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› Body-Solid GHYP345B 45 Degree Hyperextension Bench Instruction Manual

Body-Solid GHYP345

Body-Solid GHYP345B 45 Degree Hyperextension Bench

Model: GHYP345

1. IMPORTANT SAFETY INFORMATION

Before assembling or using the Body-Solid GHYP345B 45 Degree Hyperextension Bench, please read and understand all instructions and warnings. Retain this manual for future reference.

- Consult a physician before starting any exercise program.
- Keep children and pets away from the equipment during use.
- Ensure all nuts and bolts are securely tightened before each use.
- Place the equipment on a flat, stable surface.
- Do not exceed the maximum weight capacity of 350 pounds.
- Inspect the equipment for worn or damaged parts before each use. Do not use if damaged.
- Use the equipment only for its intended purpose as described in this manual.

2. PRODUCT OVERVIEW

The Body-Solid GHYP345B is a robust 45-degree hyperextension bench designed for strengthening back, gluteal, and hamstring muscles, as well as abdominal and oblique exercises. It features durable construction and adjustable components for user comfort and exercise versatility.



Figure 1: Full view of the Body-Solid GHYP345B 45 Degree Hyperextension Bench.

Key Features:

- **Extra-thick 3-inch DuraFirm Support Pads:** Provides comfort and stability during workouts.
- **Adjustable Thigh Pads:** Accommodates various user heights and exercise types.
- **Heavy-Gauge Steel Construction:** Ensures durability and stability for home and commercial use.
- **Versatile Exercise Options:** Supports back extensions, oblique flexors, reverse hypers, and more.



Figure 2: Close-up view of the Body-Solid logo on the DuraFirm support pads.

3. ASSEMBLY INSTRUCTIONS

The Body-Solid GHYP345B requires assembly. While specific step-by-step diagrams are not provided here, the product includes detailed assembly instructions with numbered parts and hardware. Follow these instructions carefully.

- Unpack all components and verify against the parts list provided in the product packaging.
- Ensure you have the necessary tools (e.g., wrenches, as noted by users, 3/4" and 11/16" may be suitable for metric hardware).
- Assemble the main frame components first, ensuring all bolts are finger-tight before final tightening.
- Attach the adjustable thigh pad assembly and footplate.
- Once all components are in place, securely tighten all nuts and bolts. Do not overtighten.
- Verify the stability of the assembled bench before first use.

4. OPERATING INSTRUCTIONS

The GHYP345B is designed for a variety of core and lower body exercises. Proper adjustment and form are crucial for effective and safe workouts.

Adjusting the Thigh Pads:

The thigh pads are adjustable to accommodate different user heights and exercise requirements. Locate the pop-pin adjustment mechanism. Pull the pin, slide the thigh pad assembly to the desired height (ranging from 35" to 44"), and release the pin to lock it into place. Ensure the pin is fully engaged before use.



Figure 3: Close-up of the adjustment knob for the thigh pads.



Figure 4: Close-up of the textured footplate for secure positioning.

Recommended Exercises:

The following exercises can be performed using the GHYP345B. Always maintain proper form and control throughout the movement.

- **Back Extension (Hyperextension):** Position your hips over the thigh pads, with your feet secured on the footplate. Lower your upper body towards the floor, keeping your back straight, then raise it back to the starting position. Focus on engaging your glutes and hamstrings.



Figure 5: Proper form for a back hyperextension.



Figure 6: Back hyperextension with a medicine ball for increased resistance.

- **Oblique Flexors (Side Bends):** Position one hip over the thigh pad, with your feet secured. Lower your torso sideways, then return to the upright position, engaging your oblique muscles.



Figure 7: Proper form for an oblique flexor exercise.

- **Weighted Exercises:** For advanced users, resistance can be added using dumbbells or kettlebells during back extensions or oblique flexors.



Figure 8: Weighted back hyperextension using dumbbells.

Instructional Video:

Watch this video for demonstrations of various exercises that can be performed with the Body-Solid 45 Degree Hyperextension Bench.



Video 1: Demonstrations of Back Extension, Side Crunches, Kettlebell Row, and Dumbbell Fly using the Body-Solid 45 Degree Hyperextension Bench.

5. MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your hyperextension bench.

- **Cleaning:** Wipe down the frame and pads with a damp cloth after each use to remove sweat and dirt. Use mild soap if necessary, then wipe dry.
- **Inspection:** Periodically check all nuts, bolts, and moving parts for tightness and wear. Tighten any loose fasteners.
- **Lubrication:** Moving parts, such as the adjustment mechanism, may benefit from occasional lubrication with a silicone-based spray

to ensure smooth operation.

- **Storage:** Store the bench in a dry, clean environment away from extreme temperatures and direct sunlight.

6. TROUBLESHOOTING

If you encounter issues with your Body-Solid GHYP345B, refer to the following common solutions:

- **Wobbling or Instability:** Ensure the bench is on a level surface. Check and tighten all assembly bolts and nuts.
- **Difficulty Adjusting Thigh Pads:** Ensure the pop-pin is fully pulled out before attempting to slide the assembly. Clean any debris from the adjustment holes and apply a small amount of lubricant if movement is stiff.
- **Squeaking Noises:** Identify the source of the squeak and apply lubricant to the contact points or tighten any loose fasteners in that area.
- **Damaged or Missing Parts:** Do not use the equipment. Contact Body-Solid customer support for replacement parts.

7. SPECIFICATIONS

Attribute	Detail
Brand	Body-Solid
Model Number	GHYP345
Material	Alloy Steel
Color	Black
Product Dimensions (L x W x H)	51"D x 29"W x 36"H (53"x29"x36" also noted)
Item Weight	32.15 kg (approx. 70.8 lbs)
Weight Limit	350 pounds
Included Components	2"X3" 45 Degree Back Hyper Extension



Figure 9: Product dimensions diagram.

8. WARRANTY INFORMATION

Body-Solid provides a comprehensive warranty for the GHYP345B 45 Degree Hyperextension Bench. The In-Home Warranty is as follows:

- **LIFETIME:** Frame & Welds
- **LIFETIME:** Pulleys, Bushings, Bearings, Hardware, Plates, Guide Rods
- **LIFETIME:** Cables, Upholstery, Grips (Normal Wear)

Please retain your proof of purchase for warranty claims. For full details and terms, refer to the official Body-Solid warranty documentation included with your product or visit the Body-Solid website.

9. CUSTOMER SUPPORT

For assistance with assembly, operation, parts, or warranty claims, please contact Body-Solid customer support:

- **Website:** Visit the official Body-Solid website for support resources and contact information.
- **Phone:** Refer to your product packaging or the Body-Solid website for the most current customer service phone number.
- **Email:** Contact customer service via email for non-urgent inquiries.

When contacting support, please have your product model number (GHYP345) and proof of purchase readily available.

Ask a question about this manual

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question