

INSIGHT

VISION. PASSION. DEDICATION

CHINA'S LEADING FITNESS
EQUIPMENT INNOVATOR AND MANUFACTURER

INSIGHT

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



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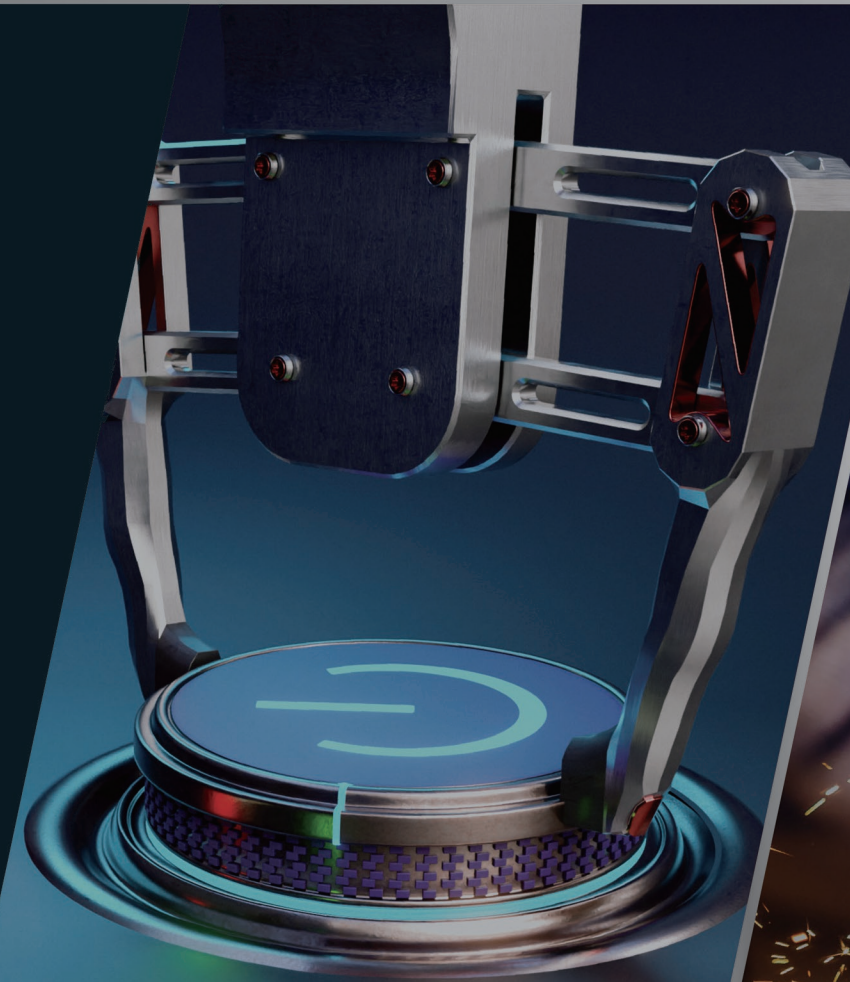
CHINA'S LEADING FITNESS EQUIPMENT INNOVATOR AND MANUFACTURER

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**

DH Series

The Insight DH Series, classic plate-loaded strength equipment, uses thick rectangular tubes for heavy-duty training. Durable, corrosion-resistant seats and scientifically-designed movement paths ensure safety and low maintenance. Ideal for commercial gyms, studios, sports schools, and military training facilities.



DH001
CHEST PRESS

Dimension	1952*1542*1717mm
Total Weight	169kg



DH002
INCLINE CHEST PRESS

Dimension	1529*1918*1779mm
Total Weight	157kg



DH003
SHOULDER PRESS

Dimension	1760*1558*1487mm
Total Weight	154kg



DH004
LOW ROW

Dimension	1782*1438*1650mm
Total Weight	158kg



DH005
SEATED ROW

Dimension	1828*1505*1324mm
Total Weight	158kg



DH006
LAT PULLDOWN

Dimension	1601*1454*1961mm
Total Weight	155kg



DH007
REAR KICK

Dimension	1680*1173*1636mm
Total Weight	118kg



DH008
V LEG PRESS

Dimension	2390*1610*1287mm
Total Weight	218kg



DH009
SEATED HACK SQUAT

Dimension 2228*1436*1622mm
Total Weight 217kg



DH010
POWER RACK

Dimension 2035*1160*2275mm
Total Weight 197kg



DH010-OPT
WEIGHT POWER RACK OPTION

Dimension 1660*730*2199mm
Total Weight 54kg



DH011
WEIGHT PLATE TREE

Dimension 908*638*1238mm
Total Weight 42kg



DH017
ALTERNATE LEG EXTENSION

Dimension 1701*1281*1224mm
Total Weight 151kg



DH018
ALTERNATE LEG CURL

Dimension 1220*1670*1400mm
Total Weight 124kg



DH019
SEATED DIPS PRESS

Dimension 1733*1580*1202mm
Total Weight 165kg



DH020
FULL POWER RACK

Dimension 2047*1735*2442mm
Total Weight 204kg



DH012
ADJUSTABLE BENCH

Dimension 1365*680*1290mm
Total Weight 51kg



DH014
LINEAR LEG PRESS 45°

Dimension 2509*1749*1543mm
Total Weight 247kg



DH015
SEATED CALF RAISE

Dimension 1492*789*847mm
Total Weight 56kg



DH016
DECLINE PRESS

Dimension 1920*1210*1565mm
Total Weight 171kg



DH021
BICEPS CURL

Dimension 1403*1045*1200mm
Total Weight 120kg



DH022
HIP THRUSTER

Dimension 1698*1037*839mm
Total Weight 108kg



DH023
T-BAR ROW

Dimension 1960*1020*1253mm
Total Weight 74kg



DH024
HALF RACK

Dimension 1735*1465*2442mm
Total Weight 176kg



DH025
UNIVERSAL ABDOMINALS CRUNCH

Dimension 1126*1143*1627mm
Total Weight 134kg



DH026
FLAT OLYMPIC BENCH

Dimension 1732*1914*1318mm
Total Weight 125kg



DH027
INCLINE OLYMPIC BENCH

Dimension 2052*1732*1318mm
Total Weight 139kg



DH028
DECLINE OLYMPIC BENCH

Dimension 2316*1732*1318mm
Total Weight 121kg



DH034
BARBELL RACK

Dimension 941*912*1511mm
Total Weight 75kg



DH035
PULLOVER

Dimension 1780*1700*1503mm
Total Weight 122kg



DH036
ADJUSTABLE OLYMPIC BENCH

Dimension 2147*1738*1640mm
Total Weight 176kg



DH037
LAT PULLDOWN CIRCULAR

Dimension 1417*1348*1990mm
Total Weight 177kg



DH029
ADJUSTABLE BENCH

Dimension 1517*680*1042mm
Total Weight 50kg



DH030
BARBELL RACK

Dimension 991*909*1629mm
Total Weight 80kg



DH032
GLUTE/HAM DEVELOPER BENCH

Dimension 1584*972*1477mm
Total Weight 110kg



DH033
PENDULUM SQUAT

Dimension 2352*1400*1790mm
Total Weight 248kg



DH038
V-SQUAT

Dimension 2109*1618*1645mm
Total Weight 174kg



DH039
MULTI BELT SQUAT

Dimension 2132*1495*1880mm
Total Weight 250kg



DH043
VERTICAL LEG PRESS

Dimension 2423*1548*1926mm
Total Weight 216kg



DH044
STANDING ABDUCTOR

Dimension 1688*836*1446mm
Total Weight 110kg



DH045
HORIZONTAL BENCH PRESS

Dimension 2050*1780*940mm
Total Weight 144kg



DH046
FRONT PULLDOWN

Dimension 1426*1572*2069mm
Total Weight 190kg



DH049
CHEST FLY

Dimension 1749*1414*1095mm
Total Weight 110kg



DH050
MULTI BULGARIAN SQUAT

Dimension 2060**1230*510mm
Total Weight 118.5kg



DH058
MULTI-SQUAT LUNGE

Dimension 1520*1729*826mm
Total Weight 142kg



DH059
SMITH ROW

Dimension 1832*1739*1097mm
Total Weight 173kg



DH060
BENT-OVER ROW

Dimension 2063*1615*1663mm
Total Weight 198kg



DH076
STANDING HIP THRUST

Dimension 1200*1170*1425mm
Total Weight 96kg



DH051
MULTI DEADLIFT

Dimension 1655*1728*763mm
Total Weight 101kg



DH052
UNIVERSAL PULLDOWN

Dimension 1572*1415*1996mm
Total Weight 195kg



DH056
INCLINE/SHOULDER SMITH PRESS

Dimension 1993*1871*2016mm
Total Weight 276kg



DH057
DECLINE/FLAT SMITH PRESS

Dimension 2200*1678*1596mm
Total Weight 271kg



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