

GRONK FITNESS

MULTI-HYPEREXTENSION BENCH

SKU-4212-G1

The Gronk Fitness Multi-Hyperextension Bench is an adjustable back extension and Roman chair bench designed for effective lower back, glute, hamstring, and core training. Its multi-angle extension design ensures controlled posterior chain workouts with secure positioning and strong body alignment.

Ideal for both home gyms and training facilities, this hyperextension bench features hip height adjustment, angle adjustment, ergonomic pads, a nonskid foot platform, and built-in transport features, offering versatile strength training in a compact footprint.



PRODUCT FEATURES

ADJUSTABLE HIP HEIGHT

Fits users of different sizes for better exercise positioning.

45°–90° ADJUSTABLE TRAINING ANGLE

Transitions from a 45-degree back extension to a 90-degree Roman chair setup.

CONTOURED PAD DESIGN

Supports comfort and range of motion during back extensions.

NONSKID FOOT PLATFORM

Ensures stability during training.

TRANSPORT FEATURES

Fixed handle and wheels for easy movement and floor protection.

HEAVY-DUTY STEEL FRAME

Supports long-term strength training use.

BUILD YOUR GREAT



WIDTH
33.5"

HEIGHT
34.5"

LENGTH
57"

EQUIPMENT SPECIFICATIONS

DIMENSIONS

33.5" W × 57" L × 34.5" H

APPLICATION

Training Facilities and Home Gyms

TYPE

Multi-Hyperextension / Roman Chair

PRODUCT WEIGHT

96 lb

EXERCISE FOCUS

Lower Back, Glutes, Hamstrings, Core

USER FIT

Adjustable Pad; Fits Users up to 6'3"

WARRANTY

COMMERCIAL

FRAME & WELDS	PARTS	LABOR
10 Years	5 Years	2 Years
COATING	UPHOLSTERY	ATTACHMENTS
1 Year	—	—

RESIDENTIAL

FRAME & WELDS	PARTS	LABOR
Lifetime	Lifetime	—
COATING	UPHOLSTERY	ATTACHMENTS
—	2 Years	Lifetime