



Leg Extension and Curl Machine Newly Added to Growing Lower Body Training Range in October 2026 at Strongway Gym Supplies

October 06, 2026

Coventry, UK - October 06, 2026 -

Strongway Gym Supplies has added a leg extension and curl machine to its lower body training range starting from 1st October 2026. The machine is now accessible through the company's online store across the United Kingdom, with two options available, including a standalone unit and a package version with weights.

The Strongway leg extension and curl machine uses a plate-loaded design where resistance is adjusted by adding or removing weight plates. The unit combines both extension and curl functions within a single frame, with seat and roller positions adjustable via pin-and-hole systems to accommodate different leg lengths and torso proportions without requiring tools. Compared to pin-selected selectorised machines, plate-loaded units are generally available at a lower price point, though exact pricing varies between models and manufacturers.

The leg extension function positions padded rollers above the ankle, targeting the quadriceps through knee

extension against resistance. The curl function reverses this, with padded rollers behind the ankle targeting the hamstrings through knee flexion. Both movements isolate these muscle groups more directly than compound exercises such as squats or deadlifts, where the quadriceps and hamstrings contribute as part of a broader movement pattern involving multiple joints simultaneously.

Specifications of the leg extension and curl machine can be viewed at: <https://strongway.co.uk/products/strongway-leg-curl-and-extension-machine>.

A 2022 review titled "Home-fitness and active ageing: A review" (DOI: 10.55860/IIUS3216), published in the Scientific Journal of Sport and Performance and conducted at the University of Urbino "Carlo Bo" in Urbino, Italy, found that regular home-based exercise plays a key role in maintaining physical and cognitive health in adults. Conducted by Capriotti A, Patregnani V, and Federici A, the study concluded that individuals who engage in consistent physical activity at home tend to experience a higher quality of life compared to less active individuals. These findings relate to home-based physical activity generally and should not be interpreted as evidence specifically validating any particular piece of equipment as the means of achieving those outcomes.

Frame construction uses steel with powder-coated finishes. The machine's floor footprint is smaller than multi-station units such as multi-gyms or cable machines, making it a more manageable addition in home setups where floor space is already in use, though users should verify the exact dimensions against available space before purchasing. The seat and roller padding uses vinyl or synthetic covers, which the manufacturer describes as suitable for regular training use.

According to the manufacturer's specifications, the Strongway model includes range of motion limiters that allow users to set start and end points for the movement. This gives users control over the range used during each session rather than being limited to fixed movement parameters throughout.

Details about the leg extension and curl machine with weights packages can be viewed at: <https://strongway.co.uk/products/strongway-leg-curl-and-extension-machine-with-weights-packages>.

The package version includes weight plates alongside the machine, removing the need to source plates separately. Weight increments in the package allow users to begin with lighter loads and increase resistance progressively as strength develops over time. The standalone unit suits users who already own compatible plates, whilst the package version provides a complete setup from the outset.

The machines ship to mainland UK addresses with delivery timelines confirmed during checkout. The standalone unit and package version ship under separate arrangements due to the additional weight involved in the plate-inclusive option.

The complete home fitness product range at Strongway Gym Supplies can be accessed at:
<https://strongway.co.uk/>.

The addition of the leg extension and curl machine reflects the direction of the Strongway Gym Supplies catalogue, where dedicated lower body training equipment continues to form a growing part of the home fitness offering available to customers across the United Kingdom.

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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

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

Email: sales@strongway.co.uk

Phone: +44-800-001-6093

