



Sterling Series, Low Row

SKU: **GG-STER-107**

The Sterling Low Row offers the benefits of free-weight training within a secure, controlled setup. Designed to build upper body pulling strength, it targets key muscle groups including the lats, traps, rear deltoids and biceps. The padded seat and chest support are covered in durable, soft-touch upholstery for lasting comfort, while the quick-adjust seat ensures the right positioning for every user.

Key Features

- Solid, heavy-duty build with precision needle bearings for smooth movement
- Durable electrostatic powder-coated finish, heat cured for longevity
- Effortless seat height adjustment to suit a range of users
- Ergonomically engineered to mirror natural rowing mechanics
- Olympic weight horns included for easy and efficient plate storage
- Low-maintenance design using a plate-loaded resistance system

Technical Specifications

Weight	167 kg	Plate Loaded	Yes
Length / Depth	176 cm		
Height	165 cm		
Width	146 cm		
Frame Weight	167 kg		
Start Weight	60 kg		
Loading Capacity	300 kg		

