

Sterling Series, Seated Dip

The Sterling Series Seated Dip is great for isolating the triceps, with the movement mimicking that of a tricep dip. The difference being that during the seated dip you are stationary and the weight moves, meaning you can reap the benefits of the more advanced tricep dip without having to lift all of your body weight. The soft leather cover on the upholstery of the seat provides ultimate comfort during use, and the adjustable seat height accommodates to users of all sizes.



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	0.5kg 11lbs
Product Weight	166kg 365lbs
Dimensions	L 173 x W 158 x H 120 cm L 68 x W 62 x H 47 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	•