

Sterling Series, Glute Ham Bench

The Sterling Series Glute Ham Bench is one of the most under-rated pieces of strength kit. Performing this movement regularly effectively strengthens the posterior chain, resulting in significant improvements in the compound strength movements such as squats, deadlifts and olympic lifts. The soft leather cover on the upholstery of the seat provides ultimate comfort during use and the bench can be adjusted to accommodate users of all sizes.



Anti-slip Foot Plate



Adjustable Lower Leg Pads



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
Loading Capacity	150kg 330lbs
Product Weight	70kg 154lbs
Dimensions	L 156 x W 91 x H 148 cm L 61 x W 36 x H 58 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	•