

more on the quadriceps. 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, addressing a training need within the same machine without requiring a separate dedicated unit.

Specifications for 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>.

The plate-loaded design means resistance is adjusted by adding or removing weight plates. Safety stoppers are positioned along the guide rails to prevent the platform from travelling beyond a safe range during use, providing a degree of protection during heavy attempts without a training partner present.

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.

Frame construction uses steel with a powder-coated finish. 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. The machine suits garages, spare rooms, and converted outbuildings across UK residential properties, though users should verify ceiling clearance and floor load capacity before installation.

The extended range of home fitness equipment available at Strongway Gym Supplies can be viewed at: <https://strongway.co.uk/collections/home-fitness>.

Setting up a home gym around a dedicated leg machine typically requires a clear floor area with solid, level flooring. Rubber matting beneath the frame protects the floor surface during heavier training sessions. The free-standing design means no wall or floor fixings are required according to the manufacturer, though users should confirm this against the specific model's installation guidelines before proceeding.

Dedicated lower body machines have historically been less common in home gym setups compared to barbells, benches, and cable systems. The three-in-one format addresses this by consolidating hack squat, leg press, and calf raise functions into a single frame, reducing the floor space and cost required to

incorporate targeted leg training into a residential setup.

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 collections from other equipment already in their home gym.

The addition of the hack squat leg press machine to the Strongway Gym Supplies catalogue reflects the direction of the home fitness range, where dedicated lower body training equipment continues to form a growing part of the offering available to customers across the United Kingdom. The three-in-one format addresses a gap in home gym setups where leg isolation work has traditionally been overlooked in favour of barbell and cable-based training.

###

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

