

Smith Machine With Cable Weights Newly Restocked After Selling Out at Strongway Gym Supplies

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Strongway Gym Supplies has restocked its Smith machine with cable weights, beginning in September 2026, making the equipment accessible once again through the company's online store across the United Kingdom. This move is intended to provide home fitness enthusiasts with a steady supply of training equipment. In addition, the restock comes at a time of continued interest in Smith machine equipment among UK consumers establishing residential training spaces.

The Smith machine combines a guided barbell system with integrated cable weight attachments, consolidating multiple training functions into a single frame. The guided bar path runs along fixed steel rails, removing the need to balance the bar independently during squats, presses, and rows. Hook points along the rails allow the bar to be locked at any height by rotating the wrists, functioning as a built-in safety mechanism for users training without a spotter.

Cable stations integrated into the frame handle lat pulldowns, cable crossovers, seated rows, and tricep

extensions from high and low pulley positions. This combination of guided barbell work and cable-based pulling movements addresses a broad range of training needs within a single footprint, reducing the floor space required compared to housing separate machines for each function.

Details about product features and specifications for the Smith machine with cable weights can be viewed at: https://strongway.co.uk/products/strongway-multi-gym-with-weights-multifunction-home-gym-machine-1.

A 2019 study titled "Effects of Home-Based Exercise Training Systems, Combined with Diet, on Cardiometabolic Health", published in the International Journal of Exercise Science (DOI: 10.70252/FKBG2916) and conducted in Los Angeles, USA, by Roberts CK, Segovia DE, Lankford DE, and colleagues, found that a 12-week home-based exercise programme combined with dietary control led to significant improvements in body weight, fat mass, blood pressure, and aerobic fitness. These findings relate to home-based training generally and should not be interpreted as expected outcomes from any particular piece of equipment or as representative of results achievable without the dietary component examined in the study.

The Smith machine's frame is constructed from materials described by the manufacturer as heavy-gauge steel with powder-coated finishes. Bench press stations slide under the bar with adjustable angles for flat, incline, and decline work. Weight plate storage pegs extend from the frame, keeping plates accessible during training. Height clearance sits near 210 centimetres according to the manufacturer's stated dimensions, fitting under standard UK ceiling heights but potentially tight in older properties with lower ceilings.

The broader range of home fitness equipment, including multi gyms and exercise packages, is available to be explored at: https://strongway.co.uk/collections/home-fitness.

The following is an excerpt from a review submitted by Stuart H. on Trustpilot, sharing his experience following a home gym setup using the equipment. "I recently purchased the Elite Smith Machine and weight package for a setup at my home. Ordering was very easy, and delivery was quick. As I had recently moved it took about three weeks before construction could begin. The equipment is solid, robust, and easy to construct," he said.

Setting up a home gym around a Smith machine typically requires a clear floor area with sufficient ceiling height and solid, level flooring. Rubber matting beneath the frame protects the floor surface and reduces vibration during heavier training sessions. According to the manufacturer, the unit is designed as a free-standing structure that does not require wall or floor fixings, though users should verify this against the specific model's installation guidelines before proceeding with setup. The machine suits garages, spare rooms, and converted outbuildings across UK residential properties where ceiling clearance and floor load capacity have been confirmed as appropriate.

Previous information regarding the Smith machine with cable availability remains accessible for reference. Strongway Gym Supplies continues to expand its home fitness catalogue with equipment that addresses multiple training functions within single compact units suited to residential environments across the United Kingdom.

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For more information about Strongway Gym Supplies, contact the company here:Strongway Gym SuppliesMandip Walia+44-800-001-6093sales@strongway.co.ukStrongway Gym Supplies, 26 The Pavilion, Coventry CV3 1QP, United Kingdom

Strongway Gym Supplies

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