

## **BFHYP10**

### **Best Fitness Ab Board and Back Hyperextension**

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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.

*Dimensions: 35"H x 44"L x 29"W*

#### **Special Features**

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- 3-year Best Fitness in-home warranty
- 3 starting positions to vary your workout intensity by 28, 33 and 36 degrees
- 6-position hyperextension support and 3-position lower leg support provide a wide range of variability to your workouts
- 6" and 4" high-density foam roller pads plus rubber-gripped positioning handles ensure a comfortable, secure workout
- Minimal assembly required