

Sterling Series, Flat Bench

The Sterling Series Flat Bench is an essential when kitting out any commercial gym if you want the ability to perform all of the basic barbell and dumbbell exercises. This heavy duty bench provides the support you need, from a sturdy wide base to eliminate and rocking to the extra thick upholstery which provides comfort and stability. The flat bench also has a solitary front leg to reduce the risk of any trip hazards.



Open Frame Design



Solitary Front Leg



Wide Base



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	25.5kg 56lbs
Dimensions	L 128 x W 64 x H 43 cm L 50.4 x W 25 x H 17 inches

Key Features

Robust and heavy construction	•
Electro powder-coated and heat cured for superior durability	•
Open frame design	•
Low pad height	•
Sturdy wide base to eliminate rocking	•
Solitary front leg to reduce trip hazards	•