

FH Series

The Insight FH Series of plate-loaded equipment is a robust and powerful line that evolves from the SH series, featuring square tubing for a distinctively tough aesthetic. With 21 different machines, this series fully accommodates the comprehensive training needs of advanced users. It is the preferred choice for iron gym-style fitness centers and advanced trainers, offering a specialized range that meets every aspect of sophisticated training demands.



**FH001
CHEST PRESS**

Dimension 1870*1194*1748mm
Total Weight 140kg



**FH002
INCLINE CHEST PRESS**

Dimension 1864*1217*1768mm
Total Weight 140kg



**FH003
SHOULDER PRESS**

Dimension 1591*1526*1503mm
Total Weight 143kg



**FH004
LOW ROW**

Dimension 1633*1171*1689mm
Total Weight 135kg



**FH005
SEATED ROW**

Dimension 1494*1259*1251mm
Total Weight 130kg



**FH012
DECLINE PRESS**

Dimension 2129*1493*1752mm
Total Weight 163kg



**FH014
ALTERNATE LEG CURL**

Dimension 1482*1219*1286mm
Total Weight 137kg



**FH015
SEATED CALF RAISE**

Dimension 1516*789*1011mm
Total Weight 65kg



**FH018
BICEPS CURL**

Dimension 1473*1004*1232mm
Total Weight 110kg



**FH019
LINEAR LEG PRESS 45°**

Dimension 2637*1559*1417mm
Total Weight 227kg



**FH021
SQUAT**

Dimension 1648*1628*1567mm
Total Weight 167kg



**FH025
UNIVERSAL ABDOMINALS CRUNCH**

Dimension 1134*1131*1623mm
Total Weight 134kg



**FH031
HIP THRUSTER**

Dimension 1651*1269*916mm
Total Weight 108kg



**FH033
PENDULUM SQUAT**

Dimension 2352*1401*1790mm
Total Weight 204kg



**FH035
PULLOVER**

Dimension 1727*1700*1505mm
Total Weight 200kg



**FH036
HACK SQUAT**

Dimension 2265*1774*1566mm
Total Weight 250kg



**FH026
FRONT PULLDOWN**

Dimension 1514*1386*2061mm
Total Weight 145kg



**FH027
HIGH ROW**

Dimension 1514*1386*2061mm
Total Weight 166kg



**FH028
MULTI DEADLIFT**

Dimension 1723*1521*767mm
Total Weight 101kg



**FH029
UNIVERSAL PULLDOWN**

Dimension 1697*1386*2013mm
Total Weight 183kg



**FH037
LAT PULLDOWN CIRCULAR**

Dimension 1331*1310*2014mm
Total Weight 187kg