

Sterling Series, Pull Down

The multi-joint movement of the Sterling Pull Down mimics that of a pull-up. The difference being that during a pull down you are stationary and the weight moves, meaning you can reap the training benefits of the more advanced pull-up without having to lift all of your body weight. The soft leather cover on the upholstery of the seat provides ultimate comfort during use, and the adjustable seat height accommodates users of all sizes. This machine focuses heavily on increasing back strength, primarily activating the latissimus dorsi, trapezius and rhomboid muscles, in addition to the posterior deltoids and biceps, making it an essential machine when training upper body.



Adjustable Seat Height



Olympic Weight Horns



Heavy Duty Construction



Black Comfortable Pads



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
Adjustments	Adjustable seat height
Loading Capacity	300kg 660lbs
Product Weight	164kg 361lbs
Dimensions	L 148 x W 149 x H 197 cm L 58 x W 59 x H 77.5 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	•
Smooth / quick seat height adjustment	•
Application of advanced biomechanics ensures that the equipment follows the body's physiological movement	•
High quality bearings for moving parts	•