

**INSIGHT**

VISION. PASSION. DEDICATION

CHINA'S LEADING FITNESS  
EQUIPMENT INNOVATOR AND MANUFACTURER

**INSIGHT**

- / RAPID RESPONSE
- / ON-DEMAND CUSTOMIZATION
- / FLEXIBLE MANUFACTURING







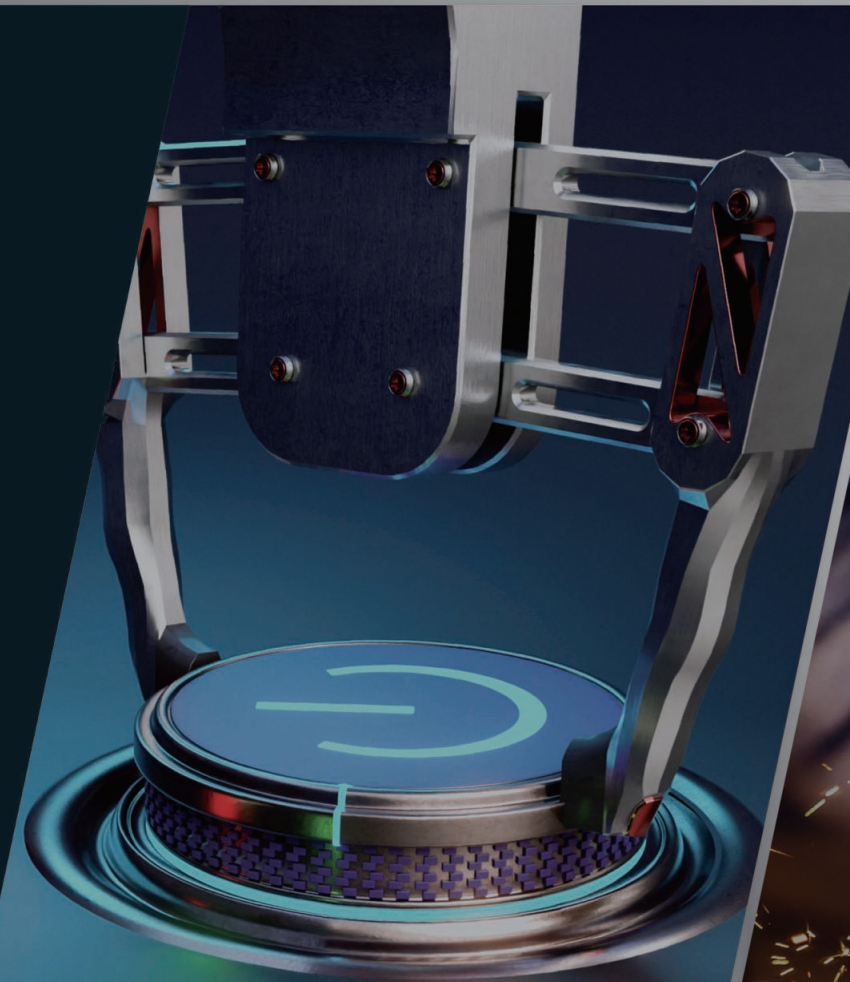
## CHINA'S LEADING FITNESS EQUIPMENT INNOVATOR AND MANUFACTURER

Founded in 2014 and headquartered in the picturesque coastal city of Qingdao, Shandong Province, China, Insight Fitness is a pioneer in fitness equipment innovation and manufacturing. Our firm commitment to delivering customized OEM/ODM solutions has propelled Insight into the ranks of an internationally recognized, diversified manufacturing powerhouse, marking nearly a decade of unwavering dedication.

Insight's research and development wing, consisting of over 50 seasoned professionals, exceeds industry benchmarks. Working with a workforce of over 600 skilled industrial artisans, we have meticulously cultivated a robust, flexible manufacturing capability capable of handling small-batch, high-frequency, multi-variety production and a myriad of product lines. This capability has fostered robust alliances with over 90 partners in 50 countries, solidifying our status as the preferred partner for emerging brands and the trusted choice for established brands in the global marketplace.

Experience a decade of dedication and excellence with Insight Fitness, where innovation and manufacturing converge to shape the future of fitness equipment.

**INSIGHT**



**RAPID  
RESPONSE**



**ON-DEMAND  
CUSTOMIZATION**



**FLEXIBLE  
MANUFACTURING**



# FH Series

The Insight FH Series of plate-loaded equipment is a robust and powerful line that evolves from the SH series, featuring square tubing for a distinctively tough aesthetic. With 21 different machines, this series fully accommodates the comprehensive training needs of advanced users. It is the preferred choice for iron gym-style fitness centers and advanced trainers, offering a specialized range that meets every aspect of sophisticated training demands.



**FH001**  
CHEST PRESS

Dimension	1870*1194*1748mm
Total Weight	137kg



**FH002**  
INCLINE CHEST PRESS

Dimension	1864*1217*1768mm
Total Weight	136kg



**FH012**  
DECLINE PRESS

Dimension	2129*1493*1752mm
Total Weight	150kg



**FH003**  
SHOULDER PRESS

Dimension	1591*1526*1503mm
Total Weight	130kg



**FH004**  
LOW ROW

Dimension	1633*1171*1689mm
Total Weight	131kg



**FH005**  
SEATED ROW

Dimension	1494*1259*1251mm
Total Weight	124kg



**FH026**  
FRONT PULLDOWN

Dimension	1514*1386*2061mm
Total Weight	158kg



**FH027**  
HIGH ROW

Dimension	1514*1386*2061mm
Total Weight	169kg



**FH029**  
**UNIVERSAL PULLDOWN**

Dimension 1697\*1386\*2013mm  
Total Weight 161kg



**FH035**  
**PULLOVER**

Dimension 1727\*1700\*1505mm  
Total Weight 130kg



**FH037**  
**LAT PULLDOWN CIRCULAR**

Dimension 1331\*1310\*2014mm  
Total Weight 124kg



**FH014**  
**ALTERNATE LEG CURL**

Dimension 1482\*1219\*1286mm  
Total Weight 125kg



**FH033**  
**PENDULUM SQUAT**

Dimension 2352\*1401\*1790mm  
Total Weight 240kg



**FH036**  
**HACK SQUAT**

Dimension 2265\*1774\*1566mm  
Total Weight 244kg



**FH025**  
**UNIVERSAL ABDOMINALS CRUNCH**

Dimension 1134\*1131\*1623mm  
Total Weight 128kg



**FH031**  
**HIP THRUSTER**

Dimension 1651\*1269\*916mm  
Total Weight 108kg



**FH015**  
**SEATED CALF RAISE**

Dimension 1516\*789\*1011mm  
Total Weight 65kg



**FH019**  
**LINEAR LEG PRESS 45°**

Dimension 2637\*1559\*1417mm  
Total Weight 225kg



**FH021**  
**SQUAT**

Dimension 1648\*1628\*1567mm  
Total Weight 162kg



**FH028**  
**MULTI DEADLIFT**

Dimension 1723\*1521\*767mm  
Total Weight 101kg



**FH018**  
**BICEPS CURL**

Dimension 1473\*1004\*1232mm  
Total Weight 95kg



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