



Sterling Series, Shoulder Press

SKU: **GG-STER-104**

The Sterling Series Shoulder Press delivers the feel of free weight training with the safety and control of a fixed path. Each arm moves independently to eliminate strength imbalances, and the ergonomic seat design ensures a stable, comfortable lift every time. Adjustable seat height supports a full range of user sizes, making it ideal for any strength training environment. This machine primarily targets the anterior deltoids while also engaging the lateral delts, posterior delts, triceps and upper back.

Key Features

- Heavy-duty frame with premium needle bearings for moving parts
- Electrostatic powder-coated and heat-cured finish for long-lasting durability
- Quick-adjust seat for user comfort and correct alignment
- Biomechanically engineered to match natural movement patterns
- Olympic weight horns included for convenient plate storage
- Low-maintenance, plate-loaded design

Technical Specifications

Weight	171 kg
Length / Depth	156 cm
Height	149 cm
Width	182 cm
Frame Weight	171 kg
Start Weight	10 kg
Loading Capacity	300 kg
Plate Loaded	Yes