

GRONK FITNESS GRIDIRON FID BENCH

SKU-5110-G1

The Gronk Fitness Gridiron FID Bench is built for serious strength training, featuring a reinforced steel frame and a wide, high-density back pad that delivers exceptional stability and support under heavy loads.

With eight adjustable back pad positions and a three-position seat, it allows users to train across a full range of angles from decline to high incline - for versatile, full-body workouts. A quick-adjust system enables smooth, one-hand transitions between positions, while built-in transport wheels make repositioning effortless.

Designed for durability, performance, and ease of use - ideal for commercial gyms, training facilities, and dedicated home strength environments.



PRODUCT FEATURES

KNURLED STEEL GRIP HANDLES

Secure, sweat-resistant grip for maximum control during heavy lifts

HEAVY-DUTY STEEL FRAME

Reinforced construction supports intense strength training under heavy loads

WIDE, HIGH-DENSITY PADDING

Enhanced stability and comfort for presses and full-body workouts

8-POSITION BACK PAD (-10° TO 85°)

Full range from decline to high incline for versatile training angles

3-POSITION ADJUSTABLE SEAT (0° TO 30°)

Proper alignment and support across all movements and angles

QUICK-ADJUST BACK PAD SYSTEM

Smooth, one-hand transitions between positions for efficient workouts

INTEGRATED ANGLE MARKINGS

Easy, precise setup every time with clearly marked degree positions

FRONT-MOUNTED TRANSPORT WHEELS

Effortless mobility with a stable training base when in use

BUILD YOUR GREAT



WIDTH
25"
Pad Width: 12"

HEIGHT
17.5"
Flat position

LENGTH
54.5"

EQUIPMENT SPECIFICATIONS

LENGTH
54.5"

WIDTH
25" (Pad Width: 12")

HEIGHT (FLAT)
17.5"

HEIGHT (85°)
55.5"

BACK PAD POSITIONS
8 Positions (-10° to 85°)

SEAT POSITIONS
3 Positions (0° to 30°)

WARRANTY

RESIDENTIAL
Lifetime Frame Warranty

COMMERCIAL - FRAME
10 Year

COMMERCIAL - PARTS & LABOR
5 Year Parts · 2 Year Labor

COMMERCIAL - FINISH / COATING & ACCESSORIES
1 Year Coating · 6 Month Accessories

CUSTOM COLOR OPTIONS AVAILABLE
Match your facility's branding or create a personalized training space with custom powder-coat finishes