

Sterling Series, Rear Kick

The Sterling Series Rear Kick movement in a closed kinetic chain and is ideal for training both glutes and hamstrings. The large foot plate increases the variety of exercise options that can be performed. The angled upholstery pad and handles allow you to position yourself comfortably during the exercise. The Rear Kick machine offers an extremely effective alternative to the traditional lower body movements.



Anti-slip Foot Plate



Olympic 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
Loading Capacity	150kg 330lbs
Product Weight	142kg 313lbs
Starting Weight	11kg 24.3lbs
Dimensions	L 168 x W 123 x H 164 cm L 66 x W 48 x H 64 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	•
Large anti-slip foot plate increases functionality	•
Application of advanced biomechanics ensures that the equipment follows the body's physiological movement	•
High quality bearings for moving parts	•