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hyper extensions are exercises performed to strengthen the muscles of the lower back particularly the erector spinae they involve using a hyper extension bench to perform the exercise which involves lying face down and then raising the torso upwards while keeping the legs stationary

hyperextended knee symptoms causes treatment

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a hyperextended knee is an injury that happens when your knee is bent backward beyond its usual limit sports injuries and other traumas apply a lot of force to your knee s connective tissue the tendons ligaments and cartilage that hold it in place and help it move

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the reverse hyperextension builds your glutes hamstrings and spinal erectors with less load than other movements here s how to do it

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hyperextension bench the marcy roman chair features a back hyperextension station that lets you position yourself correctly while performing a variety of movements sit and lean backward to develop your core or flip over to perform back workouts with targeted motions show more

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1 hyperextension as a misnomer the name hyperextension is commonly used for back extension exercises that are done using a hyperextension bench in a fitness gym however the name hyperextensions is a misnomer because hyperextension means a movement where extension is performed at any joint beyond its normal range of motion

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updated on may 06 2024 if you want a strong lower back there is no better exercise than back extensions aka hyperextensions even stiff leg deadlifts and good mornings don't compare

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hyperextension is an injury that occurs when a joint is forced beyond its normal healthy range of motion this can make the joint unstable and increase the risk and likelihood of dislocation or other potential joint injuries hyperextension can happen in any joint

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to extend so that the angle between bones of a joint is greater than normal a hyperextended elbow also to extend something such as a body part beyond the normal range of motion hyperextended her neck hyperextension ,hī pər ik 'sten t shən noun examples of hyperextend in a sentence

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