



Sterling Series, Pull down

SKU: **GG-STER-105**

The Sterling Series Pulldown replicates the movement of a pull-up while allowing controlled resistance, making it ideal for users unable to lift their full bodyweight. Built for serious strength training, it targets the lats, traps, rhomboids, posterior deltoids, and biceps. The adjustable seat and premium upholstery ensure a secure and comfortable setup for every user.

Key Features

- Heavy-duty construction with high-quality needle bearings
- Electrostatic powder-coated and heat-cured frame for lasting durability
- Quick and smooth seat height adjustment
- Biomechanically engineered for natural movement
- Olympic weight horns for convenient plate storage
- Low maintenance thanks to plate-loaded design

Technical Specifications

Weight	164 kg
Length / Depth	148 cm
Height	197 cm
Width	149 cm
Frame Weight	164 kg
Start Weight	4 kg
Loading Capacity	300 kg
Plate Loaded	Yes