

**INSIGHT**

VISION. PASSION. DEDICATION

CHINA'S LEADING FITNESS  
EQUIPMENT INNOVATOR AND MANUFACTURER

**INSIGHT**

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



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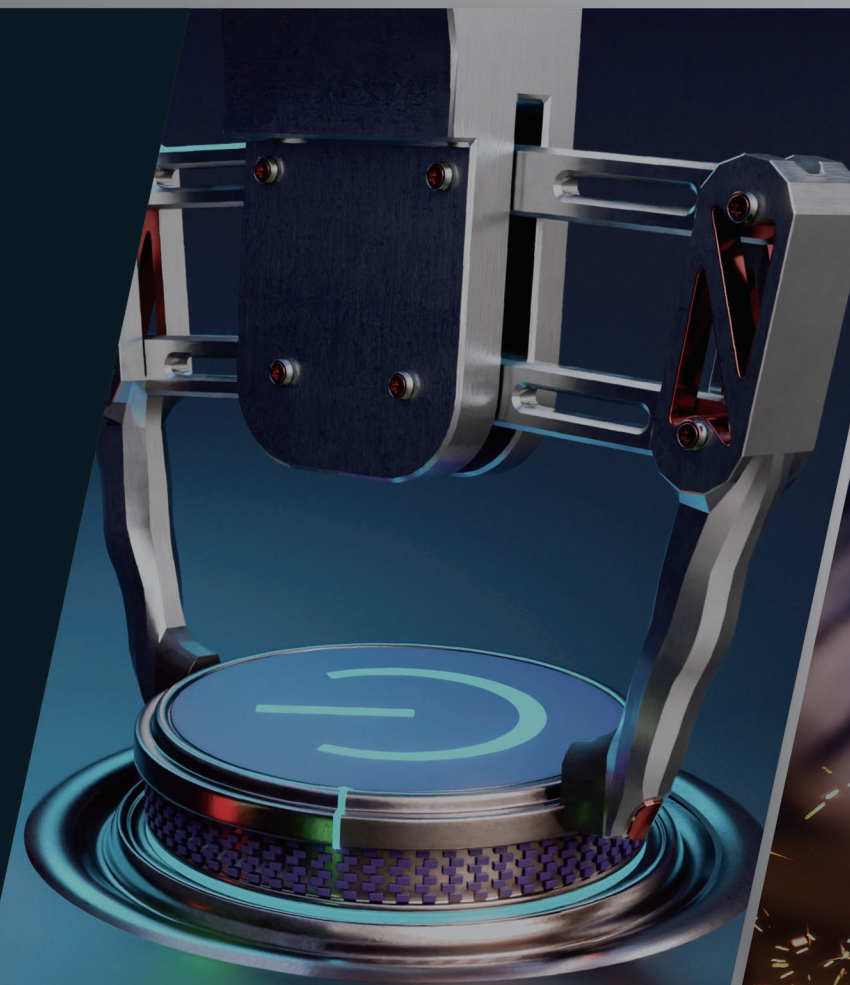
## CHINA'S LEADING FITNESS EQUIPMENT INNOVATOR AND MANUFACTURER

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**



# SH Series

The Insight SH Series of plate-loaded equipment features a sleek design with a premium matte black finish. With nearly 40 machines targeting specific muscle groups, it offers a diverse selection and an impressive "forest of equipment" effect. Designed by anatomy experts and professional athletes, the equipment meets the demands of competitive training. Structurally designed to minimize joint stress, it ensures safe and durable use.



SH001  
CHEST PRESS

Dimension	1870*1153*1762mm
Total Weight	137kg



SH002  
INCLINE CHEST PRESS

Dimension	1090*1990*1780mm
Total Weight	136kg



SH003  
SHOULDER PRESS

Dimension	1570*1450*1590mm
Total Weight	130kg



SH004  
LOW ROW

Dimension	1550*1280*1710mm
Total Weight	131kg



SH005  
SEATED ROW

Dimension	1480*1275*1240mm
Total Weight	124kg



SH006  
LAT PULLDOWN

Dimension	1690*1340*1970mm
Total Weight	105kg



SH007  
REAR KICK

Dimension	1675*1168*1657mm
Total Weight	115kg



SH008  
V LEG PRESS

Dimension	2204*1616*1459mm
Total Weight	210kg



SH009  
SEATED HACK SQUAT

Dimension 2227\*1496\*1250mm  
Total Weight 227kg



SH010  
HALF RACK

Dimension 1750\*1620\*2450mm  
Total Weight 153kg



SH011  
WEIGHT PLATE TREE

Dimension 792\*649\*1204mm  
Total Weight 35kg



SH012  
DECLINE PRESS

Dimension 2043\*1271\*1790mm  
Total Weight 150kg



SH018  
BICEPS CURL

Dimension 1450\*970\*1220mm  
Total Weight 95kg



SH019  
LINEAR LEG PRESS 45°

Dimension 2702\*1421\*1460mm  
Total Weight 225kg



SH021  
SQUAT

Dimension 1680\*1680\*1604mm  
Total Weight 162kg



SH023  
MULTI BULGARIAN SQUAT

Dimension 2038\*1205\*480mm  
Total Weight 112kg



SH014  
ALTERNATE LEG CURL

Dimension 1500\*1110\*1300mm  
Total Weight 125kg



SH015  
SEATED CALF RAISE

Dimension 1500\*760\*1010mm  
Total Weight 65kg



SH016  
SEATED DIPS PRESS

Dimension 1850\*1400\*940mm  
Total Weight 125kg



SH017  
ALTERNATE LEG EXTENSION

Dimension 1600\*1600\*1260mm  
Total Weight 110kg



SH024  
T-BAR ROW

Dimension 1920\*995\*1260mm  
Total Weight 78kg



SH025  
UNIVERSAL ABDOMINALS CRUNCH

Dimension 1220\*1140\*1635mm  
Total Weight 128kg



SH026  
FRONT PULLDOWN

Dimension 1464\*1328\*2074mm  
Total Weight 158kg



SH027  
HIGH ROW

Dimension 1874\*1760\*1850mm  
Total Weight 169kg





SH028  
MULTI DEADLIFT

Dimension 1670\*1597\*835mm  
Total Weight 101kg



SH029  
UNIVERSAL PULLDOWN

Dimension 1670\*1335\*2037mm  
Total Weight 161kg



SH031  
HIP THRUSTER

Dimension 1650\*1265\*980mm  
Total Weight 108kg



SH033  
PENDULUM SQUAT

Dimension 2366\*1475\*1790mm  
Total Weight 238kg



SH038  
V-SQUAT

Dimension 2025\*1870\*1610mm  
Total Weight 174kg



SH039  
MULTI BELT SQUAT

Dimension 1985\*1476\*1890mm  
Total Weight 235kg



SH043  
VERTICAL LEG PRESS

Dimension 1435\*2415\*1925mm  
Total Weight 200kg



SH044  
STANDING ABDUCTOR

Dimension 1670\*750\*1456mm  
Total Weight 110kg



SH034  
STANDING MULTI FLIGHT

Dimension 2138\*1073\*1681mm  
Total Weight 156kg



SH035  
PULLOVER

Dimension 1740\*1600\*1525mm  
Total Weight 130kg



SH036  
HACK SQUAT

Dimension 2225\*1786\*1578mm  
Total Weight 244kg



SH037  
LAT PULLDOWN CIRCULAR

Dimension 1561\*1518\*2006mm  
Total Weight 124kg



SH045  
HORIZONTAL BENCH PRESS

Dimension 1906\*1713\*960mm  
Total Weight 108kg



SH046  
STANDING HIP THRUST

Dimension 1200\*1160\*1435mm  
Total Weight 95kg



SH048  
MULTIT OLYMPIC BENCH

Dimension 1965\*1635\*1570mm  
Total Weight 150kg



SH049  
CHEST FLY

Dimension 1551\*1414\*1044mm  
Total Weight 92kg





SH056  
INCLINE/SHOULDER SMITH PRESS

Dimension 1773\*1887\*2106mm  
Total Weight 230kg



SH057  
DECLINE/FLAT SMITH PRESS

Dimension 2142\*1625\*1632mm  
Total Weight 225kg



SH058  
ISO-LATERAL MULTI-SQUAT LUNGE

Dimension 1471\*1663\*847mm  
Total Weight 123kg



SH059  
SMITH ROW

Dimension 1717\*1737\*1107mm  
Total Weight 161kg



SH060  
ISO BENT-OVER ROW

Dimension 1695\*1753\*1681mm  
Total Weight 173kg





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