

Sterling Series, Row

The Sterling Series Row is designed to simulate the feel of using free weights in a safe environment. The soft leather cover on the upholstery of both the seat and chest pad provides ultimate comfort during use, and the adjustable seat height accommodates to users of all sizes. The machine focuses heavily on increasing back strength, primarily activating the latissimus dorsi and trapezius muscles, in addition to the posterior deltoids and biceps, making it an essential machine when training the upper body.



Adjustable Seat Height



Olympic Weight Horns



Heavy Duty Construction



Black Comfortable Pads



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	6kg 13.2lbs
Product Weight	157kg 346lbs
Dimensions	L 186 x W 150 x H 133 cm L 72 x W 59 x H 52 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	•