

DISCOVERY™ STRENGTH BENCHES & RACKS

# GHD Bench

## DBR0706



The durable and easy-to-use Discovery Series GHD Bench provides exercisers with a solid strength-training foundation. The centrally positioned weight horn allows exercisers to easily access weight plates, while the adjustable ankle pads help keep exercisers securely in place during their workout.

Engineered for biomechanical precision and built to withstand high-volume use, Discovery Benches and Racks provide a robust solution for strength training environments. Each piece combines intelligent design with functional durability to empower exercisers of all levels to train with confidence.



# GHD Bench

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### Product features

#### PERFORMANCE-READY

Centrally located weight horn keeps plates within reach for quick, hassle-free setup, while adjustable ankle pads lock exercisers securely for controlled movements.

#### BUILT TO LAST

Engineered for durability with protective wear guards in high-contact areas to prevent scuffs and impacts, reducing wear in the most demanding training environments.

#### EXERCISE VARIETY

Connection pegs for resistance bands allow exercisers to add resistance, enhancing workout intensity and variety.

#### INSTRUCTIONAL PLACARD

Easy-to-understand, large, text-free illustrations demonstrate correct form and set-up at a glance, and a QR code links to a helpful instructional video.



### Specifications

**Dimensions (L x W x H):** 173 x 138 x 97 cm

**Product weight:** 202 kg

**Max. user weight:** 159 kg

**Weight storage horn:** 1

**Frame and finish:** Heavy-duty steel tubing is welded in all structural areas to withstand the most demanding training environments.

Powder-coated frame.

**Warranty:** Visit [www.precor.co.uk](http://www.precor.co.uk) for warranty terms.

### Colour options\*

#### Frame



#### Upholstery



#### Additional upholstery options\*\*



\*Custom frame colours are available, subject to minimum order quantities and extended lead times.

\*\* Additional lead time applies.

• Additional upholstery options may have longer lead times. Please contact a sales representative.  
• Colours may vary.

\*\* Additional lead time applies.