

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 132kg



**DH019
SEATED DIPS PRESS**

Dimension 1733*1580*1202mm
Total Weight 180kg



**DH020
FULL POWER RACK**

Dimension 2047*1735*2442mm
Total Weight 214kg



**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 170kg



**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 130kg



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 130kg



DH036
ADJUSTABLE OLYMPIC BENCH

Dimension 2147*1738*1640mm
Total Weight 158kg



DH037
LAT PULLDOWN CIRCULAR

Dimension 1417*1348*1990mm
Total Weight 183kg



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 188kg



DH038
V-SQUAT

Dimension 2109*1618*1645mm
Total Weight 212kg



DH039
MULTI BELT SQUAT

Dimension 2132*1495*1880mm
Total Weight 236kg



DH043
VERTICAL LEG PRESS

Dimension 2423*1548*1926mm
Total Weight 199kg



DH044
STANDING ABDUCTOR

Dimension 1688*836*1446mm
Total Weight 112kg



DH045
HORIZONTAL BENCH PRESS

Dimension 2050*1780*940mm
Total Weight 144kg



DH046
FRONT PULLDOWN

Dimension 1426*1572*2069mm
Total Weight 186kg



DH049
CHEST FLY

Dimension 1749*1414*1095mm
Total Weight 103kg



DH050
MULTI BULGARIAN SQUAT

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



DH057
DECLINE/FLAT SMITH PRESS

Dimension 2200*1678*1596mm
Total Weight 263kg



DH058
MULTI-SQUAT LUNGE

Dimension 1520*1729*826mm
Total Weight 110kg



DH059
SMITH ROW

Dimension 1832*1739*1097mm
Total Weight 202kg



DH060
BENT-OVER ROW

Dimension 2063*1615*1663mm
Total Weight 195kg



DH051
MULTI DEADLIFT

Dimension 1655*1728*763mm
Total Weight 105kg



DH052
UNIVERSAL PULLDOWN

Dimension 1572*1415*1996mm
Total Weight 149kg



DH053
ISO MULTI CHEST PRESS

Dimension 2455*1990*1065mm
Total Weight 142kg



DH056
INCLINE/SHOULDER SMITH PRESS

Dimension 1993*1871*2016mm
Total Weight 265kg



DH066
SEATED DIPS PRESS

Dimension 1200*1170*1425mm
Total Weight 130kg



DH076
STANDING HIP THRUST

Dimension 1200*1170*1425mm
Total Weight 96kg