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 offer 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.









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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): 68 x 54 x 38 in / 173 x 138 x 97 cm

Product Weight: 446 lb / 202 kg

Max User Weight: 350 lb / 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.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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