

INSIGHT

VISION. PASSION. DEDICATION

CHINA'S LEADING FITNESS
EQUIPMENT INNOVATOR AND MANUFACTURER

INSIGHT

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





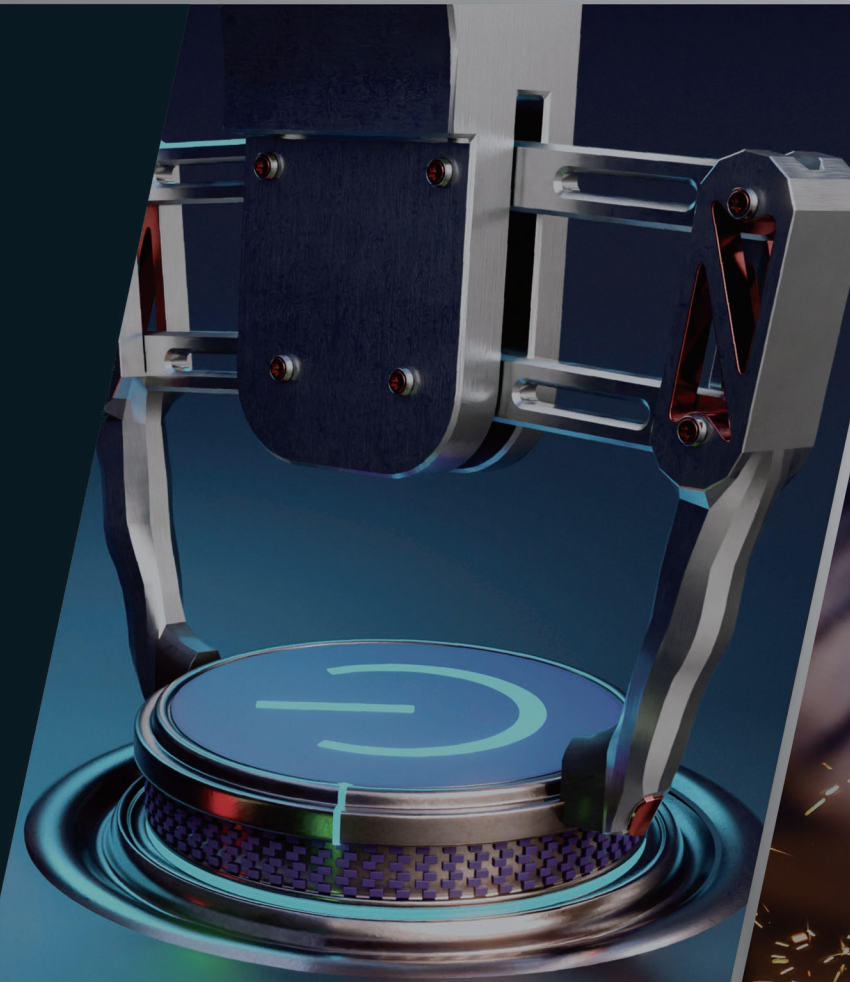
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Founded in 2014 and headquartered in the picturesque coastal city of Qingdao, Shandong Province, China, Insight Fitness is a pioneer in fitness equipment innovation and manufacturing. Our firm commitment to delivering customized OEM/ODM solutions has 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



**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



**FH012
DECLINE PRESS**

Dimension	2129*1493*1752mm
Total Weight	150kg



**FH014
ALTERNATE LEG CURL**

Dimension	1482*1219*1286mm
Total Weight	125kg



**FH015
SEATED CALF RAISE**

Dimension	1516*789*1011mm
Total Weight	65kg



FH018
BICEPS CURL

Dimension 1473*1004*1232mm
Total Weight 95kg



FH019
LINEAR LEG PRESS 45°

Dimension 2637*1559*1417mm
Total Weight 225kg



FH021
SQUAT

Dimension 1648*1628*1567mm
Total Weight 162kg



FH025
UNIVERSAL ABDOMINALS CRUNCH

Dimension 1134*1131*1623mm
Total Weight 128kg



FH031
HIP THRUSTER

Dimension 1651*1269*916mm
Total Weight 108kg



FH033
PENDULUM SQUAT

Dimension 2352*1401*1790mm
Total Weight 240kg



FH035
PULLOVER

Dimension 1727*1700*1505mm
Total Weight 130kg



FH036
HACK SQUAT

Dimension 2265*1774*1566mm
Total Weight 244kg



FH026
FRONT PULLDOWN

Dimension 1514*1386*2061mm
Total Weight 158kg



FH027
HIGH ROW

Dimension 1514*1386*2061mm
Total Weight 169kg



FH028
MULTI DEADLIFT

Dimension 1723*1521*767mm
Total Weight 101kg



FH029
UNIVERSAL PULLDOWN

Dimension 1697*1386*2013mm
Total Weight 161kg



FH037
LAT PULLDOWN CIRCULAR

Dimension 1331*1310*2014mm
Total Weight 124kg



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