

DISCOVERY™ STRENGTH PLATE LOADED

# Seated Row

DPL0309



The Discovery Strength Plate Loaded Seated Row features independent movement arms with diverging pulling angles and a regressive strength curve to reduce force at the bottom of the movement, allowing for full range of motion throughout the workout.

Precision-engineered for durability and peak performance, Discovery Strength Plate Loaded products are made to impress and built to last. With optimized movement paths, intuitive design, and a high load capacity, these strength-training machines deliver results for exercisers of all abilities, giving you the confidence to invest in strength that performs.



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## Product Features

### INDEPENDENT MOVEMENT ARMS

Designed to demand greater balance and core muscle engagement, the independent arm resistance, and diverging movement path provide a greater range of motion.

### CHEST PAD AND FOOTPLATE

The large footplate and chest pad support increased stabilization for greater targeted muscle engagement.

### RATCHETING SEAT ADJUSTMENT

The ratcheting, gas-assisted seat adjustment features an ergonomic, over-molded rubber adjustment handle, making it easy and comfortable for exercisers to get the right fit.

### WEIGHT STORAGE HORNS

The four weight horns are optimally positioned for easy load and unload and provide storage for over 600 lb / 272 kg of weight plates.

### INSTRUCTIONAL PLACARD

Easy-to-understand, large, text-free illustrations demonstrate correct form at a glance and a QR code links to a helpful 30-second instructional video.



## Specifications

**Dimensions (L x W x H):** 58 x 50 x 49 in / 148 x 127 x 124 cm

**Product Weight:** 340 lb / 154 kg

**Starting Weight:** 10 lb / 4.5 kg

**Weight Storage Horns:** 4

**Max Lift Load Capacity:** 450 lb / 204 kg

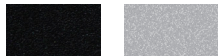
**Recommended Plates:** 2 x 10 lb, 2 x 25 lb, 4 x 45 lb

**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.com](http://www.precor.com) for warranty terms.

## Color Options\*

### Frame



Black Pearl    Gloss Metallic Silver



Gloss White\*\*    Flame Red\*\*

### Upholstery



Black

### Additional Upholstery Options\*\*



Lite Grey    Graphite    Slate    American Beauty    Candy Apple    All Spice



Bucksuede    Burgundy    Royal Blue    Blue Jay    Chocolate    Hunter Green

\*Custom frame colors 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.  
• Colors may vary.

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