

BFHYP10 Ab Board and Back Hyperextension



BFHYP10 Ab Board and Back Hyperextension

The back hyperextension works comfortably from a standing position, providing a low-impact back workout, while the ab crunches will help you build abdominal muscles that are crucial to maintaining lumbar spine strength. The stronger these muscles are, the more support and stability they can provide. The Best Fitness Ab Board and Back Hyperextension allows you to vary the starting position of your workouts between 15, 20 and 25 degrees. The simple pull of a pin enables you control the angle of the bench to increase or decrease the intensity of each session.

Special Features

- Adjustable to 15, 20, 25 degrees
- 6-position hyperextension support
- 3-position lower leg support
- 4" high-density foam roller pads
- Minimal assembly required

Warranty

Frame & Welds	3 Years
Motor (if applicable)	1 Year
Parts.....	1 Year
Electronics (if applicable).....	3 Months
Wear Parts	30 Days

Weight: 30 lbs
Dimensions: 49.5" L x 29" W x 32" H