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A: Hi Tanya, yes, absolutely, the BodyCraft Hyper Extension Roman Chair seat adjusts from 45 degrees to 90 degrees. For an illustration, you can [click here](#) and [click](#)

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As you do the exercise the chair feels as if it's tipping over forward. Also the padding for the hips is very thin and stiff, Stamina Ab/Hyper Bench Pro 116.

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Jun 11, 2014 Added Resistance. Even though the reverse hyperextension is a body weight exercise, you still have the ability to increase the resistance. Either strap

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