



Sterling Series, Olympic Decline Bench

SKU: **GG-STER-127**

The Sterling Olympic Flat Bench is a key fixture in any commercial gym, built to handle one of the most common and effective upper body exercises: the barbell bench press. Designed for high performance in strength-focused environments, this bench allows users to build chest strength while also targeting the shoulders, triceps and supporting upper body muscles. Upholstered in high-quality, soft leather for maximum comfort, it features dual stop hooks for safe solo training. Built to last, this flat bench offers both durability and versatility in busy gym settings.

Key Features

- Heavy-duty steel frame engineered for commercial use
- Durable electrostatic powder-coated finish
- Fitted with Olympic weight horns for efficient plate storage
- Minimal maintenance required due to plate-loaded setup

Technical Specifications

Weight	123 kg
Length / Depth	219 cm
Height	45 cm
Width	100 cm
Frame Weight	104 kg
Loading Capacity	300 kg