



7ft Olympic Barbell With Weight Set Newly Added to Expanding Strength Training Catalogue from September 2026 at Strongway Gym Supplies

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Strongway Gym Supplies has added a 7ft Olympic barbell with weight set to its strength training catalogue from 20th September 2026, expanding the range available through its online store across the United Kingdom. The addition gives home gym users access to a complete barbell and plate combination within a single purchase rather than sourcing components separately.

The barbell measures seven feet in length and carries a 20-kilogram shaft weight, following standard Olympic bar specifications. The bar is rated to 700 pounds, equivalent to approximately 320 kilograms, covering the load requirements of most home training programmes including squats, deadlifts, bench presses, and overhead pressing movements. The 50-millimetre diameter rotating sleeves accept standard Olympic weight plates.

Knurling along the grip sections provides texture intended to improve grip security during pulling and pressing

movements, though grip performance varies depending on hand condition, bar wear, and training environment. The knurling pattern covers the main grip zones whilst leaving the centre section smooth, which is designed to reduce contact discomfort during back squats where the bar sits against the back of the neck, though individual experience varies depending on technique and bar positioning. Bar finish affects both corrosion resistance and grip feel, with different coating options behaving differently in garage environments where humidity can accelerate surface deterioration on untreated metal.

Starting with lighter loads and adding weight progressively mirrors how strength develops over weeks and months of consistent training. The plate-loaded format means resistance can be increased in small steps rather than jumping between fixed weight options, which suits the gradual progression approach common in structured strength programmes.

Product specifications and features of the 7ft Olympic barbell are available at: <https://strongway.co.uk/products/7ft-olympic-bar-barbell-20kg-700lbs-320kg-rated>.

Mandip Walia, Co-Director at Strongway Gym Supplies, said the barbell remains the foundation of most serious home training setups. "Squats, deadlifts, and presses all come back to the bar," he noted. "Getting the bar and plates right from the start matters. A 320-kilogram rated bar with Olympic sleeves covers everything most home gym users will ever need."

Collar systems secure plates onto the sleeves during lifts. Spring clip collars attach and remove quickly between sets, suiting users who change weights frequently during training. Screw-down collars provide a firmer lock and reduce any risk of plates shifting during explosive movements, though they take longer to adjust between sets. The choice between collar types tends to reflect individual training style rather than the equipment itself.

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 wider range of barbell equipment available at Strongway Gym Supplies can be viewed at: <https://strongway.co.uk/collections/strongway-olympic-bars>.

Randeep Walia, Co-Director at Strongway Gym Supplies, remarked that a complete barbell and plate set addresses the compatibility concerns that can arise when sourcing components separately. "Bar sleeve diameter, plate hole size, and collar fit all need to match," he explained. "Buying as a set means everything arrives designed to work together, removing a layer of uncertainty for users who are less familiar with equipment compatibility."

The bar ships to mainland UK addresses with delivery timelines confirmed during checkout. Weight plates and bar ship in separate packaging due to weight distribution requirements, with instructions included for any assembly steps required before use. Rubber flooring mats are often purchased alongside barbell sets to protect floors during loading and training, particularly on hard surfaces where direct contact can cause damage over time.

The full range of home fitness equipment, including dumbbells, benches, and multi-gyms, can be found at: <https://strongway.co.uk/>.

The addition of the 7ft Olympic barbell with weight set reflects the direction of the Strongway Gym Supplies catalogue, where foundational strength training equipment continues to form the core of the home fitness offering available to customers across the United Kingdom.

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Strongway Gym Supplies

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