



PRECOR® | **GLUTEBUILDER®**

INNOVATIVE PLATE LOADED PRODUCTS
THAT TARGET THE GLUTES, LEGS, AND HIPS.

DBR0712

Discovery™ Series Benches and Racks

Glute Bridge Bench

Multiple exercises, one machine

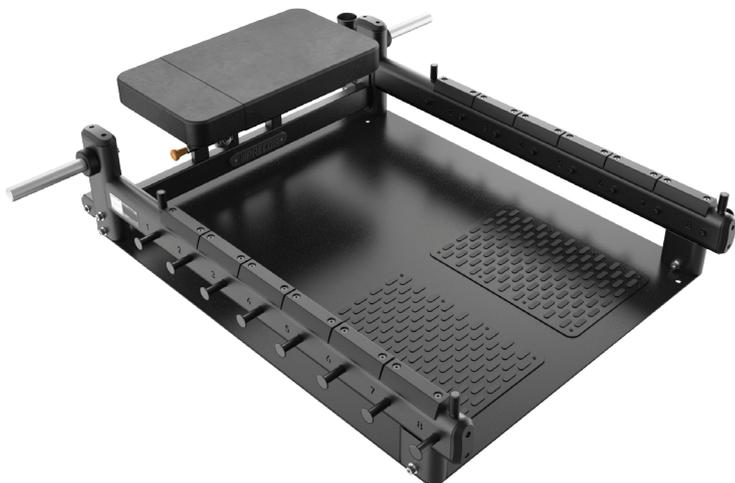
Nine adjustable back pad positions and eight resistance band pegs expand the range of exercises targeting the glutes, legs and upper body.

Focus on confidence

The non-slip footplate ensures that exercisers maintain a stable footing throughout the exercise.

Built-in storage

The integrated vertical barbell storage and weight horns accommodate Olympic and bumper-style plates, providing quick and easy access to plates to keep the training area tidy.



Specifications

Dimensions (L x W x H): 150 x 155 x 38 cm

Product weight: 107 kg

Max. user weight: 159 kg

Max. Lift Load Capacity: 163 kg

Max. storage weight: 120 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.co.uk for warranty terms.

Colour options*

Frame



Black Pearl Gloss Metallic Gloss White**

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

**Additional lead time applies.

Upholstery



Black

Additional Upholstery Options**



Grey Slate American Beauty Toffee 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.
• Colours may vary.

GBR0107

Glutebuilder® Benches and Racks

Glutebuilder Box Pro

Designed by Glutebuilder® and exclusively available from Precor, the Box Pro is a patented, angled, multi-functional training box designed to perform more than 30 exercises that effectively and comfortably target the glute muscles. A sturdy platform with smooth, curved edges provides stability and promotes proper form for exercises like squats and hip extensions. The versatile, non-intimidating design facilitates easy movement between different training spaces, including group classes, free weight areas, and the functional fitness floor.

Train Anywhere

Built with commercial-grade materials to meet the demands of high-use facilities, the lightweight design allows for easy movement between different training spaces.

Unmatched Durability

Crafted from high-resistance wood and covered in high-density foam, this portable platform offers a stable and supportive base for a variety of exercises.

Exercise Progression

Five connection points for resistance bands offer exercisers the ability to enhance exercise intensity and variety.

Visual Guidance

Clear illustrations and a QR code give access to exercise videos making it easy to learn and perform a variety of exercises.



Specifications

Dimensions (L x W x H): 21 x 23 x 17 in / 55 x 60 x 41 cm

Equipment Weight: 32 lb / 14.5 kg

Max User Weight: 350 lb / 159 kg

Materials: Made of high resistance wood and covered by high-density foam

Warranty: Visit www.precor.com for warranty terms.

Belt Squat / Step-Up

GPL0585

Product Features

TWO MOVEMENTS-IN-ONE

The Belt Squat / Step-Up is the first strength equipment that combines belt squat and step-up exercises into one compact machine, enabling powerful lower-body training.

PRECISION BIOMECHANICS

Dual hook points provide multiple loading height options, allowing precise adjustment of the starting position for a customized range of motion, enabling a biomechanically correct movement pattern.

UNMATCHED VERSATILITY

Integrated rotating grip, elevated rubberized footplates, and extended dual handles support a wide range of movement patterns—including Belt Squats, Step-Ups, Deadlifts, and Row variations—while providing a stable platform throughout each movement.

INTEGRATED RESISTANCE & STORAGE

Connection points for resistance bands allow exercisers to add progressive resistance at the end range of motion, while two integrated weight horns provide convenient storage and quick access to plates, streamlining the loading and unloading process.



Specifications

Dimensions (L x W x H): 78 x 42 x 58 in / 198 x 106 x 146 cm

Product Weight: 146 lb / 166 kg

Max User Weight: 350 lb / 159 kg

Max Lift Load Capacity: 880 lb / 400 kg

Starting Weight: 33.5 lb / 15 kg

Weight Storage Horns: 2

Recommended Plates: 4 x 45 lb, 2 x 35 lb, 2 x 25 lb, 2 x 10 lb

Accessories: Belt Squat Harness

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**

Upholstery



Black

Additional Upholstery Options**



Lite Grey Grey Slate American Beauty Candy Apple All Spice



Bucksuede Burgundy Royal Blue Blue Jay Chocolate Hunter Green

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Glute Lunge

GPL0625

Product Features

4 MOVEMENTS-IN-ONE

The angled sliding platform slide move along two separate guide rods for a deeper range of motion, and non-slip footplate accommodate popular exercises such as reverse lunges, side lunges, deadlifts, and sissy squats.

ENHANCED STABILITY

The oversized non-slip footplate and the adjustable ankle and calf pads provide a secure foundation for single leg movements, while the two front support bars help exercisers maintain balance during unilateral loaded movement.

INDEPENDENT MOVEMENT ARMS

Movement arms can be connected or independent to allow for training progression and variety, while the dual handle options provide two range of motion options.

EXERCISE VARIETY

Connection points for resistance bands offer exercisers the ability to add progressive resistance to the movement.



Specifications

Dimensions (L x W x H): 84 x 59 x 45 in / 213 x 150 x 114 cm

Product Weight: 463 lb / 210 kg

Max User Weight: 350 lb / 159 kg

Max Lift Load Capacity: 660 lb / 300 kg

Starting Weight: 40 lb / 18 kg

Weight Storage Horns: 2

Recommended Plates: 2 x 45 lb, 2 x 35 lb, 2 x 25 lb, 2 x 10 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 for warranty terms.

Color Options*

Frame



Black Pearl

Gloss Metallic Silver

Gloss White**

Upholstery



Black

Additional Upholstery Options**



Lite Grey

Grey

Slate

American Beauty

Candy Apple

All Spice



Bucksuede



Burgundy



Royal Blue



Blue Jay



Chocolate



Hunter Green

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GPL0622

Glutebuilder Plate Loaded

3D Multi-Abductor

Multi-Seat Positions

The multi-position back pad can easily tilt to five different angles, shifting the emphasis from the gluteus maximus to the medius muscles.

Natural Path of Motion

The unique 3D motion path replicates a natural range of motion, allowing hip abduction, external hip rotation, and hip extension. An increased range of motion and optimized resistance profile ensures the glutes are optimally challenged throughout the range of motion.

Easy Entry and Exit

Thigh pads adjust to multiple starting positions to fully engage the muscles and accommodate entry and exit from the equipment.

Weight Storage Horns

Two weight horns are positioned at an optimal height for easy loading and unloading of weights and provide storage for extra weight plates.



Specifications

Dimensions (L x W x H): 72 x 51 x 58 in / 183 x 153 x 147 cm

Equipment Weight: 330 lb / 150 kg

Max Load Weight: 440 lb / 200 kg

Max User Weight: 350 lb / 159 kg

Starting Weight: 11 lb / 5 kg

Recommended Weight Plates: 4 x 45 lb, 2 x 35 lb, 2 x 25 lb, 2 x 10 lb

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 for warranty terms.

Color Options*

Frame



Black Pearl Gloss Metallic Gloss White**

Upholstery



Black

Additional Upholstery Options**



Grey Slate American Beauty Candy Apple All Spice Bucksuede



Burgundy Royal Blue Blue Jay Chocolate Hunter Green

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GPL0363

Glutebuilder Plate Loaded

Kneeling Glute Isolator III

Precision Biomechanics

The movement minimizes quad and hamstring involvement, while the hip pad keeps the glutes engaged throughout the extension, promoting a full range of motion for the glutes muscles.

Adjustable Knee and Shoulder Pads

The large knee pad, shoulder pad and foot bar easily adjust allowing exercisers to get the right fit for their body and providing stability during the movement.

Weight Storage Horns

Weight horns are positioned at an optimal height for easy loading and unloading of weights and provide storage for extra weight plates.

Specifications

Dimensions (L x W x H): 65 x 59 x 56 in / 165 x 150 x 142 cm

Equipment Weight: 484 lb / 220 kg

Max Load Weight: 220 lb / 100 kg

Max User Weight: 350 lb / 159 kg

Starting Weight: 15 lb / 7 kg

Recommended Weight Plates: 2 x 45 lb, 1 x 35 lb, 1 x 25 lb, 1 x 10 lb

Weight Storage Horns: 1

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 for warranty terms.



Color Options*

Frame



Black Pearl Gloss Metallic Gloss White**

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Upholstery



Black

Additional Upholstery Options**



Grey Slate American Beauty Candy Apple All Spice Bucksuede



Burgundy Royal Blue Blue Jay Chocolate Hunter Green

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GPL0551

Glutebuilder Plate Loaded

Deadlift Elite

Independent Movement Arms

The option of connected or independent movement arms, provides a natural feel and greater variety of motion, while the ergonomic design of the dual rotating handles maintains the natural wrist position during movement.

Exercise Variety

The adjustable roller pad and straight barbell attachment transform this machine into a versatile multi-exercise training platform, allowing for both Bulgarian split squats and traditional barbell deadlifts.

Easier Starts, Lighter Weight

Designed with counter balanced loading arms, for a lower starting resistance weight.

Weight Storage Horns

Two weight horns are positioned at an optimal height for easy loading and unloading of weights and provide storage for extra weight plates.



Specifications

Dimensions (L x W x H): 67 x 74 x 29 in / 170 x 188 x 74 cm

Equipment Weight: 462 lb / 210 kg

Max Load Weight: 880 lb / 400 kg

Max User Weight: 350 lb / 159 kg

Starting Weight (per arm): 31 lb / 14 kg

Recommended Weight Plates: 4 x 45 lb, 2 x 35 lb, 2 x 25 lb, 2 x 10 lb

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 for warranty terms.

Color Options*

Frame



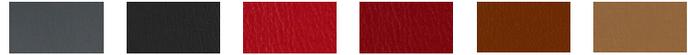
Black Pearl Gloss Metallic Gloss White**

Upholstery



Black

Additional Upholstery Options**



Grey Slate American Beauty Candy Apple All Spice Bucksuede



Burgundy Royal Blue Blue Jay Chocolate Hunter Green

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GPL0612

Glutebuilder Plate Loaded

Hip Thrust Elite

Natural Movement

Designed with a double linear bearing system, the barbell moves freely with the exerciser in both a vertical and horizontal direction throughout the movement.

Non-slip Foot Platform

The unique 3D angled non-slip foot plate provides consistent foot contact throughout the range of motion, while allowing external hip rotation.

Adjustable Back and Shoulder Pads

The shoulder pads and an oversized back pad easily adjust allowing exercisers to get the right fit for their body, provide stability, and improve exerciser technique.

Exercise Progression

Two connection points for resistance bands offer exercisers the ability to enhance exercise variety.



Specifications

Dimensions (L x W x H): 77 x 67 x 51 in / 196 x 170 x 130 cm

Equipment Weight: 550 lb / 249 kg

Max Load Weight: 660 lb / 300 kg

Max User Weight: 350 lb / 159 kg

Starting Weight: 66 lb / 30 kg

Recommended Weight Plates: 4 x 45 lb, 2 x 35 lb, 2 x 25 lb, 2 x 10 lb

Weight Storage Horns: 4

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 for warranty terms.

Color Options*

Frame



Black Pearl Gloss Metallic Gloss White**

Upholstery



Black

Additional Upholstery Options**



Grey Slate American Beauty Candy Apple All Spice Bucksuede



Burgundy Royal Blue Blue Jay Chocolate Hunter Green

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GPL0617

Glutebuilder Plate Loaded

Pendulum Kickback

Precision Biomechanics

The pendulum path of motion allows for a large range of hip movement, targeting the glutes by isolating the movement to the hip joint, maximizing flexion and extension.

Stable for Every Body

Designed to replicate the popular cable kick back exercise, the kneeling starting posture provides a secure base for the exerciser.

Perfect Fit, Full Range

The pendulum bar easily adjusts allowing exercisers to get the right fit for every exerciser.

Exercise Progression

Connection points for resistance bands offer exercisers the ability add additional challenge to the movement.

Specifications

Dimensions (L x W x H): 68 x 60 x 55 in / 173 x 152 x 140 cm

Equipment Weight: 352 lb / 160 kg

Max Load Weight: 220 lb / 100 kg

Max User Weight: 350 lb / 159 kg

Starting Weight: 9.7 lb / 4.4 kg

Recommended Weight Plates: 1 x 45 lb, 1 x 35 lb, 2 x 25 lb, 2 x 10 lb

Weight Storage Horns: 1

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 for warranty terms.



Color Options*

Frame



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Upholstery



Black

Additional Upholstery Options**



Grey Slate American Beauty Candy Apple All Spice Bucksuede



Burgundy Royal Blue Blue Jay Chocolate Hunter Green

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GPL0724

Glutebuilder Plate Loaded

Dual 45 Hip Extension

Non-Slip Foot Platform

The non-slip, foot platforms provide multiple stable positions for consistent foot contact throughout the range of motion, allowing exercisers to target either hamstrings or glute muscles.

Stable for Every Body

Adjustable hip pad and starting handle easily adjust allowing exercisers to get the right fit for their body, providing stability during the movement.

Exercise Progression

Connection points for resistance bands offer exercisers the ability add additional challenge to the movement.

Specifications

Dimensions (L x W x H): 61 x 56 x 49 in / 155 x 142 x 125 cm

Equipment Weight: 418 lb / 190 kg

Max Load Weight: 220 lb / 100 kg

Max User Weight: 350 lb / 159 kg

Starting Weight: 24 lb / 11 kg

Recommended Weight Plates: 1 x 45 lb, 2 x 35 lb, 1 x 25 lb, 2 x 10 lb

Weight Storage Horns: 1

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 for warranty terms.



Color Options*

Frame



Black Pearl Gloss Metallic Gloss White**

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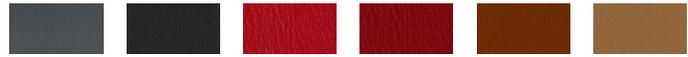
**Additional lead time applies.

Upholstery



Black

Additional Upholstery Options**



Grey Slate American Beauty Candy Apple All Spice Bucksuede



Burgundy Royal Blue Blue Jay Chocolate Hunter Green

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Glute Press

GPL0604

Product Features

PRECISION BIOMECHANICS

A unique downward curved motion path specifically targets the hips and glutes, and multiple weight plate loading points provide an adjustable resistance profile.

OVERSIZED FOOTPLATE

Unlike traditional leg presses, the adjustable shoulder pads and oversized non-slip footplate offer exercisers stability throughout the movement while providing the option for single-leg variations.

PERSONALIZED RANGE OF MOTION

The unique multi-angle backrest features four easily adjustable positions that enable targeted emphasis to shift between the glute and quadriceps muscles, providing a customized range of motion along with easy entry and exit.

EXERCISE PROGRESSION

Connection points for resistance bands offer exercisers the ability to add additional challenge to the movement.



Specifications

Dimensions (L x W x H): 91 x 55 x 58 in / 141 x 231 x 147 cm

Product Weight: 701 lb / 318 kg

Max User Weight: 350 lb / 159 kg

Max Lift Load Capacity: 660 lb / 300 kg

Starting Weight: 40 lb / 18 kg

Weight Storage Horns: 4

Recommended Plates: 4 x 45 lb, 2 x 35 lb, 2 x 25 lb, 2 x 10 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 for warranty terms.

Color Options*

Frame



Black Pearl Gloss Metallic Gloss White**

Upholstery



Black

Additional Upholstery Options**



Grey Slate American Beauty Candy Apple All Spice Bucksuede



Burgundy Royal Blue Blue Jay Chocolate Hunter Green

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GPL0627

Glutebuilder® Plate Loaded Glute Squat

Precision Biomechanics

The unique motion path provides a natural, linear exercise motion, emphasizing the hip and glute muscles while reducing quadriceps involvement. The Glute Squat is designed with a resistance profile that challenges the exerciser throughout the entire range of motion, maintaining a balanced weight load from beginning to end.

Light Starting Weight

A starting weight of just 40 lb/18 kg makes it an ideal training solution for individuals new to strength training while providing advanced exercisers with a wider range of workout options.

Personalized Range of Motion

Exercisers can easily adjust the height of the shoulder pads for a comfortable starting position and set their full range of motion. The shoulder pads remain aligned in parallel throughout the entire exercise, providing a comfortable workout for every body.

Adjustable Footplate

The oversized, gas-assisted, non-slip footplate can be easily adjusted to three training angles, providing options for glute-focused squats, front squats, single-leg squats, good mornings, and reverse lunges.

Exercise Progression

Connection points for resistance bands offer exercisers the ability to add additional challenge to the movement.



Specifications

Dimensions (L x W x H): 87 x 52 x 64 in / 220 x 132 x 163 cm

Product Weight: 780 lb / 354 kg

Max Load Weight: 660 lb / 300 kg

Max User Weight: 350 lb / 159 kg

Starting Weight: 40 lb / 18 kg

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

Weight Storage Horns: 4

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 Gloss White**

Upholstery



Black

Additional Upholstery Options**



Grey Slate American Beauty Candy Apple All Spice Bucksuede



Burgundy Royal Blue Blue Jay Chocolate Hunter Green

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