

RR Series

INSIGHT'S RR SERIES TRANSFORMS HEAVY-DUTY 75MM (3"X3") TUBING INTO A MODULAR TRAINING SYSTEM. STARTING FROM HALF OR FULL RACKS, IT EXPANDS WITH PULLEYS, SMITH MACHINES, AND VERSATILE ATTACHMENTS. THIS ROBUST FRAME IS ALSO APPLIED TO TRADITIONAL EQUIPMENT LIKE BENCH PRESSES, CREATING A BOLD, UNIFIED LOOK.

FROM FREE WEIGHTS TO CABLES, ALL ELEMENTS COMBINE FOR FULL-BODY TRAINING. CONTACT US TO CUSTOMIZE SIZE, FEATURES, FINISH, AND MORE.

RR-FW-107 SAFTY FLAT PRESS BENCH



Equipment Model	RR-FW-107
Dimension	1835*1665*1340(mm)
Total Weight	128kg
Maximum Training Load	300kg
Maximum Human Body Mass	200kg

Product Features

1. Dual-position support: Five-position support accommodates users of different heights
2. Open design: The open-style main frame design makes exercise more effective and safe
3. Power J-hook: An advanced J-hook specifically designed for powerlifting, equipped with nylon rollers
4. Safety bar: A five-position adjustable safety bar with a height range of 0-125mm. Adjustable safety protection bars on both sides allow for multiple training positions, enhancing training safety

RR-FW-108 SAFTY INCLINE PRESS BENCH



Equipment Model	RR-FW-108
Dimension	1880*1665*1540(mm)
Total Weight	159kg
Maximum Training Load	300kg
Maximum Human Body Mass	200kg

Product Features

1. Dual-position support: Five-position support accommodates users of different heights
2. Open design: The open-style main frame design makes exercise more effective and safe
3. Power J-hook: An advanced J-hook specifically designed for powerlifting, equipped with nylon rollers
4. Safety bar: A five-position adjustable safety bar with a height range of 0-125mm. Adjustable safety protection bars on both sides allow for multiple training positions, enhancing training safety

RR-FW-109 SAFTY DECLINE PRESS BENCH



Equipment Model	RR-FW-109
Dimension	2060*1665*1340(mm)
Total Weight	139kg
Maximum Training Load	300kg
Maximum Human Body Mass	200kg

- Product Features**
1. Dual-position support: Five-position support accommodates users of different heights
 2. Open design: The open-style main frame design makes exercise more effective and safe
 3. Power J-hook: An advanced J-hook specifically designed for powerlifting, equipped with nylon rollers
 4. Safety bar: A five-position adjustable safety bar with a height range of 0-125mm. Adjustable safety protection bars on both sides allow for multiple training positions, enhancing training safety

RR-HR-75-01 HALF RACK



Dimension	1720*1860*2374(mm)
Net Weight	192kg
Max Load Capacity	300kg (2*150kg)
Frame Material	F75*3.0, J50*75*2.5, φ32*3.0-LHG
Color	Standard Black 2852
Hole Diameter	φ26mm
Hole Spacing	50mm
Pull-up Handle	φ32*3.0 Carbon Steel Diamond Knurled, Painted
Adjustability	Basic half rack with pull-up bar, safety arms, J-hooks, and plate storage pegs

RR-HR-75-02 HALF RACK WITH DEADLIFT



Dimension	1945*1860*2374(mm)
Net Weight	193kg
Max Load Capacity	300kg (2*150kg)
Frame Material	F75*3.0, J50*75*2.5, φ32*3.0-LHG
Color	Standard Black 2852
Hole Diameter	φ26mm
Hole Spacing	50mm
Pull-up Handle	φ32*3.0 Carbon Steel Diamond Knurled, Painted
Adjustability	Advanced half rack with deadlift module, pull-up bar, safety arms, J-hooks, plate storage, landmine

RR-HR-75-03 HALF RACK WITH DUAL PULLEY



Dimension	1961*1860*2398(mm)
Net Weight	239kg
Weight Stack	200kg(2*100kg)
Max Load Capacity	300kg (2*150kg)
Frame Material	F75*3.0, φ32*3.0-LHG
Color	Standard Black 2852
Hole Diameter	φ26mm
Hole Spacing	50mm
Pull-up Handle	φ32*3.0 Carbon Steel Diamond Knurled, Painted
Pulley Ratio	1:2
Cable Travel	2800mm
Cable Load	900kg
Pulley Material	Nylon
Guide Rod Diameter	φ19mm
Min Weight	5kg (per plate)
Adjustability	31 levels
Function Description	Advanced half rack with cable crossover, pull-up bar, safety arms, J-hooks, plate storage, landmine

RR-PRF-75-01 POWER RACK



Dimension	2110*1860*2421(mm)
Net Weight	247kg
Max Load Capacity	300kg (2*150kg)
Frame Material	F75*3.0, J50*75*2.5, φ32*3.0-LHG
Color	Standard Black 2852
Hole Diameter	φ26mm
Hole Spacing	50mm
Pull-up Handle	φ32*3.0 Carbon Steel Diamond Knurled, Painted
Adjustability	Basic full rack with pull-up bar, safety arms, J-hooks, and plate storage pegs

RR-PRF-75-03 POWER RACK WITH DUAL PULLEY



Dimension	2245*1860*2421(mm)
Net Weight	283kg
Weight Stack	200kg(2*100kg)
Max Load Capacity	300kg (2*150kg)
Frame Material	F75*3.0, φ32*3.0-LHG
Color	Standard Black 2852
Hole Diameter	φ26mm
Hole Spacing	50mm
Pull-up Handle	φ32*3.0 Carbon Steel Diamond Knurled, Painted
Pulley Ratio	1:2
Cable Travel	2800mm
Cable Load	900kg
Pulley Material	Nylon
Guide Rod Diameter	φ19mm
Min Weight	5kg (per plate)
Adjustability	31 levels
Function Description	Advanced full rack with cable crossover, pull-up bar, safety arms, J-hooks, plate storage, landmine

RR-WMHR-75-01 WALL-MOUNTED HALF RACK



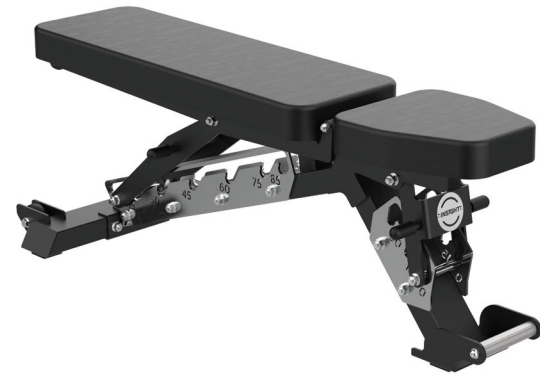
Dimension	1993*1860*2374(mm)
Net Weight	202kg
Max Load Capacity	300kg (2*150kg)
Frame Material	F75*3.0, J50*75*2.5, φ32*3.0-LHG
Color	Standard Black 2852
Hole Diameter	φ26mm
Hole Spacing	50mm
Pull-up Handle	φ32*3.0 Carbon Steel Diamond Knurled, Painted
Adjustability	Basic wall-mounted half rack with pull-up bar, safety arms, J-hooks, and plate storage pegs

RR-WMHR-75-02 WALL-MOUNTED HALF RACK WITH DUAL PULLEY



Dimension	2117*1860*2398mm
Net Weight	210kg
Weight Stack	200kg(2*100kg)
Max Load Capacity	300kg (2*150kg)
Frame Material	F75*3.0, φ32*3.0-LHG
Color	Standard Black 2852
Hole Diameter	φ26mm
Hole Spacing	50mm
Pull-up Handle	φ32*3.0 Carbon Steel Diamond Knurled, Painted
Pulley Ratio	1:2
Cable Travel	2800mm
Cable Load	900kg
Pulley Material	Nylon
Guide Rod Diameter	φ19mm
Min Weight	5kg (per plate)
Adjustability	31 levels
Function Description	Advanced wall-mounted half rack with cable crossover, pull-up bar, safety arms, J-hooks, plate storage, landmine

RR-FW-AB-75-01 ADJUSTABLE BENCH



Dimension	1315*520*490(mm)
Net Weight	46kg
Max Load Capacity	150kg
Main Frame Tubing	J50x100x2.5
Standard Color Scheme	Black 2852