

DA Series

The Insight DA Series offers a robust selection of nearly 40 commercial selectorized strength machines, catering to all training needs. With solid construction, precision pulleys, and durable seats, it ensures a safe and effective workout. The DA Series is the cost-effective choice for corporate, hotel and college fitness facilities.



**DA001
CHEST PRESS**

Dimension	1320*953*1575mm
Total Weight	204kg
Weight Stack	100kg
Max Weight Stack	125kg



**DA002
PECTORAL**

Dimension	1452*877*1575mm
Total Weight	237kg
Weight Stack	100kg
Max Weight Stack	125kg



**DA003
PECTORAL FLY/REAR DELTOID**

Dimension	1560*1300*2020mm
Total Weight	236kg
Weight Stack	100kg
Max Weight Stack	125kg



**DA004
SHOULDER PRESS**

Dimension	1481*1406*1575mm
Total Weight	232kg
Weight Stack	100kg
Max Weight Stack	125kg



**DA005
SEATED ROW**

Dimension	1372*1268*1575mm
Total Weight	206kg
Weight Stack	100kg
Max Weight Stack	125kg



**DA006
BICEPS CURL**

Dimension	1180*1073*1575mm
Total Weight	233kg
Weight Stack	100kg
Max Weight Stack	125kg



**DA007
DIP PRESS**

Dimension	1643*1226*1575mm
Total Weight	243kg
Weight Stack	100kg
Max Weight Stack	125kg



**DA008
ASSISTED CHIN/DIP**

Dimension	1712*1203*2135mm
Total Weight	284kg
Weight Stack	100kg
Max Weight Stack	125kg



DA009
ABDOMINAL/BACK EXTENSION

Dimension 1063*1084*1575mm
Total Weight 255kg
Weight Stack 100kg
Max Weight Stack 125kg



DA010
ROTARY TORSO

Dimension 1105*1037*1575mm
Total Weight 243kg
Weight Stack 100kg
Max Weight Stack 125kg



DA011
LAT PULLDOWN

Dimension 1641*1394*1913mm
Total Weight 256kg
Weight Stack 100kg
Max Weight Stack 125kg



DA012
CABLE SEATED ROW

Dimension 1451*1117*1775mm
Total Weight 200kg
Weight Stack 100kg
Max Weight Stack 125kg



DA017
MULTI HIP

Dimension 1299*1170*1575mm
Total Weight 228kg
Weight Stack 100kg
Max Weight Stack 125kg



DA019
CALF RAISE

Dimension 1207*1110*1628mm
Total Weight 222kg
Weight Stack 100kg
Max Weight Stack 125kg



DA020
HIP ABDUCTION/ADDUCTION

Dimension 1668*1045*1575mm
Total Weight 223kg
Weight Stack 100kg
Max Weight Stack 125kg



DA021
DUAL ADJUSTABLE PULLEY

Dimension 2173*861*2342mm
Total Weight 396kg
Weight Stack 100*2kg
Max Weight Stack 125*2kg



DA013
LEG CURL

Dimension 1589*1081*1575mm
Total Weight 248kg
Weight Stack 100kg
Max Weight Stack 125kg



DA014
LEG EXTENSION

Dimension 1262*1211*1575mm
Total Weight 243kg
Weight Stack 100kg
Max Weight Stack 125kg



DA015
PRONE LEG CURL

Dimension 1754*1168*1575mm
Total Weight 242kg
Weight Stack 100kg
Max Weight Stack 125kg



DA016
SEATED LEG PRESS

Dimension 1203*1919*1575mm
Total Weight 263kg
Weight Stack 100kg
Max Weight Stack 125kg



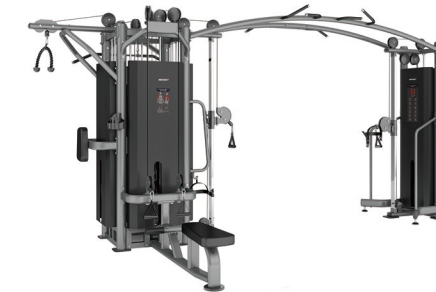
DA022
CROSSOVER CABLES

Dimension 4145*990*2371mm
Total Weight 431kg
Weight Stack 100*2kg
Max Weight Stack 125*2kg



DA023
4 STACK MULTI-STATION

Dimension 3350*2098*2329mm
Total Weight 715kg
Weight Stack 100*4kg
Max Weight Stack 125*4kg



DA023+SA024+SA0230PT
5 STACK MULTI-STATION

Dimension 5065*3350*2463mm
Total Weight 969kg
Weight Stack 100*5kg
Max Weight Stack 125*5kg



DA023+DA023+SA0230PT
8 STACK MULTI-STATION

Dimension 6228*4007*2463mm
Total Weight 1463kg
Weight Stack 100*8kg
Max Weight Stack 125*8kg



DA024
ADJUSTABLE PULLEY

Dimension 1110*1000*2246mm
Total Weight 221kg
Weight Stack 100kg
Max Weight Stack 125kg



DA025
LEG CURL/EXTENSION

Dimension 1383*1174*1575mm
Total Weight 255kg
Weight Stack 100kg
Max Weight Stack 125kg



DA026
LAT PULLDOWN/SEATED ROW

Dimension 2034*1208*2239mm
Total Weight 220kg
Weight Stack 100kg
Max Weight Stack 125kg



DA027
ABDOMINAL CRUNCH

Dimension 1355*1062*1575mm
Total Weight 250kg
Weight Stack 100kg
Max Weight Stack 125kg



DA036
STANDING/SEATED ABDUCTION

Dimension 1615*659*1575mm
Total Weight 225kg
Weight Stack 100kg
Max Weight Stack 125kg



DA037
LEG CURL/EXTENSION

Dimension 1325*1090*1575mm
Total Weight 254kg
Weight Stack 100kg
Max Weight Stack 125kg



DA040
LEG PRESS/HACK SQUAT

Dimension 1982*1024*1800mm
Total Weight 357kg
Weight Stack 125kg
Max Weight Stack 125kg



DA041
PULLDOWN / MID ROW

Dimension 1905*857*2115mm
Total Weight 233kg
Weight Stack 100kg
Max Weight Stack 125kg



DA029
MULTI PRESS

Dimension 1948*1496*1575mm
Total Weight 260kg
Weight Stack 100kg
Max Weight Stack 125kg



DA031
LEG EXTENSION/PRONE LEG CURL

Dimension 1567*1136*1575mm
Total Weight 213kg
Weight Stack 100kg
Max Weight Stack 125kg



DA032
REAR KICK

Dimension 1487*1143*1575mm
Total Weight 221kg
Weight Stack 100kg
Max Weight Stack 125kg



DA034
LATERAL RAISE

Dimension 1159*1131*1575mm
Total Weight 200kg
Weight Stack 100kg
Max Weight Stack 125kg



DA044
BICEPS/TRICEPS

Dimension 1344*1102*1572mm
Total Weight 221kg
Weight Stack 100kg
Max Weight Stack 100kg



DA045
HIP THRUSTER

Dimension 1353*1683*1576mm
Total Weight 253kg
Weight Stack 100kg
Max Weight Stack 125kg