

Adjustable Weights Dumbbell Set Added to Expanding Free Weight Fitness Catalogue in October 2026 at Strongway Gym Supplies

October 21, 2026

Coventry, UK - October 21, 2026 -
Strongway Gym Supplies has added an adjustable weights dumbbell set to its free weight fitness catalogue from 15th October 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. The storage stand holds both the loaded handles and the unused weight plates in a designated position off the floor, reducing clutter in home training areas where space is shared with other household activity.

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 sessions that would otherwise be limited to standing or floor-based exercises. The foldable design reduces the footprint when not in use, which suits domestic spaces where equipment must be stored between sessions.

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

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.

Dumbbell training covers pressing, rowing, curling, lateral raises, and lunges within a compact floor area. The adjustable format means resistance scales alongside the user rather than plateauing at a fixed weight, which suits users at different stages of training across longer periods. Purchasing the set as a bundle ensures the dumbbells, stand, and bench are designed to work together, removing compatibility questions that can arise when sourcing components separately across different product lines.

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

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.

The addition of the adjustable weights dumbbell set 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. 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 surface damage.

The release forms part of an ongoing expansion of the free weight range available through Strongway Gym Supplies, where equipment addressing varied training needs within compact residential setups continues to attract interest among home gym users across the United Kingdom. Those looking for a comprehensive starting point for home strength training will find the adjustable dumbbells set with stand and bench a practical and space-conscious option within the current catalogue.

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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.

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