

## Sterling Series, Olympic Decline Bench

As a popular alternative to the traditional flat bench press, the Sterling Olympic Decline Bench is an excellent purchase for any gym or strength training facility. The soft leather cover on the upholstery provides ultimate comfort whilst lifting and the dual stop hooks allow effective, unsupervised training. The adjustable knee pads also accommodate to users of all sizes. Targeting the bottom portion of the lower pectorals major more efficiently than either the flat or incline bench press and providing a lower risk of injury by removing stress from the shoulders and lower back, the decline bench is a valuable addition to any gym.



J-Hooks



Olympic Weight Horns



Heavy Duty Construction



Black Comfortable Pad

### Technical Specifications

<b>Rating</b>	Commercial
<b>Adjustments</b>	Adjustable leg pads
<b>Upholstery</b>	Black, 60mm thick pads with industrial vinyl, thick plywood backing and 38mm foam
<b>Tubing</b>	2.5-3mm by 50 x 100 square tubing, electro welded to maximum integrity
<b>Loading Capacity</b>	300kg 660lbs
<b>Product Weight</b>	104kg 229lbs
<b>Dimensions</b>	L 219 x W 174 x H 132 cm L 86 x W 69 x H 52 inches

### Key Features

<b>Robust and heavy construction</b>	•
<b>Electro powder-coated and heat cured for superior durability</b>	•
<b>Olympic weight horns fitted as standard for optimum storage capacity</b>	•
<b>Low maintenance due to plate loading nature</b>	•
<b>Application of advanced biomechanics ensures that the equipment follows the body's physiological movement</b>	•
<b>High quality bearings for moving parts</b>	•