

BODYCRAFT F670 Hyperextension Exercise Guide

CONGRATULATIONS! With your purchase of this **BODYCRAFT F670 Hyperextension**, you have taken a major step toward a goal of lifetime health and wellness.

THANK YOU! BODYCRAFT is proud to be a part of your pursuit of health, wellness, and strength! Please use this BODYCRAFT F670 Hyperextension to:

- Strengthen your Core Muscles!
- Reduce back pain!
- Shape your legs!

WARNING! Before beginning this, or any exercise program, consult your physician. This is especially important for persons over the age of 35, or with preexisting health problems. You may have a preexisting problem of which you are unaware. Recreation Supply, Inc. assumes no responsibility for personal injury or property damage sustained by or through use of this product.

HYPEREXTENSION

You will perform this exercise facing the floor. Adjust the foot plate so that your hips are even with, or slightly beyond the top edge of the hip pad. Adjust the foam roller pads so that they comfortably hold you in place. Mount the machine facing the floor, feet on the foot plates, foam roller pads against the back side of your lower leg, and hips even with, or slightly beyond the top edge of the hip pad. To perform the exercise, slowly lower your torso toward the floor, bending at the waist. Then rise back up in a slow, controlled fashion. When rising, concentrate on squeezing your glutei muscles. You will notice the emphasis on your hamstrings and gluteals.



BACK RAISE

You will perform this exercise facing the floor. Adjust the foot plate so that your hips are just below the top edge of the hip pad. Adjust the foam roller pads so that they comfortably hold you in place. Mount the machine facing the floor, feet on the foot plates, foam roller pads against the back side of your lower leg, and hips just below the top edge of the hip pad. To perform the exercise, slowly lower your torso toward the floor, bending your back. Then rise back up in a slow, controlled fashion. When rising, concentrate on relaxing your legs and only using your back muscles to raise your body. You will notice the emphasis on your lower back muscles.



SIDE BENDS

You will perform this exercise facing sideways on the machine. Adjust the foot plate so that your hips are even with, or slightly beyond the top edge of the hip pad. Adjust the foam roller pads so that they comfortably hold you in place. Mount the machine facing sideways, feet crossed on the foot plates, foam roller pads against the sides of your lower legs, and hips even with, or slightly beyond the top edge of the hip pad. To perform the exercise, slowly lower your torso toward the floor, bending at the waist. Then rise back up in a slow, controlled fashion.



NOTE: These exercises should be performed at the angle most comfortable for you. Decreasing the angle (from 45 degrees to flat) increases the level of the exercise being performed.