



Part 4

Ouch! Why Do I Have Low-Back Pain After Training with Weights?

—Fred Stellabotte and Rachel Straub, MS, CSCS

Working with weights can be the most beneficial thing you do for your body, or detrimental if you practice incorrectly. The exercise will never hurt you—it is improper form that will injure you.

I experience low-back pain when using weights. What am I doing wrong?

Just about every exercise you perform at a gym can injure your low back. Below are some examples with recommended solutions:

Squat and Lunge

- Allowing excessive torso movement can injure your low back.
- To avoid low-back injury, keep your torso slightly forward (as this reduces the stress on your knees), but don't overdo it.

Leg Press

- Allowing your low back to round can cause catastrophic injury.
- To avoid low-back injury, keep your low back supported and ensure that your legs aren't coming too close to your body. Otherwise, your low back will round.

Dead Lift

- If your form isn't perfect, you can experience a herniated disc within seconds.
- Unless you are advanced and have professional supervision, you should skip this exercise completely.

Bench Press and Chest Fly

- Arching your low back excessively can produce injury.
- To avoid low-back injury, don't use too much weight (or you may injure your low back).

Visit our website for information about the book:

[Weight Training Without Injury: Over 350 Step-By-Step Pictures Including What Not to Do!](#)

Biceps Curl and Triceps Extension

- Rounding your back (which gives poor posture) is a common error during most arm exercises.
- To avoid low-back injury, always keep your shoulders back. This helps maintain a proper back position.

Row and Reverse Fly

- Don't round your back! If you can't perform an exercise with good posture, find another one!

Sit-ups

- Do crunches instead. Sit-ups cause less core activation (and more spinal disc compression)—so why do them at all?

Roman Chair Back Extension

- The Roman chair (a bench that locks your feet so that you may lift your body using your low back) can cause catastrophic injury.
- To avoid low-back injury, just skip it.

Planks and Push-ups

- Avoid arching your low back excessively. It should maintain its natural position (slightly curved).
- To avoid low-back injury, you may need to perform these exercises using an elevated surface (such as your kitchen counter or a stable bench).

This is the final article in the 4-part series,
**“Ouch! Why Do I Have Knee, Low Back, Shoulder, and Neck Pain
After Training with Weights?”**

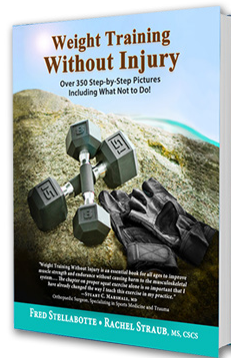
Below are the links to the other articles.

[Part 1: Ouch! Why Do I Have Knee Pain After Training with Weights?](#)

[Part 2: Ouch! Why Do I Have Shoulder Pain After Training with Weights?](#)

[Part 3: Ouch! Why Do I Have Neck Pain After Training with Weights?](#)

For details on structuring a weight-training program (and much more), please refer to *Weight Training Without Injury: Over 350 Step-by-Step Pictures Including What Not to Do!*, a full-color manual that illustrates incorrect vs. correct technique for trainers, professionals, intermediates, and novices by Fred Stellabotte and Rachel Straub, MS, CSCS.



Visit our website for information about the book:

Weight Training Without Injury: Over 350 Step-By-Step Pictures Including What Not to Do!
