

Sterling Series, Shoulder Press

The Sterling Series Shoulder Press is designed to simulate the feel of using free weights in a safe, guided environment. This machine allows independent movement of each arm, thereby eliminating strength imbalances, making it advantageous to pressing with a barbell. The ergonomic sitting position and soft leather cover on the upholstery provide ultimate comfort during use. The adjustable seat height accommodates users of all sizes. The primary muscle targeted by this machine is the anterior deltoids, in addition to the lateral and posterior deltoids, triceps and back muscles.



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	10kg 22lbs
Product Weight	171kg 377lbs
Dimensions	L 156 x W 182 x H 149 cm L 61 x W 72 x H 59 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	•