



Product Data Sheet

RH-1

Reverse Hyper Extension

Work your lower back, glutes, and hamstrings safely with this spine-friendly exercise

The APE Reverse Hyper is designed to meet the needs of your workout. It can be utilized for physical therapy and back rehab exercises and can, also, be used with light weights to reduce lower back tightness and strengthen hamstrings, glutes, hips and more.



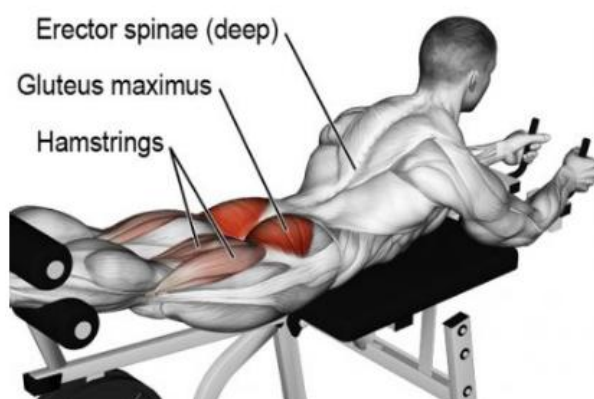
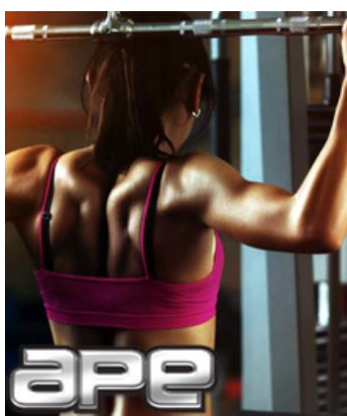
Description

- * Use for physical therapy and back rehab.
- * Strengthens hamstrings, glutes, hips and more.
- * Dimensions: 157cm L x 66 cm W x 108cm H (61" x 26" x 42.5")
- Weights NOT included.
- Made in Taiwan

Muscle group



[See more here](#)



Options

INTERNATIONAL
3F28, No. 5, Shin-Yi Rd, Sec. 5, Taipei, Taiwan 110
Tel: +886-2-2720-9980
Fax: +886-2-2722-9750
E-mail: joong@ms13.hinet.net
<http://www.steelflexfitness.com>

