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A: Hi Tanya, yes, absolutely, the BodyCraft Hyper Extension Roman Chair seat adjusts from 45 degrees to 90 degrees. For an illustration, you can [click here](#) and [click](#)

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Jun 29, 2012 Full review at: No-nonsense fitness reviews for smart buyers. Apex ab bench, roman chair, hyperextensions, hyper

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Apr 01, 2012 Ironcompany Hyper Extension Machine - Strengthens and tightens lower back to perfection. Helps develop back, isolate glutes and hamstring muscles for

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As you do the exercise the chair feels as if it's tipping over forward. Also the padding for the hips is very thin and stiff, Stamina Ab/Hyper Bench Pro 116.

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Life fitness hyper extension | hyperextension

A Life Fitness Hyper Extension is, and can best be described as follows: A Hyper Extension is a free weight bench that is used for performing strengthening exercises

Hyper extension - treadmill warehouse - exercise

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