

Sterling Series, Incline Chest Press

The Sterling Incline Chest Press is designed to simulate the feel of using free weights. The soft leather cover on the upholstery provides ultimate comfort whilst lifting and the adjustable seat height also accommodates to users of all sizes. This machine heavily works the chest, anterior deltoids and triceps, and is preferred by most to performing the exercise with dumbbells due to the increased stability. In addition to the independent movement arms, natural arc of motion and large range of movement, the Sterling Chest Press provides a more balanced strength improvement, offering the choice of training each arm independently.



Adjustable Seat Height



Weight Horns



Heavy Duty Construction



Black Comfortable Pad



Technical Specifications

Rating	Commercial
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
Adjustments	Adjustable seat height
Loading Capacity	300kg 660lbs
Starting Weight	8kg 17.6lbs
Product Weight	184kg 405lbs
Dimensions	L 190 x W 152 x H 178 cm L 75 x W 60 x H 70 inches

Key Features

Robust and heavy construction	•
Electro powder-coated and heat cured for superior durability	•
Olympic weight horns fitted as standard for optimum storage capacity	•
Low maintenance due to plate loading nature	•
Application of advanced biomechanics ensures that the equipment follows the body's physiological movement	•
High quality bearings for moving parts	•
Adjustable Seat Height	•