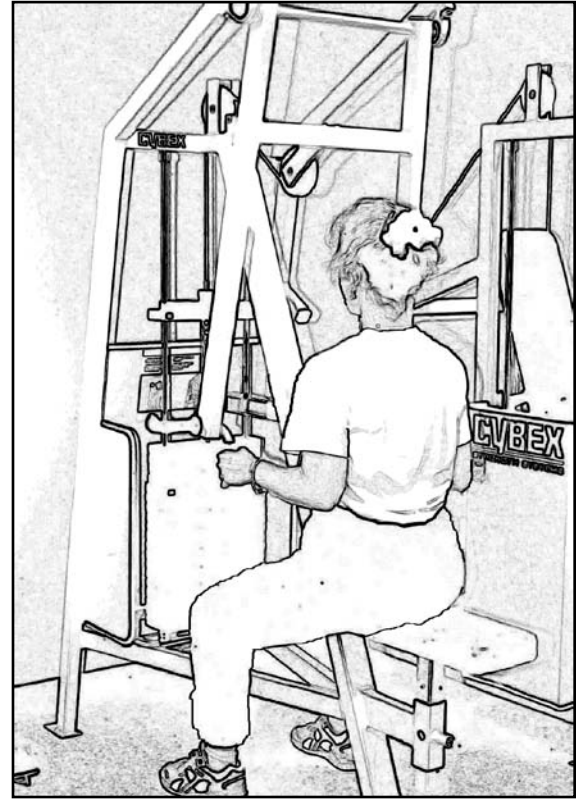


Gym Machines for Back Muscle & Bone Strength

1. “Rowing/ Upper Body/ Rhomboids/ Middle Trapezius

- Strengthens midback and shoulder blade muscles
- Adjustments:
 - SELECT INNER GRIP
 - Seat height so forearms parallel to floor
 - Chest pad so back fully straightens
- Action:
 - Keep shoulders square, abdominals tight
 - Slowly pull back and release, keeping elbows close to body



ALWAYS: **BREATHE OUT WITH MUSCLE EFFORT. GO SLOW, COUNTING WITH PUSH:" 1-2-3-4", BRIEFLY HOLD, THEN RELEASE "5-6-7-8". WORK SHOULD BE MODERATELY HARD** for 6 to 10 repetitions, **ONE SET ONLY**

2. Back Extension Machine

- Strengthens mid and low back muscles
- Adjustments:
 - Knees bent 90 - 100°
 - Knees apart and over shoe points
 - Back rest at mid back
 - Adjust “stop” to 30 ° or less
- Action:
 - Maintain head neutral, shoulders square, stomach in
 - SLOWLY PUSH BACK
 - SLOWLY RETURN TO NEUTRAL

