



Sterling Series, Olympic Flat Bench

SKU: **GG-STER-125**

The Sterling Olympic Flat Bench is built for serious lifting. With a solid, commercial-grade frame and dual stop hooks for safety, it's ideal for chest-focused workouts, including the classic barbell bench press. Upholstered in high-quality leather for comfort, this bench supports heavy use in any gym environment while offering space for Olympic plate storage as standard.

Key Features

- Heavy-duty steel construction for long-term durability
- Electrostatic powder-coated and heat-cured finish
- Integrated Olympic weight horns for convenient storage
- Low-maintenance, plate-loaded design



Technical Specifications

Weight	126 kg	Plate Loaded	Yes
Length / Depth	191 cm		
Height	40 cm		
Width	100 cm		
Frame Weight	112 kg		
Loading Capacity	300 kg		

