

Hyper Extension Manual

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Hyper Extension Manual

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Setup in a hyperextension machine with your feet anchored and torso roughly perpendicular to your legs at a 45 degree angle. Begin in a hinged position with your arms crossed and initiate the movement by flexing your glutes. Extend the hips and finish with your body in a straight line. Repeat for the desired number of repetitions.

Hyperextension: Video Exercise Guide & Tips

Triad Drift Trike. Aquatic. Crazy Catch

Hyper Extension

Dual Hyperextension Fitness 400430 HDHYPER. Item No. 400430. Quantity. View Manual. Availability: Out of Stock. FREE SHIPPING \$174.99 Add to Cart Description. Efficiently strengthen your lower back, glutes, and abdominal muscles with this affordable and must-have Titan Dual Hyperextension machine! ...

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