

Sterling Series, Vertical Squat

SKU: **GG-STER-115**



The Sterling Series Vertical Squat is built for powerful lower body development. Designed to replicate the squat in a controlled environment, this plate-loaded machine delivers smooth motion and a full range of movement. Padded shoulder supports enhance comfort during use, making it a staple for any strength training facility.

Key Features

- Heavy-duty construction with premium needle bearings
- Durable, electrostatic powder-coated and heat-cured finish
- Optimised biomechanics for natural movement patterns
- Olympic weight horns included for efficient plate storage
- Low maintenance plate-loaded system



Technical Specifications

Weight	212 kg	Plate Loaded	Yes
Length / Depth	230 cm		
Height	142 cm		
Width	165 cm		
Frame Weight	212 kg		
Loading Capacity	400 kg		

