

Sterling Series, Abdominal

The Sterling Series Abdominal is designed to build rectus abdominus. Hold the handgrips, attach it to your shoulder and hook the foam conveniently by user feet, effectively training abdominal muscles by contraction movement.



Adjustable Seat Height



Olympic Weight Horn



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 leg pads
Loading Capacity	300kg 660lbs
Product Weight	132kg 291lbs
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	•