

Olympic Bumper Weight Plates Sets Launched Across New Weight Configurations at Strongway Gym Supplies

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Starting from 10th September 2026, Strongway Gym Supplies has launched Olympic bumper weight plate sets across new weight configurations, expanding the range available through its online store across the United Kingdom. The launch covers four set sizes, starting from a 2x5kg pair priced at £29.95, through to 2x10kg sets at £54.95, 2x15kg sets at £74.95, and 2x20kg sets at £104.95, allowing users to select configurations that match their current training loads.

Bumper plates differ from standard cast iron plates through their rubber construction, which is designed to reduce the risk of floor and plate damage when the barbell is dropped, though outcomes depend on variables including flooring type, drop height, and the condition of the plates themselves. Cast iron plates are generally considered more susceptible to cracking or chipping under repeated drops due to their rigid construction, whilst bumper plates are designed to absorb impact through their rubber composition, though performance varies depending on the specific product and conditions of use.

The plates follow Olympic sizing with a 50-millimetre solid steel inner ring that fits standard Olympic barbells, dumbbells, and EZ curl bars. All bumper plates share the same diameter regardless of weight denomination, keeping the barbell at a consistent height off the ground even when lighter plates are loaded. Each plate is marked with its respective weight denomination, allowing users to identify the correct plate quickly during training sessions without pausing to check.

The rubber construction is generally associated with reduced impact noise compared to bare cast iron, which may make training sessions less disruptive in shared residential properties, though the degree of noise reduction varies depending on flooring type, drop height, and building construction. According to the manufacturer, the plates are coated with premium all-natural virgin rubber, with a steel inner ring providing smooth loading and unloading during training.

Specifications and available weight denominations of Olympic bumper weight plates can be viewed at: https://strongway.co.uk/products/strongway-olympic-bumper-weight-plates.

Steel inner rings reinforce the centre holes where plates slide onto barbell sleeves, preventing the rubber around the hole from deforming over time as plates are loaded and removed repeatedly. The manufacturer describes the plates as anti-friction and designed to be dropped with minimal bounce and maximum control, though safe dropping remains dependent on correct technique, appropriate flooring, and a suitable lifting environment.

A 2022 study published in the American Journal of Preventive Medicine, titled "Resistance Training and Mortality Risk: A Systematic Review and Meta-Analysis" (DOI: 10.1016/j.amepre.2022.03.020), conducted by researchers at the University of South Australia in Adelaide, Australia ? Prathiyankara Shailendra, Katherine L. Baldock, L. S. Katrina Li, Jason A. Bennie, and Terry Boyle ? based on a meta-analysis of 10 studies conducted under PRISMA guidelines, found that undertaking any amount of resistance training reduced the risk of all-cause mortality by 15%, cardiovascular disease mortality by 19%, and cancer mortality by 14%, compared with doing no resistance training. These findings relate to resistance training generally and should not be interpreted as evidence specifically validating any particular piece of equipment as the means of achieving those outcomes.

For those looking for various types of Olympic weight plates, the suitable information can be found at: https://strongway.co.uk/collections/strongway-olympic-weight-plates.

The rubber surface texture is commonly associated with improved grip during plate handling compared to smooth cast iron, though individual experience varies depending on hand condition, plate wear, and training environment. The plates are compatible with a wide range of training movements including bench presses, squats, deadlifts, and other compound and accessory exercises in home, school, and commercial training

environments.

The availability of four configurations within the same range means users can start with a manageable pair and add further sets individually as training loads increase over time. Sets can be purchased individually through the Strongway online store, with shipping costs calculated at checkout and dispatch covering mainland UK addresses.

The broader range of home exercise equipment available at Strongway Gym Supplies can be explored at: https://strongway.co.uk/.

The launch reflects the direction of the Strongway Gym Supplies catalogue, where strength training equipment across different load ranges continues to form a central part of the home fitness offering. Bumper plates address both performance and practical residential considerations within a single product, covering floor protection, noise reduction, and impact management across a range of training environments.

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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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