

Home Smith Machine With Cable Weights Newly Launched as Part of Growing Strength Training Range at Strongway Gym Supplies

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Starting from 25th September 2026, Strongway Gym Supplies has launched a home Smith machine with cable weights as part of its growing strength training range. The machine combines a guided barbell system with integrated cable attachments, now accessible through the company's online store across the United Kingdom.

Smith machines feature vertical or near-vertical bar paths running along fixed steel rails. The guided movement removes the need to stabilise 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. According to the manufacturer's stated specifications, counterbalance systems reduce the starting weight of the bar to approximately 10 to 15 kilograms, with plates loading onto the bar ends to increase resistance as training progresses.

Cable stations integrated into the frame handle lat pulldowns, cable crossovers, seated rows, and tricep extensions from high and low pulley positions. The 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.

Frame construction uses heavy-gauge steel with powder-coated finishes, described by the manufacturer as resistant to corrosion in garage environments. 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 unit is described by the manufacturer as free-standing, requiring no wall or floor fixings, though users should verify this against the specific model's installation guidelines before setup.

Detailed insights regarding the specifications of the home 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 suits users across different experience levels and training backgrounds. Beginners benefit from the guided bar path, which provides a more defined movement pattern during early stages of learning compound lifts. More experienced users can apply the machine to technique-focused sessions, accessory work, or as part of a broader home gym setup alongside free weights and cardio equipment.

The broader range of home fitness equipment available at Strongway Gym Supplies can be found at: https://strongway.co.uk/collections/home-fitness.

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. The machine suits garages, spare rooms, and converted outbuildings across UK residential properties, though users should assess ceiling clearance and floor load capacity before installation.

The Smith machine addresses a training need that has historically required commercial gym access. Guided

barbell movements, cable-based pulling exercises, and pressing variations across multiple angles are now available within a single frame suited to residential environments. This consolidation reduces the number of individual machines needed to cover the same training ground, which matters in home settings where floor space is finite.

The machine ships to mainland UK addresses with delivery timelines confirmed during checkout. Assembly requires basic tools and typically takes a few hours, with two people making the process of managing heavier frame sections considerably easier.

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

The launch reflects the direction of the Strongway Gym Supplies catalogue, where multifunctional equipment addressing multiple training needs within single compact frames continues to form a growing part of the home fitness offering 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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