



Hack Squat Leg Press Machine Newly Launched as Latest Addition to Lower Body Training Range at Strongway Gym Supplies

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Strongway Gym Supplies has launched a hack squat leg press machine as the latest addition to its lower body training range on 15th September 2026. The three-in-one unit combines hack squat, leg press, and calf raise functions within a single frame, now accessible through the company's online store across the United Kingdom.

The hack squat station positions the user with the back against a padded support and shoulders under shoulder pads, with the feet on a platform below. The movement follows a guided path as the user bends and extends the knees under load. This guided path differs from free barbell squats, where the user must stabilise the bar and maintain balance throughout the movement. The hack squat position places a specific emphasis on the quadriceps, with the guided rail reducing the stabilisation demands placed on surrounding muscle groups.

The leg press station allows users to push a weighted platform away from the body whilst seated or reclined. Foot position on the platform changes which areas of the lower body bear more load during the movement, with higher foot placement shifting emphasis toward the hamstrings and glutes and lower placement focusing more on the quadriceps. This adjustability makes the leg press a versatile lower body exercise that can be modified without changing the machine setup significantly.

The calf raise function adds isolated work for the lower leg muscles that compound movements like squats and leg presses do not target as directly. Calf raises involve elevating the heels against resistance through extension at the ankle joint. Including this function within the same machine removes the need for a separate standing or seated calf raise unit.

Product specifications of the three-in-one leg press hack squat calf raise machine can be viewed at: <https://strongway.co.uk/products/strongway-3-in-1-leg-press-hack-squat-calf-raise-machine>.

Mandip Walia, Co-Director at Strongway Gym Supplies, said the three-in-one design addresses a common challenge in home gym setups where floor space limits how many machines can be installed. "Dedicated leg training equipment tends to be large and costly," he noted. "Combining hack squat, leg press, and calf raise into one frame makes proper lower body training achievable without committing excessive floor space to equipment."

Frame construction uses steel with a powder-coated finish. Weight resistance comes through plate loading, with users adding or removing plates to adjust the load between exercises or sets. The platform and back pad adjust to accommodate different user heights and leg lengths, with positioning affecting comfort and the range of motion available during each movement.

Safety stoppers are positioned along the guide rails to prevent the platform from sliding. These stops act as a built-in failsafe during heavy leg press or hack squat attempts, providing a degree of protection during solo training sessions where no other person is present to assist.

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.

The broader range of home fitness equipment at Strongway Gym Supplies is available at: <https://strongway.co.uk/collections/home-fitness>.

Randeep Walia, Co-Director at Strongway Gym Supplies, remarked that dedicated lower body machines have historically been absent from most home gym setups. "Most home gyms are built around barbells, benches, and cable machines," he explained. "Leg press and hack squat movements get left out because the equipment is too large to justify. A combined unit changes that."

The machine ships to mainland UK addresses with delivery timelines confirmed during checkout. Assembly requires basic tools, with instructions guiding users through the setup process. The plate-loaded design means no weight stack is included, with users sourcing plates separately or using existing plate collections from other equipment already in their home gym setup.

The full product range can be accessed at: <https://strongway.co.uk>.

The launch of the hack squat leg press machine reflects the direction of the Strongway Gym Supplies catalogue, where equipment addressing training needs previously limited to commercial gym environments continues to become part of the home fitness offering across the United Kingdom.

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Strongway Gym Supplies

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