

SH Series

The Insight SH Series of plate-loaded equipment features a sleek design with a premium matte black finish. With nearly 40 machines targeting specific muscle groups, it offers a diverse selection and an impressive "forest of equipment" effect. Designed by anatomy experts and professional athletes, the equipment meets the demands of competitive training. Structurally designed to minimize joint stress, it ensures safe and durable use.



**SH001
CHEST PRESS**

Dimension 1870*1153*1762mm
Total Weight 137kg



**SH002
INCLINE CHEST PRESS**

Dimension 1090*1990*1780mm
Total Weight 136kg



**SH003
SHOULDER PRESS**

Dimension 1570*1450*1590mm
Total Weight 127kg



**SH004
LOW ROW**

Dimension 1550*1280*1710mm
Total Weight 131kg



**SH005
SEATED ROW**

Dimension 1480*1275*1240mm
Total Weight 124kg



**SH006
LAT PULLDOWN**

Dimension 1690*1340*1970mm
Total Weight 105kg



**SH007
REAR KICK**

Dimension 1675*1168*1657mm
Total Weight 115kg



**SH008
V LEG PRESS**

Dimension 2204*1616*1459mm
Total Weight 210kg



**SH009
SEATED HACK SQUAT**

Dimension 2227*1496*1250mm
Total Weight 227kg



**SH010
HALF RACK**

Dimension 1750*1620*2450mm
Total Weight 153kg



**SH011
WEIGHT PLATE TREE**

Dimension 792*649*1204mm
Total Weight 35kg



**SH012
DECLINE PRESS**

Dimension 2043*1271*1790mm
Total Weight 150kg



**SH018
BICEPS CURL**

Dimension 1450*970*1220mm
Total Weight 95kg



**SH019
LINEAR LEG PRESS 45°**

Dimension 2702*1421*1460mm
Total Weight 225kg



**SH021
SQUAT**

Dimension 1680*1680*1604mm
Total Weight 167kg



**SH023
REVERSE LUNGES**

Dimension 2038*1205*480mm
Total Weight 112kg



**SH014
ALTERNATE LEG CURL**

Dimension 1500*1110*1300mm
Total Weight 125kg



**SH015
SEATED CALF RAISE**

Dimension 1500*760*1010mm
Total Weight 65kg



**SH016
SEATED DIPS PRESS**

Dimension 1850*1400*940mm
Total Weight 125kg



**SH017
ALTERNATE LEG EXTENSION**

Dimension 1600*1600*1260mm
Total Weight 110kg



**SH024
T-BAR ROW**

Dimension 1920*995*1260mm
Total Weight 72kg



**SH025
UNIVERSAL ABDOMINALS CRUNCH**

Dimension 1220*1140*1635mm
Total Weight 134kg



**SH026
FRONT PULLDOWN**

Dimension 1464*1328*2074mm
Total Weight 142kg



**SH027
HIGH ROW**

Dimension 1874*1760*1850mm
Total Weight 172kg



**SH028
MULTI DEADLIFT**

Dimension 1670*1597*835mm
Total Weight 101kg



**SH029
UNIVERSAL PULLDOWN**

Dimension 1670*1335*2037mm
Total Weight 149kg



**SH031
HIP THRUSTER**

Dimension 1650*1265*980mm
Total Weight 108kg



**SH033
PENDULUM SQUAT**

Dimension 2366*1475*1790mm
Total Weight 188kg



**SH038
V-SQUAT**

Dimension 2025*1870*1610mm
Total Weight 190kg



**SH039
MULTI BELT SQUAT**

Dimension 1985*1476*1890mm
Total Weight 238kg



**SH043
VERTICAL LEG PRESS**

Dimension 1435*2415*1925mm
Total Weight 198kg



**SH044
STANDING ABDUCTOR**

Dimension 1670*750*1456mm
Total Weight 112kg



**SH034
STANDING MULTI FLIGHT**

Dimension 2138*1073*1681mm
Total Weight 160kg



**SH035
PULLOVER**

Dimension 1740*1600*1525mm
Total Weight 178kg



**SH036
HACK SQUAT**

Dimension 2225*1786*1578mm
Total Weight 250kg



**SH037
LAT PULLDOWN CIRCULAR**

Dimension 1561*1518*2006mm
Total Weight 177kg



**SH045
HORIZONTAL BENCH PRESS**

Dimension 1906*1713*960mm
Total Weight 115kg



**SH046
STANDING HIP THRUSTER**

Dimension 1200*1160*1435mm
Total Weight 91kg



**SH048
MULTI OLYMPIC BENCH**

Dimension 1965*1635*1570mm
Total Weight 132kg



**SH049
CHEST FLY**

Dimension 1551*1414*1044mm
Total Weight 100kg



SH056
INCLINE/SHOULDER SMITH PRESS

Dimension 1773*1887*2106mm
Total Weight 269kg



SH057
DECLINE/FLAT SMITH PRESS

Dimension 2142*1625*1632mm
Total Weight 257kg



SH058
ISO-LATERAL MULTI-SQUAT LUNGE

Dimension 1471*1663*847mm
Total Weight 110kg



SH059
SMITH ROW

Dimension 1717*1737*1107mm
Total Weight 149kg



SH060
ISO BENT-OVER ROW

Dimension 1695*1753*1681mm
Total Weight 166kg



SH062
3D SEATED HIP ABDUCTION

Dimension 1895*1407*1247mm
Total Weight 165kg



SH066
HACK SQUAT

Dimension 2325*1777*1578mm
Total Weight 241kg



SH079
MULTI-FUNCTION BELT SQUAT

Dimension 2061*1476*1628mm
Total Weight 170kg