



Product Data Sheet
RH-1
Reverse Hyper Extension

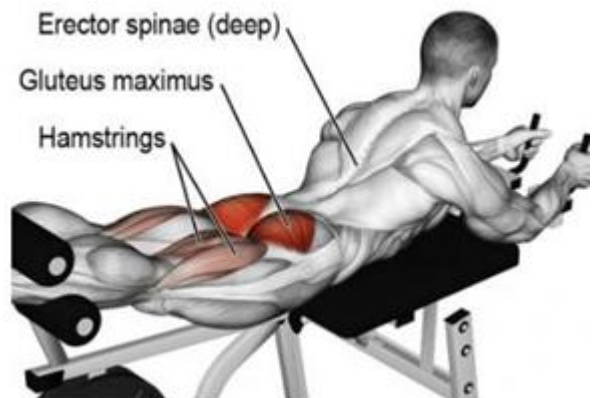
Work your lower back, glutes, and hamstrings safely with this spine-friendly exercise

The APE Reverse Hyper is designed to meet the needs of your workout. It can be utilised 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.



- * Ideal 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

Muscle groups



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