



Sterling Series, Adjustable Bench

SKU: **GG-STER-129**

Heavy duty construction built for daily commercial use gives the Sterling adjustable bench the strength and versatility every gym needs. With multiple positions and quick adjustments, it supports everything from flat presses to incline and decline work with ease. Comfortable upholstery and a secure frame make it a reliable choice for serious lifting.

Key Features

- Flat, incline and decline settings for versatile free weight training
- Robust frame with commercial-grade durability
- Electrostatic powder-coated finish resists wear
- Quick-adjust back pad and seat for smooth transitions
- Soft leather upholstery provides lasting comfort under load
- Low maintenance design to keep the bench in use and ready
- Suitable as a flexible alternative to fixed Olympic benches

Technical Specifications

Weight	44 kg
Length / Depth	135 cm
Height	135 cm
Width	67 cm
Frame Weight	44 kg
Loading Capacity	150 kg

