







Sterling Series, Stretch Trainer

SKU: **GG-STER-139**

Built for performance and recovery, the Sterling Series Stretch Trainer is designed to improve flexibility, coordination, and overall mobility. It supports ergonomically correct stretching positions, helping users target key areas including the lower back, hamstrings, glutes, hips, inner thighs, upper back, shoulders, and quadriceps. With a robust, heavy-duty frame and smooth movement supported by high-quality needle bearings, this machine is ideal for both athletic and general fitness environments. Its low-maintenance, plate-loaded design and built-in Olympic weight horns offer durability and storage efficiency in one compact unit.

Key Features

- Supports full-body stretching in controlled, ergonomic positions
- Targets key muscle groups including hips, back, shoulders, and legs
- Heavy-duty construction with high-quality needle bearings
- Electrostatic powder-coated and heat cured for enhanced durability
- Follows natural biomechanical movement for safe, effective use
- Olympic weight horns included for convenient plate storage
- Low maintenance due to plate-loaded design

Technical Specifications

Weight	50 kg	**Plate Loaded**	Yes
Length / Depth	157 cm		
Height	126 cm		
Width	63 cm		
Frame Weight	50 kg		