

Sterling Series, Multi Abdominal Bench

SKU: **GG-STER-134**



Built for powerful core training the Sterling Series Multi Ab Bench delivers stability and comfort for a wide range of abdominal exercises. Padded calf and ankle rollers keep users secure, while the adjustable decline positions add variety and challenge to every workout.

Key Features

- Targets abdominal muscles with multiple decline positions for progression
- Heavy-duty build ensures long-lasting strength and stability
- Powder-coated finish protects against wear in busy gym environments
- Ergonomic design supports natural body movement for safer training
- Integrated Olympic weight horns for convenient plate storage
- Low-maintenance, plate-loaded system keeps upkeep minimal
- Padded calf and ankle rollers provide comfort and secure positioning



Technical Specifications

Weight	54 kg
Length / Depth	172 cm
Height	91 cm
Width	63 cm
Frame Weight	54 kg
Loading Capacity	300 kg

