

DPL0521

Discovery™ Series Plate Loaded Line

# Seated Dip



The Discovery Series 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.

Strength equipment is a long-term investment and with the Discovery Series from Precor, you can make your strength purchase decision with confidence. With a full range of products that are approachable and intuitive, perform for exercisers of all ability levels, and will withstand the test of time, the Discovery Series is the straightforward strength solution you've been looking for.



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### Independent and Dependent Movement Arms

The DPL0521 Seated Dip can be configured to feature independent or dependent movement by simply removing the movement arm cross-tube. 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

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

**Weight Storage Horns:** 2

**Frame and Finish:** Heavy-duty steel tubing is welded in all structural areas to withstand the most severe environments. Powder coated frame.

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

## Color Options\*

### Frame



Black Pearl    Gloss Metallic    Gloss White\*\*

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

\*\*Additional lead time applies.

### Upholstery



Black

### Additional Upholstery Options\*\*



Grey    Slate    Candy Apple    All Spice    Bucksuede



Burgundy    Royal Blue    Blue Jay    Chocolate    Hunter Green

\* Additional upholstery options may have longer lead times. Please contact a sales representative.  
\* Colors may vary.