

**INSIGHT**

VISION. PASSION. DEDICATION

CHINA'S LEADING FITNESS  
EQUIPMENT INNOVATOR AND MANUFACTURER

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- / 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.

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**RAPID  
RESPONSE**



**ON-DEMAND  
CUSTOMIZATION**



**FLEXIBLE  
MANUFACTURING**



# RR Series

*Insight’ s RR series transforms heavy-duty 75mm (3x3) square tubing into a highly versatile training ecosystem through intelligent modular design. Starting from basic half racks or full racks, the system expands into a multi-functional setup by integrating pulley systems, Smith machines, and a wide range of training attachments. Whether it’s free weight training, cable resistance work, or guided barbell movement, all components can be freely combined to meet full-body training needs. What you see is only the foundation—don’t let it limit your imagination. Contact us to explore custom solutions tailored to your vision, including frame dimensions, features, tubing specifications, finish, color, and even logo customization.*

## RR-FW-107 SAFTY FLAT PRESS BENCH



Equipment Model	RR-FW-107
Dimension	1835*1700*1340[mm]
Total Weight	128kg
Maximum Training Load	300kg
Maximum Human Body Mass	200kg

Product Features
1.Dual-position support: Five-position support accommodates users of different heights
2.Open design: The open-style main frame design makes exercise more effective and safe
3.Power J-hook: An advanced J-hook specifically designed for powerlifting, equipped with nylon rollers
4.Safety bar: A five-position adjustable safety bar with a height range of 0-125mm. Adjustable safety protection bars on both sides allow for multiple training positions, enhancing training safety

## RR-FW-108 SAFTY INCLINE PRESS BENCH



Equipment Model	RR-FW-108
Dimension	1880*1700*1540[mm]
Total Weight	165kg
Maximum Training Load	300kg
Maximum Human Body Mass	200kg

Product Features
1.Dual-position support: Five-position support accommodates users of different heights
2.Open design: The open-style main frame design makes exercise more effective and safe
3.Power J-hook: An advanced J-hook specifically designed for powerlifting, equipped with nylon rollers
4.Safety bar: A five-position adjustable safety bar with a height range of 0-125mm. Adjustable safety protection bars on both sides allow for multiple training positions, enhancing training safety

RR-FW-109 SAFTY DECLINE PRESS BENCH



Equipment Model	RR-FW-109
Dimension	2060*1700*1340(mm)
Total Weight	148kg
Maximum Training Load	300kg
Maximum Human Body Mass	200kg
Product Features	
1.Dual-position support: Five-position support accommodates users of different heights	
2.Open design: The open-style main frame design makes exercise more effective and safe	
3.Power J-hook: An advanced J-hook specifically designed for powerlifting, equipped with nylon rollers	
4.Safety bar: A five-position adjustable safety bar with a height range of 0-125mm. Adjustable safety protection bars on both sides allow for multiple training positions, enhancing training safety	

RR-HR-75-01 HALF RACK



Dimension	1720×1860×2374(mm)
Net Weight	177kg
Max Load	300kg [2×150kg]
Frame Material	F75×3.0, J50×75×2.5, φ32×3.0-LHG
Color	Standard Black 2852
Hole Diameter	φ26mm
Hole Spacing	50mm
Pull-up Handle	φ32×3.0 Carbon Steel Diamond Knurled, Painted
Adjustability	Basic half rack with pull-up bar, safety arms, J-hooks, and plate storage pegs

RR-HR-75-02 HALF RACK WITH DEADLIFT



Dimension	1945×1860×2374(mm)
Net Weight	216kg
Max Load	300kg [2×150kg]
Frame Material	F75×3.0, J50×75×2.5, φ32×3.0-LHG
Color	Standard Black 2852
Hole Diameter	φ26mm
Hole Spacing	50mm
Pull-up Handle	φ32×3.0 Carbon Steel Diamond Knurled, Painted
Adjustability	Advanced half rack with deadlift module, pull-up bar, safety arms, J-hooks, plate storage, landmine

RR-HR-75-03 HALF RACK WITH DUAL PULLEY



Dimension	1961×1860×2398(mm)
Net Weight	232kg
Weight Stack	200kg[2×100kg]
Max Load	300kg [2×150kg]
Frame Material	F75×3.0, φ32×3.0-LHG
Color	Standard Black 2852
Hole Diameter	φ26mm
Hole Spacing	50mm
Pull-up Handle	φ32×3.0 Carbon Steel Diamond Knurled, Painted
Pulley Ratio	1:2
Cable Travel	2800mm
Cable Load	900kg
Pulley Material	Nylon
Guide Rod Diameter	φ19mm
Min Weight	5kg [per plate]
Adjustability	31 levels
Function Description	Advanced half rack with cable crossover, pull-up bar, safety arms, J-hooks, plate storage, landmine

RR-PRF-75-01 POWER RACK



Dimension	2110*1860*2421[mm]
Net Weight	262kg
Max Load	300kg [2*150kg]
Frame Material	F75×3.0, J50×75×2.5, φ32×3.0-LHG
Color	Standard Black 2852
Hole Diameter	φ26mm
Hole Spacing	50mm
Pull-up Handle	φ32×3.0 Carbon Steel Diamond Knurled, Painted
Adjustability	Basic full rack with pull-up bar, safety arms, J-hooks, and plate storage pegs

RR-PRF-75-03 POWER RACK WITH DUAL PULLEY



Dimension	2245*1860*2421[mm]
Net Weight	315kg
Weight Stack	200kg[2*100kg]
Max Load	300kg [2*150kg]
Frame Material	F75×3.0, φ32×3.0-LHG
Color	Standard Black 2852
Hole Diameter	φ26mm
Hole Spacing	50mm
Pull-up Handle	φ32×3.0 Carbon Steel Diamond Knurled, Painted
Pulley Ratio	1:2
Cable Travel	2800mm
Cable Load	900kg
Pulley Material	Nylon
Guide Rod Diameter	φ19mm
Min Weight	5kg [per plate]
Adjustability	31 levels
Function Description	Advanced full rack with cable crossover, pull-up bar, safety arms, J-hooks, plate storage, landmine

RR-WMHR-75-01 WALL-MOUNTED HALF RACK



Dimension	1993*1860*2374[mm]
Net Weight	213kg
Max Load	300kg [2*150kg]
Frame Material	F75×3.0, J50×75×2.5, φ32×3.0-LHG
Color	Standard Black 2852
Hole Diameter	φ26mm
Hole Spacing	50mm
Pull-up Handle	φ32×3.0 Carbon Steel Diamond Knurled, Painted
Adjustability	Basic wall-mounted half rack with pull-up bar, safety arms, J-hooks, and plate storage pegs

RR-WMHR-75-02 WALL-MOUNTED HALF RACK WITH DUAL PULLEY



Dimension	2117*1860*2398[mm]
Net Weight	230kg
Weight Stack	200kg[2*100kg]
Max Load	300kg [2*150kg]
Frame Material	F75×3.0, φ32×3.0-LHG
Color	Standard Black 2852
Hole Diameter	φ26mm
Hole Spacing	50mm
Pull-up Handle	φ32×3.0 Carbon Steel Diamond Knurled, Painted
Pulley Ratio	1:2
Cable Travel	2800mm
Cable Load	900kg
Pulley Material	Nylon
Guide Rod Diameter	φ19mm
Min Weight	5kg [per plate]
Adjustability	31 levels
Function Description	AAdvanced wall-mounted half rack with cable crossover, pull-up bar, safety arms, J-hooks, plate storage, landmine



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