

DISCOVERY™ STRENGTH PLATE LOADED

# Seated Dip

DPL0521



The Discovery Strength Plate Loaded Seated Dip features a unique motion path that is achieved through narrow and wide handle positions that ensure a targeted workout and correct exercise movement. The oversized push-down handles provide a large surface area to reduce pressure, resulting in a more effective and comfortable 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 AND DEPENDENT MOVEMENT ARMS

Easily switch between independent and dependent movements by removing the movement arm cross-tube, ensuring a flexible workout experience. Independent motion demands greater balance and core muscle engagement, while the dependent movement arm configuration allows for more power movements.

### OVERSIZED HANDLES

Oversized push-down handles provide a large surface area to reduce pressure on the exerciser's hands. Rotating handles give the exerciser the option to use a narrow or wide grip position.

### RATCHETING SEAT ADJUSTMENT

The highly durable, industrial-grade seat adjustment with an ergonomic, over-molded rubber adjustment handle, makes it easy and comfortable for exercisers to get the right fit.

### WEIGHT STORAGE HORNS

The two weight horns are optimally positioned for easy load and unload and provide storage for over 400 lb / 181.5 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):** 72 x 41 x 37 in / 183 x 104 x 94 cm

**Product Weight:** 287 lb / 130 kg

**Starting Weight:** 8 lb / 3.6 kg

**Weight Storage Horns:** 2

**Max Lift Load Capacity:** 360 lb / 163 kg

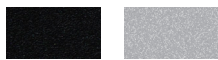
**Recommended Plates:** 2 x 5 lb, 2 x 10 lb, 2 x 25 lb

**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

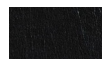


Black Pearl    Gloss Metallic Silver



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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