

Sterling Series, Adjustable Bench

The Sterling Series Adjustable Bench is an essential when kitting out any commercial gym. This extremely versatile piece of kit is essential for performing various free weight exercises and could even be used as an alternative to the traditional olympic benches. The soft leather cover on the upholstery provides comfort whilst lifting, and the adjustable seat height accommodates users of all sizes. The adjustable back rest allows a wide range of exercises to be performed from either a decline, flat or incline position.



Adjustable Seat Height



Adjustable Back Support



Transport Wheels



Black Comfortable Pad



Technical Specifications

Rating	Commercial
Adjustments	Adjustable seat height
Upholstery	Black, 60mm thick pads with industrial vinyl, thick plywood backing and 38mm foam
Tubing	2.5-3mm by 50 x 100 square tubing, electro welded to maximum integrity
Loading Capacity	150kg 330lbs
Product Weight	44kg 97lbs
Dimensions	L 135 x W 67 x H 135 cm L 53 x W 26 x H 53 inches

Key Features

Robust and heavy construction	•
Electro powder-coated and heat cured for superior durability	•
Super smooth / quick seat height and back pad adjustments	•
Low maintenance	•