



Sterling Series, Flat Bench

SKU: **GG-STER-130**

Strong, stable, and built for everyday use, the Sterling Series Flat Bench is ideal for all basic barbell and dumbbell exercises. Its heavy-duty construction and wide base eliminate rocking, while the extra-thick upholstery ensures comfort and support under load. Designed with practicality in mind, the flat bench features a single front leg to minimise trip hazards and keep the training area clear and accessible. A solid addition to any strength training setup.

Key Features

- Ideal for foundational barbell and dumbbell movements
- Heavy-duty frame with wide base for maximum stability
- Extra-thick padding for user comfort and support
- Single front leg design to reduce trip risk
- Suitable for commercial gym environments

Technical Specifications

Weight	25.5 kg
Length / Depth	128 cm
Height	43 cm
Width	64 cm
Frame Weight	25.5 kg
Loading Capacity	150 kg