



Sterling Series, Leg Press

SKU: **GG-STER-114**

The Sterling Leg Press delivers a smooth, stable motion that replicates the feel of free-weight training. Designed for full leg extension within a closed kinetic chain, this machine effectively targets the quadriceps, hamstrings, and glutes. Its upright seat position reduces spinal loading, making it an excellent choice for new and returning users. High-grade components and thoughtful ergonomics ensure performance and comfort across all strength levels.

Key Features

- Heavy-duty frame with premium needle bearings for consistent motion
- Electrostatic powder-coated and heat-cured finish for durability
- Built-in safety stop for added confidence during training
- Extra-large, anti-slip footplate enhances movement variety and grip
- Biomechanically aligned to support safe, natural movement patterns
- Fitted with Olympic weight horns for efficient plate storage
- Minimal upkeep required thanks to its plate-loaded design

Technical Specifications

Weight	193 kg	**Plate Loaded**	Yes
Length / Depth	223 cm		
Height	142 cm		
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Frame Weight	193 kg		
Start Weight	45 kg		
Loading Capacity	400 kg		