

Roman ChairHyperextension Bench (99 USD)



Location

<https://www.genclassifieds.com/x-261299-z>

Wisconsin

Your legs are held in place by the padded supports on this Roman chair bench, allowing you to hyperextend your abdominal muscles. You can sit on your bottom and lean backwards to work your core and then flip over to do the outer abdominal walls with targeted exercise motions.

The Roman chair was a staple in gyms like the original Gold's in Venice, where hard work was de rigueur. As you'll soon find out, exercises done with the Roman chair aren't as forgiving as ab exercises done on the floor or a machine. (So if you have lower-back issues, don't do them.) With nothing to support your upper body, your core needs to be locked at all times, which also means more muscle recruitment in the abs, oblique's, and lower back. It's tough, but if you want killer abs, you need to embrace hard work--not trends.

The harder the exercise, the more effective it is. Take, for example, the Roman chair twist. . .

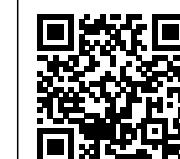
Secure the front of your feet under the pad and sit on the bench, holding a weight plate at arm's length. Brace your abs and lean back so that your core is fully engaged. Twist from side to side.

....when performing the Roman chair twist, make sure to rotate to the same spot on each side on every rep to avoid injury.

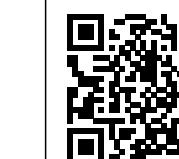
Can be taken apart.



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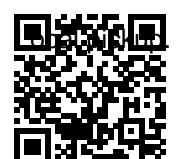
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