DISCOVERY™ STRENGTH PLATE LOADED

Pro Squat

DPL0562



The Discovery Strength Pro Squat brings the control and intensity lifters expect, reimagined for today's facility. Built for bidirectional training — facing in or facing out — the Pro Squat gives exercisers an adjustable safety stop to set their own range of motion, plus a counterweight system that lets each exerciser determine a starting load that works for them.

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

DUAL-DIRECTION TRAINING

The Pro Squat can be performed facing in toward the machine or facing out away from it, targeting quad-dominant and hamstring-dominant squat variations — letting one station serve two distinct training preferences and movement patterns.

ADJUSTABLE SAFETY STOP

The safety stop allows exercisers to set their own depth and range-of-motion limit before lifting, providing a secure catch

COUNTERWEIGHT SYSTEM

A rear-mounted counterweight horn allows exercisers to offset the machine's starting weight, lowering the effective starting load to accommodate a wider range of exercisers.

ANGLED, NON-SLIP FOOTPLATE

The large, angled, non-slip footplate provides stable foot contact throughout the full range of motion, in either facing direction.

INSTRUCTIONAL PL ACARD

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



Specifications

Dimensions (L x W x H): 88 × 63 × 68 in / 223 × 161 × 173 cm

Product Weight: 485 lb / 220 kg

Starting Weight (facing in): 102 lbs / 46 kg

Starting Weight (facing out): 145 lbs / 66 kg

Weight Storage Horns: 4

Max Lift Load Capacity: 600 lbs / 272 kg

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 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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