



Sterling Series, Abdominal

SKU: **GG-STER-110**

The Sterling Series Abdominal is built for serious core training, targeting the rectus abdominis through controlled, contraction-based movement. Simply grip the handles, position the pad across your shoulders, and secure your feet with the foam rollers for a focused and effective ab workout.

Key Features

- Heavy-duty construction with high-grade needle bearings on moving parts
- Electrostatic powder-coated finish, heat-cured for long-term durability
- Biomechanically engineered to match natural body movement
- Olympic weight horns included for easy plate storage
- Low maintenance design with plate-loaded resistance

Technical Specifications

Weight	132 kg	Plate Loaded	Yes
Length / Depth	173 cm		
Height	120 cm		
Width	158 cm		
Frame Weight	132 kg		
Start Weight	20 kg		
Loading Capacity	300 kg		

