

# DA Series

The Insight DA Series includes over 40 commercial selectorized strength machines, covering a broad range of training needs. Solid construction, precision pulleys, and durable seating support safe, consistent operation. The DA Series is positioned as a cost-effective option 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     | 208kg            |
| 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     | 258kg            |
| 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            |



## 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            |

**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     | 100kg×2         |
| Max Weight Stack | 125kg×2         |

**DA022****CROSSOVER CABLES**

|                  |                 |
|------------------|-----------------|
| Dimension        | 4145×990×2371mm |
| Total weight     | 431kg           |
| Weight Stack     | 100kg×2         |
| Max Weight Stack | 125kg×2         |

**DA023****4 STACK MULTI-STATION**

|                  |                  |
|------------------|------------------|
| Dimension        | 3350×2098×2329mm |
| Total weight     | 715kg            |
| Weight Stack     | 100kg×4          |
| Max Weight Stack | 125kg×4          |



## DA023+SA024+SA0230PT

### 5 STACK MULTI-STATION

|                  |                  |
|------------------|------------------|
| Dimension        | 5065×3350×2463mm |
| Total weight     | 964kg            |
| Weight Stack     | 100kg×5          |
| Max Weight Stack | 125kg×5          |



## DA023+DA023+SA0230PT

### 8 STACK MULTI-STATION

|                  |                  |
|------------------|------------------|
| Dimension        | 6228×4007×2463mm |
| Total weight     | 1463kg           |
| Weight Stack     | 100kg×8          |
| Max Weight Stack | 125kg×8          |



## 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            |

**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            |

**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     | 100kg            |
| Max Weight Stack | 125kg            |



## DA041

### PULLDOWN / MID ROW

|                  |                 |
|------------------|-----------------|
| Dimension        | 1905×857×2115mm |
| Total weight     | 233kg           |
| Weight Stack     | 100kg           |
| Max Weight Stack | 125kg           |



## DA044

### BICEPS/TRICEPS

|                  |                  |
|------------------|------------------|
| Dimension        | 1344×1102×1572mm |
| Total weight     | 221kg            |
| Weight Stack     | 100kg            |
| Max Weight Stack | 125kg            |



## DA045

### HIP THRUSTER

|                  |                  |
|------------------|------------------|
| Dimension        | 1353×1683×1576mm |
| Total weight     | 253kg            |
| Weight Stack     | 100kg            |
| Max Weight Stack | 125kg            |



## DA054

### STANDING MULTI FLIGHT

|                  |                  |
|------------------|------------------|
| Dimension        | 1395×1025×1825mm |
| Total weight     | 286kg            |
| Weight Stack     | 100kg            |
| Max Weight Stack | 100kg            |

TRUSTED WORLDWIDE

SELECTORIZED

