



Reverse Hyperextension

ASSEMBLY INSTRUCTIONS

VER-RHE-001



EST. TIME 45–60 min	PEOPLE 2 people	DIFFICULTY Moderate
-------------------------------	---------------------------	-------------------------------

Need help? Contact support@vervefitness.com or visit vervefitness.com/support
vervefitness.com

Before You Begin.

The Reverse Hyperextension is a **freestanding** A-frame machine — it does not fix to a rack or wall. It ships as two separate steel A-frame halves, a padded platform with the pivot bearings fitted, a swing arm, and two extending front handle arms, plus all bolts. At 146kg unboxed, get a second person for the lifting steps. Two people can assemble it comfortably in 45–60 minutes.

Tools required.

- **Socket wrench set** — 17mm and 19mm sockets cover the M12 and M10 bolts
- **Open-end spanners** — 17mm, 19mm — to hold the lock nuts while tightening
- **Rubber mallet** — helpful for aligning the frame's bolt holes (optional)

SAFETY INFORMATION

Assemble and use the machine on flat, level ground with clear space around the swing arm.

This is a heavy, multi-piece steel frame — get a second person for lifting the platform onto the frame and for standing the assembled unit upright.

Tighten every bolt fully before use, then check all bolts again after the first session.

Keep hands and feet clear of the swing arm's pivot while it is in motion or being loaded with plates.

This product must be assembled by adults only.

ASSEMBLY TIPS

Finger-tighten all bolts first, then fully tighten once each stage sits square.

Always place a washer under the bolt head AND under the nut, unless the step says otherwise.

Build both A-frame sides first — they are identical — before joining them together.

Two bolt specs share the same M12×100 length but are NOT interchangeable: one step uses it with a large washer only, another with a washer and lock nut. Keep the two bags separate and check the hardware inventory on page 3 before fitting either.

Part references in these instructions match the numbers printed on that step's own diagram. Page 6's parts diagram uses the bolt sizes as references instead, since the manufacturer reused the same numbers for different bolts across different pages.

Need help? Contact support@vervefitness.com or visit vervefitness.com/support

Hardware Inventory.

Check all items before assembly. Codes below are the bolt sizes themselves, not the diagram's own numbers — the manufacturer's sheet reuses '1' and '2' for different bolts on different pages, so a size-based code is the only way to reference them safely across the whole inventory. If anything is missing, contact VERVE support before you start.

Step 1 — Build and join the A-frame.

☐	M12×105	Bolt, washer, lock nut	x24	Joins the corner brackets on both A-frame sides — not broken down per bracket on the diagram
☐	M12×100a	Bolt, large washer	x4	No nut shown — joins the two A-frame halves at the front and rear cross braces

Step 2 — Fit the platform.

☐	M12×110	Bolt, washer, lock nut	x8	Secures the platform and pivot bearing housings to the top of the joined frame
--------------------------	---------	-------------------------------	-----------	--

Step 3 — Fit the swing arm and handle arms.

☐	M12×100b	Bolt, washer, lock nut	x2	Same length as the Step 1 bolt above but with a lock nut, not a large washer — secures the swing arm's pivot shaft, one bolt each side
☐	M10×25	Bolt, washer	x8	4 per handle arm — secures each arm's mounting bracket to the underside of the platform

Ships already fitted — no assembly needed

☐	—	Ankle straps (pair)	x2	Clip onto the D-rings at the end of the swing arm — no tools required
--------------------------	---	----------------------------	-----------	---

STEP 1 OF 3

Build and join the A-frame.

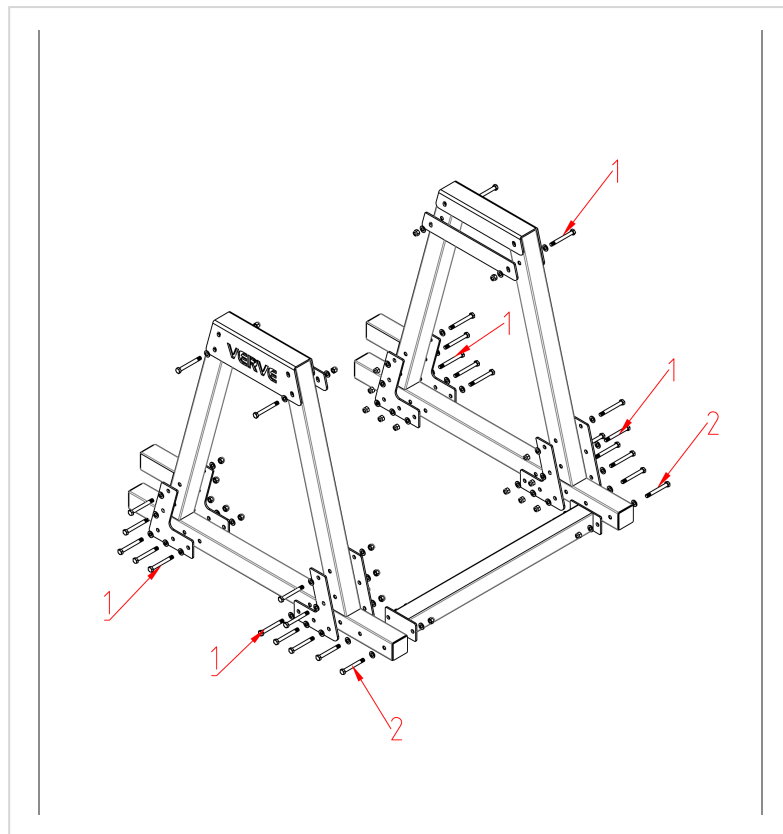
Hardware: 24× M12×105 bolts (washer + lock nut each), 4× M12×100 bolts with large washer, no nut

The frame ships as two identical **A-frame side units**, each with a VERVE-branded upright and a wide multi-plate bracket at the front and rear foot.

Working on one side at a time, bolt each corner bracket's plates together with the **M12×105 bolts** — a washer under the head, a washer and lock nut on the other side. The diagram's red '1' arrows mark the four bracket locations; the 24 bolts are shared across all of them, so keep working around each bracket until every hole is filled.

With both A-frame sides built, stand them upright facing each other and join them with the **front and rear cross braces**, which telescope into both sides. Pin each cross brace in place with the **M12×100 bolts and large washers** (red '2' on the diagram) — one at each end of both braces.

Tip: these M12×100 bolts have no separate nut in the parts key — they should draw into a captive fitting inside the cross brace. If a bolt won't catch, don't force it; check the tube for a loose nut before continuing.



STEP 2 OF 3

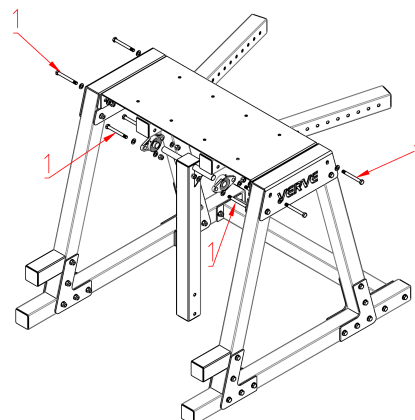
Fit the platform.

Hardware: 8× M12×110 bolts, washer + lock nut each

With help, lift the **padded platform assembly** — it already includes the pivot bearing housings — onto the joined A-frame.

Line up its mounting flanges with the holes on each A-frame's top rail and the bearing brackets partway down the frame, then secure with the **M12×110 bolts**, washer and lock nut on each.

Tip: leave all eight finger-tight until the platform sits square on both sides, then tighten fully.



STEP 3 OF 3

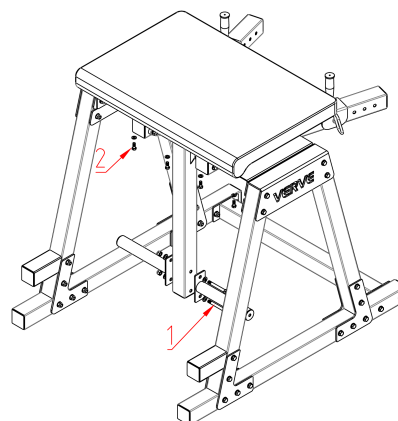
Fit the swing arm and handle arms.

Hardware: 2× M12×100 bolts with lock nut, 8× M10×25 bolts with washer

Slide the **swing arm's** pivot shaft into the bearing housings fitted in Step 2, one bolt each side through the **M12×100 bolt and lock nut** — this is the smaller-diameter washer version, not the Step 1 one with the large washer.

Bolt each **extending handle arm's** mounting bracket to the underside of the platform's front corners using the **M10×25 bolts and washers** — 4 per arm.

Tip: the swing arm must move freely once fitted — snug the pivot bolts firm but don't over-tighten them against the bearing.

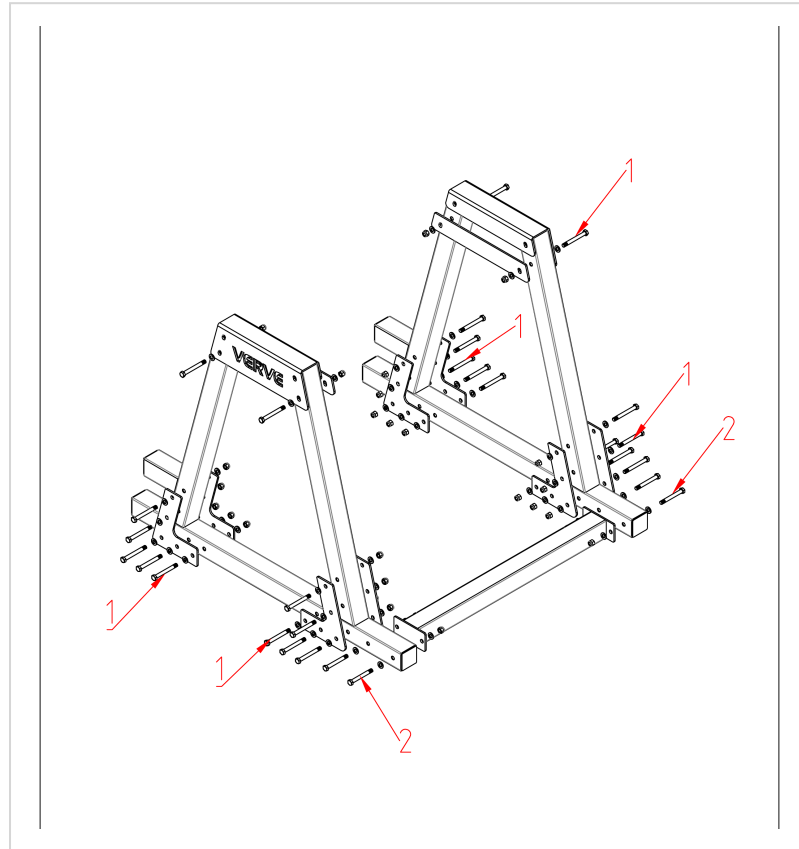


ASSEMBLY COMPLETE

That's it — your Reverse Hyperextension is built. Clip the two ankle straps onto the D-rings at the end of the swing arm, then run through the final checks on page 6.

Parts Diagram.

Reference: the Step 1 frame-join diagram. Codes are bolt sizes — see page 3 for why.



CODE	PART	QTY
M12×105	Bolt, washer, lock nut	24
M12×100a	Bolt, large washer (no nut)	4
M12×110	Bolt, washer, lock nut	8
M12×100b	Bolt, washer, lock nut	2
M10×25	Bolt, washer	8

Final checks.

- ☐ All 24 corner bolts and all 4 cross-brace bolts are fully tightened — the frame sits flat with no rocking.
- ☐ The platform is bolted down firmly on both sides.
- ☐ The swing arm pivots freely and doesn't bind against the bearing housings.
- ☐ Both handle arms are bolted tight and slide smoothly for height adjustment.
- ☐ Both ankle straps are clipped onto the swing arm's D-rings.
- ☐ Re-check every bolt after your first training session.

NEED HELP?

Missing parts, damaged components or assembly questions — we'll sort it fast.

Contact support@vervefitness.com or visit vervefitness.com/support