



Sterling Series, Adjustable Olympic Bench

SKU: **GG-STER-124**

The Sterling Series Adjustable Olympic Bench combines incline, flat, and decline positions in one robust unit. With fully adjustable ankle and knee pads, this bench is built to accommodate users of all sizes, offering comfort and versatility for a wide range of barbell exercises.

Key Features

- Heavy-duty construction for maximum stability under load
- Electrostatic powder-coated and heat-cured finish for lasting durability
- Olympic weight horns included for convenient plate storage
- Low maintenance, plate-loaded design

Technical Specifications

Weight	141 kg
Length / Depth	140 cm
Height	50 cm
Width	100 cm
Frame Weight	142 kg
Loading Capacity	300 kg