REX Explore

as -al REX64.s

5	50		push	%rax	
41 5	50		push	%r8	
f	ff	30	pushq	(%rax)	
41 f	ff	30	pushq	(%r8)	
5	58		pop	%rax	
41 5	58		pop	%r8	
3	3f	00	popq	(%rax)	
41 8	3f	00	popq	(%r8)	
8	39	c0	mov	%eax,	%eax
48 8	39	c0	mov	%rax,	%rax
49 8	39	c0	mov	%rax,	%r8
4c 8	39	c0	mov	%r8,	%rax
4d 8	39	c0	mov	%r8,	%r8
8	39	00	mov	%eax,	(%rax)
41 8	39	00	mov	%eax,	(%r8)
48 8	39	00	mov	%rax,	(%rax)
49 8	39	00	mov	%rax,	(%r8)
4c 8	39	00	mov	%r8,	(%rax)
4d 8	39	00	mov	%r8,	(%r8)
8	3b	00	mov	(%rax),	%eax
41 8	3b	00	mov	(%r8),	%eax
48 8	3b	00	mov	(%rax),	%rax
49 8	3b	00	mov	(%r8),	%rax
4c 8	3b	00	mov	(%rax),	%r8
4d 8	3b	00	mov	(%r8),	%r8
C	:3		retq		

REX Prefix

0 1	0	0	W	R	Х	В
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- W When 1, a 64-bit operand size is used. Otherwise, when 0,
 the default operand size is used
- R This 1-bit value is an extension of the ModR/M reg field
- X This 1-bit value is an extension of the SIB index field
- B This 1-bit value is an extension of the ModR/M r/m field, SIB base field, or Opcode reg field

For more information, refer to Intel® 64 and IA-32 Architectures Software Developer's Manual Volume 2 section 2.2.1