



Sterling Series, Vertical Knee Raise

SKU: **GG-STER-136**

Stable, supportive, and built for core strength, the Gym Gear Sterling Series Vertical Knee Raise offers a solid platform for upper body and abdominal training. Padded elbow supports, a contoured back pad, and multiple hand grips ensure comfort and control throughout each movement. In addition to knee raises, the integrated dip handles make it easy to perform upper body exercises like tricep dips, adding versatility to your training zone. Built for durability and biomechanical accuracy, this unit is well suited for commercial environments.

Key Features

- Heavy-duty frame with high-quality needle bearings
- Electrostatic powder-coated and heat cured for lasting durability
- Biomechanically designed to follow natural movement patterns
- Padded elbow and back support for stability during core exercises
- Additional hand grips for dip training

Technical Specifications

Weight	74 kg	Plate Loaded	Yes
Length / Depth	119 cm		
Height	76.5 cm		
Width	116 cm		
Frame Weight	74 kg		

