Sterling Series, Row





SKU: **GG-STER-106**

The Sterling Series Seated Row offers the feel of free weights with the safety of a fixed-path machine. Engineered to target the lats, traps, posterior delts and biceps, it's a key asset for building upper body strength. Featuring premium upholstery, an adjustable seat and large anti-slip footplate, this machine ensures comfort and control for users of all sizes.

Key Features

- Heavy-duty construction with high-quality needle bearings
- Durable electrostatic powder-coated and heat-cured finish
- Quick-adjust seat for personalised setup
- Large anti-slip footplate for secure positioning
- Biomechanically designed for natural movement patterns
- Low maintenance, plate-loaded design

Technical Specifications

Weight	157 kg
Length / Depth	186 cm
Height	133 cm
Width	150 cm
Frame Weight	157 kg
Start Weight	6 kg
Loading Capacity	300 kg
Plate Loaded	Yes