



# Sterling Series, Incline Chest Press

SKU: **GG-STER-102**

Independent arm movement for natural pressing motion gives lifters the feel of free weights with added control and safety. Built for serious chest, shoulder, and tricep training, the Sterling Series Incline Chest Press combines durable construction with smooth performance. Quick adjustments and cushioned upholstery keep every rep comfortable and accessible for all users.

## Key Features

- Commercial-grade heavy-duty frame built for long-term use
- Premium needle bearings deliver fluid, consistent motion
- Durable electrostatic powder-coated finish
- Fast seat height adjustment for user convenience
- Biomechanically aligned movement for joint-safe training
- Integrated Olympic weight horns for easy plate storage
- Low maintenance plate-loaded system

## Technical Specifications

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|---|---|
| **Weight** | 184 kg |
| **Length / Depth** | 190 cm |
| **Height** | 178 cm |
| **Width** | 152 cm |
| **Frame Weight** | 184 kg |
| **Start Weight** | 8 kg |
| **Loading Capacity** | 300 kg |
| **Plate Loaded** | Yes |