



Sterling Series, Seated Dip

SKU: **GG-STER-109**

The Sterling Series Seated Dip targets the triceps with a controlled and effective movement that mirrors a traditional bodyweight dip. By shifting the resistance to a plate-loaded system, users benefit from a stable, low-impact alternative to bodyweight dips. The adjustable seat height and padded upholstery ensure a secure and comfortable fit for all users.

Key Features

- Heavy-duty construction with high-quality needle bearings
- Durable electrostatic powder-coated and heat-cured finish
- Quick-adjust seat for customised positioning
- Biomechanically aligned for natural tricep engagement
- Low-maintenance, plate-loaded design



Technical Specifications

Weight	166 kg	Plate Loaded	Yes
Length / Depth	173 cm		
Height	120 cm		
Width	158 cm		
Frame Weight	166 kg		
Start Weight	0.5 kg		
Loading Capacity	300 kg		

