

Sterling Series, Olympic Flat Bench

With the flat barbell bench press being one of the most frequently performed exercises in all gyms, the Sterling Olympic Flat Bench is an absolute necessity when kitting out any gym or strength training facility. Bench press is the staple exercise for building muscle mass and strength in the chest, primarily working the pectorals major, with the anterior deltoids, triceps, traps and back working as secondary muscles. The soft leather cover on the upholstery provides ultimate comfort whilst lifting and the dual stop hooks allow effective, unsupervised training. The Sterling Olympic Flat Bench is strong and durable, making it ideal for any commercial environment.



J-Hooks



Olympic Weight Horns



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	300kg 660lbs
Product Weight	112kg 246lbs
Dimensions	L 191 x W 174 x H 132 cm L 75 x W 69 x H 52 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	•