

Give a little love to your lower back –reverse back extensions



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**By Karri Koivula**

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Those who lift weights are likely to be familiar with this exercise and its benefits. Besides strengthening and helping to maintain your back in good working order, reverse back extension will make your back feel really good.

Because there's no need to strap or support your legs, you don't need any special gym equipment to do it, like you need in regular back extensions. You only need some kind of elevated surface to lie on your stomach, which allows your legs to hang free, or nearly free. With a little imagination, a place like that can be improvised in almost every environment.

While the exercise itself is about as safe as exercise can ever be, the setup for it can be dangerous. Make sure the platform where you do it is stable and can handle your weight, and doesn't accidentally collapse underneath you. Always when in doubt, find sturdier place.

The actual performance of the exercise is simple. After you have positioned yourself properly, arch your back and lift your legs slowly parallel to your body, then lower.

Here is a very good and complete description with pictures.

<http://www.bodybuilding.com/fun/henkin16.htm> (you'll have to scroll down a little to find the reverse hyperextension.)

Like in all exercises, there are no absolute rights or wrongs. You must find the groove that feels good and doesn't hurt.

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Do it for few sets every other day or so, add some trigger point massage to the mixture, and be prepared to say "you're welcome" when your lower back thanks you for it.

(C)Karri Koivula <http://www.pain-relief-guide.com> Stuff about muscular pain & trigger points

## **Hair Extensions - The Long And The Short Of It**

**By Lucy Bartlett**

Our hair often reflects the state of our health. Healthy, long and silky hair can radiate fitness, youth and beauty.

To make our dream of long and beautiful hair come true, try the very popular instant hair extensions. To make hair grow long, it will take at least five to six years since hair grows at a very slow rate of 1 centimeter per month. You can get your hair extended to 21 inches just in few hours. You can use either synthetic hair or real human hair for hair extensions. Human hair extensions look more natural than the synthetic hair extensions. Synthetic hair cannot be exposed to hair driers or blowers, which is one of the drawbacks in using them. Synthetic hair is cheaper than human hair extensions. The Price of human hair extensions depends upon the style, length and quality. The uncolored and untreated hair extensions are often the most durable.

Tape-on hair extensions and clip on hair extensions are very easy to apply in the comfort of your own home. Adding length, volume, fullness or highlights are also very easy. These undetectable hair extensions can be taken in or out in few minutes. Without any chemical processing or damage to the hair, highlights can be added personally and save money and time too. There are a lot of different varieties and designs of clip-on or tape-on hair extensions available for selection.

The first and foremost choice of many is a hundred percent human hair extensions, which comes in lengths of 18 inches and 22 inches and in ten different colors. The two unique designs are body wave or silky straight. You can wear the body wave either straight or curled. It feels very soft to the touch and adds fullness. It can be used in long or short hair. Silky straight hair extensions remain straight and soft to the touch. It also holds a slight curl. It should be added on long hair only.

Braids are a comparatively cheap and easy way to extend the hair. It is one of easiest "do it yourself" styles if you have packets of synthetic hair, time and strong arms. If you have a friend to help you with the braids in the back, it will be easier still. If natural hair is around 3 inches long, then adding braids to it is easier. Do not waste your money by using expensive monofibre synthetic hair. Around six to 9 bags of synthetic hair is needed to do a full head of braids.

Lucy Bartlett is a proud contributing author. Find more articles at

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