



# PLATE LOADED STRENGTH EQUIPMENT

SH Series

DH Series

**ELEVATE YOUR STRENGTH,  
CONQUER YOUR LIMITS.**

Elevate your strength training with Insight's plate-loaded equipment. Adored by fitness clubs and professionals, these products meet the demands of heavy-weight and high-intensity training.

Offering a wide user range, from beginners to seasoned fitness athletes, our equipment boasts thicker pipes and robust structures, providing ultimate support for professional training.





# 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



**SH012  
DECLINE PRESS**

Dimension 2027\*1260\*1790mm  
Total Weight 150kg



**SH045  
HORIZONTAL BENCH PRESS**

Dimension 1906\*1713\*960mm  
Total Weight 108kg



**SH003  
SHOULDER PRESS**

Dimension 1570\*1450\*1590mm  
Total Weight 130kg



**SH006  
LAT PULLDOWN**

Dimension 1690\*1340\*1970mm  
Total Weight 105kg



**SH026  
FRONT PULLDOWN**

Dimension 1402\*1305\*2072mm  
Total Weight 158kg



**SH027  
HIGH ROW**

Dimension 1874\*1760\*1850mm  
Total Weight 169kg



**SH029**  
**UNIVERSAL PULLDOWN**

Dimension 1670\*1335\*2037mm  
Total Weight 161kg



**SH037**  
**LAT PULLDOWN CIRCULAR**

Dimension 1561\*1518\*2006mm  
Total Weight 124kg



**SH035**  
**PULLOVER**

Dimension 1740\*1600\*1525mm  
Total Weight 130kg



**SH005**  
**SEATED ROW**

Dimension 1480\*1275\*1240mm  
Total Weight 124kg



**SH021**  
**SQUAT**

Dimension 1680\*1680\*1604mm  
Total Weight 162kg



**SH033**  
**PENDULUM SQUAT**

Dimension 2366\*1475\*1790mm  
Total Weight 210kg



**SH036**  
**HACK SQUAT**

Dimension 2225\*1786\*1578mm  
Total Weight 244kg



**SH038**  
**V-SQUAT**

Dimension 2000\*1652\*1676mm  
Total Weight 174kg



**SH004**  
**LOW ROW**

Dimension 1550\*1280\*1710mm  
Total Weight 131kg



**SH008**  
**V LEG PRESS**

Dimension 2300\*1430\*1400mm  
Total Weight 210kg



**SH019**  
**LINEAR LEG PRESS 45°**

Dimension 2702\*1421\*1460mm  
Total Weight 225kg



**SH009**  
**SEATED HACK SQUAT**

Dimension 2200\*1900\*1300mm  
Total Weight 227kg



**SH043**  
**VERTICAL LEG PRESS**

Dimension 1435\*2415\*1925mm  
Total Weight 200kg



**SH039**  
**MULTI BELT SQUAT**

Dimension 1981\*1476\*1889mm  
Total Weight 235kg



**SH023**  
**MULTI BULGARIAN SQUAT**

Dimension 2038\*1205\*480mm  
Total Weight 112kg



**SH028**  
**MULTI DEADLIFT**

Dimension 1670\*1550\*785mm  
Total Weight 101kg





**SH031  
HIP THRUSTER**

Dimension 1650\*1265\*980mm  
Total Weight 108kg



**SH044  
STANDING ABDUCTOR**

Dimension 1670\*765\*1456mm  
Total Weight 110kg



**SH017  
ALTERNATE LEG EXTENSION**

Dimension 1600\*1600\*1260mm  
Total Weight 110kg



**SH014  
ALTERNATE LEG CURL**

Dimension 1220\*1670\*1400mm  
Total Weight 125kg



**SH016  
SEATED DIPS PRESS**

Dimension 1850\*1400\*940mm  
Total Weight 125kg



**SH011  
WEIGHT PLATE TREE**

Dimension 905\*605\*1239mm  
Total Weight 35kg



**SH010  
HALF RACK**

Dimension 1750\*1620\*2450mm  
Total Weight 153kg



**SH040  
POWER RACK**

Dimension 2035\*1160\*2275mm  
Total Weight 197kg

**SH040+SH041**  
Dimension 2394\*1660\*2778mm  
Total Weight 251kg



**SH007  
REAK KICK**

Dimension 1500\*1110\*1300mm  
Total Weight 115kg



**SH025  
UNIVERSAL ABDOMINALS CRUNCH**

Dimension 1220\*1140\*1635mm  
Total Weight 128kg



**SH015  
SEATED CALF RAISE**

Dimension 1500\*760\*1010mm  
Total Weight 65kg



**SH018  
BICEPS CURL**

Dimension 1450\*990\*1220mm  
Total Weight 95kg



**SH041  
WEIGHT PLATE RACK OPTION**

Dimension 1660\*730\*2199mm  
Total Weight 54kg



**SH042  
FULL POWER RACK**

Dimension 1660\*730\*2199mm  
Total Weight 204kg