





Sterling Series, Glute Ham Bench

SKU: **GG-STER-133**

The Sterling Series Glute Ham Bench is a powerful tool for building strength in the posterior chain. Ideal for improving performance in key compound lifts like squats, deadlifts, and Olympic movements, this often-overlooked bench delivers measurable results. Its durable construction and adjustable design make it suitable for all user sizes, while the padded upholstery ensures comfort throughout the movement.

Key Features

- Heavy-duty, commercial-grade steel frame
- Heat-cured electrostatic powder coating for long-lasting durability
- Ergonomic padding with soft leather finish for user comfort
- Fully adjustable to accommodate different heights and body types
- Biomechanically engineered to support natural movement patterns
- Low maintenance with a stable, user-friendly design

Technical Specifications

Weight	70 kg	**Plate Loaded**	Yes
Length / Depth	156 cm		
Height	148 cm		
Width	91 cm		
Frame Weight	70 kg		
Loading Capacity	150 kg		