



Sterling Series, Chest Press

SKU: **GG-STER-101**

Build chest strength with stability and control on the Sterling Chest Press Machine. Designed to replicate the feel of free weights, it combines independent movement arms, a natural arc of motion and a wide range for balanced strength development, all with added comfort and support.

Key Features

- Independent movement arms allow balanced, unilateral training
- Advanced biomechanics follow the body's natural motion path
- Soft leather upholstery and smooth seat adjustment for comfort
- Heavy-duty frame with needle bearings for durability and performance
- Electrostatic powder-coated finish resists wear and tear
- Olympic weight horns provide easy plate storage
- Low-maintenance plate-loaded design ideal for busy gyms

Technical Specifications

Weight	163 kg	Plate Loaded	Yes
Length / Depth	194 cm		
Height	172 cm		
Width	137 cm		
Frame Weight	163 kg		
Start Weight	8 kg		
Loading Capacity	300 kg		

