



Adjustable Dumbbells Weights Set Released as the Latest Addition to Home Gym Range at Strongway Gym Supplies in September 2026

September 29, 2026

Coventry, UK - September 29, 2026 -

Strongway Gym Supplies has launched an adjustable dumbbell weights set as the latest addition to its home gym range, starting from 20th September 2026. The set combines adjustable dumbbells with a storage stand and adjustable weight bench, now accessible through the company's online store across the United Kingdom.

Adjustable dumbbell sets differ from fixed-weight pairs through their dial or pin mechanisms that change the loaded weight in preset increments. Users select the desired resistance, lock the mechanism, and lift the dumbbell away from its base station where the unselected plates remain. This consolidates what would otherwise require multiple fixed-weight pairs into a single compact unit, reducing both the cost and floor space required to access a range of resistance levels within a home training environment.

The sets are available in 32-kilogram and 40-kilogram configurations, giving users the option to select a maximum weight that suits their current training level. Both options increment in steps, allowing resistance to

be adjusted progressively as strength increases over time rather than requiring new equipment purchases each time a weight becomes too light.

The storage stand included in the set keeps the dumbbell units organised between sessions, holding both the loaded handles and the unused weight plates in a designated position off the floor. This matters in home environments where training areas share space with other household activity and loose equipment creates clutter or trip hazards between sessions.

Specifications and features of the adjustable dumbbell set with stand and bench can be viewed at: <https://strongway.co.uk/products/32kg-or-40kg-adjustable-dumbbells-set-pair-with-stand-and-adjustable-weight-bench>.

The adjustable weight bench included in the package offers flat, incline, and decline positions through pin-and-hole adjustment systems that do not require tools. The bench extends what can be done with the dumbbells by supporting pressing movements at different angles, adding variety to training sessions that would otherwise be limited to standing or floor-based exercises only.

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 combination of dumbbells, stand, and bench within a single package addresses the most common starting point for home gym builds. Sourcing these components separately introduces compatibility questions around handle diameter, bench height, and storage dimensions that a coordinated package removes by design. The plate-loaded bench and the dumbbell storage stand occupy a combined footprint that suits garages, spare rooms, and converted outbuildings without requiring significant floor space reorganisation.

The broader range of dumbbells available at Strongway Gym Supplies can be viewed at: <https://strongway.co.uk/collections/strongway-dumbbells>.

Resistance training with dumbbells covers a broad range of movement patterns within a compact setup. Pressing, rowing, curling, lateral raises, and lunges all fall within the scope of a dumbbell-based programme,

with the included bench adding supported pressing variations that floor-based work cannot replicate. The adjustable format means resistance scales alongside the user rather than plateauing at a fixed weight, which suits users at different stages of their training across longer periods.

The sets ship to mainland UK addresses with delivery timelines confirmed during checkout. Components arrive in separate packaging due to weight distribution requirements, with instructions guiding users through any setup steps before the equipment is ready for use. Rubber flooring mats are often purchased alongside dumbbell sets to protect floors during training, particularly on hard surfaces where direct contact over time can cause damage.

The release reflects the direction of the Strongway Gym Supplies catalogue, where space-efficient, multi-function equipment continues to form a growing part of the home fitness offering. A previous article on adjustable dumbbells provides more information on how this equipment supports home strength training without requiring separate component research or compatibility checks across multiple purchases.

###

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

Strongway Gym Supplies

Strongway Gym Supplies, UK's top gym gear supplier for commercial, home, or studio use. Wide range includes Barbells, Dumbbells, Kettlebells and more. Products underlie strict quality control. Wholesale for commercial buyers also available.

Website: <https://strongway.co.uk/>

Email: sales@strongway.co.uk

Phone: +44-800-001-6093

