

## Sterling Series, Olympic Incline Bench

As the most popular alternative to the traditional bench press, the Sterling Olympic Incline 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 seat also accommodates to users of all size. Heavily targeting the upper pectoralis major, an otherwise underutilised muscle and preventing arching which often causes incredible stress on the lower back, the incline bench is a valuable addition to any gym.



J-Hooks



Olympic Weight Horns



Heavy Duty Construction



Black Comfortable Pads

### Technical Specifications

<b>Rating</b>	Commercial
<b>Adjustments</b>	Adjustable seat height
<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>	113kg 249lbs
<b>Dimensions</b>	L 206 x W 174 x H 150 cm L 81 x W 69 x H 59 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>	•