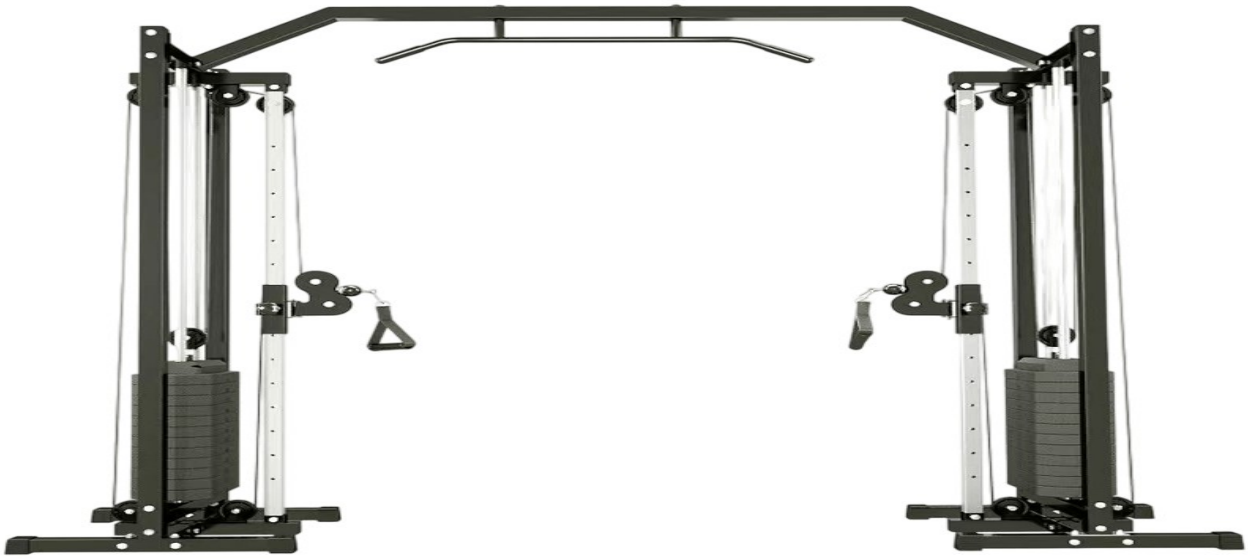

Cable Pulley Crossover Machine Restocked in October 2026 Across New Specifications at Strongway Gym Supplies

October 23, 2026

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Starting from 15th October 2026, Strongway Gym Supplies has restocked its cable pulley crossover machine across new specifications, making the unit accessible once again through the company's online store across the United Kingdom. The restock covers a machine combining dual cable stations, integrated weight stacks, and a pull-up bar within a single frame.

Cable crossover machines use two weight stacks positioned on either side of a central frame, with cables routed through adjustable pulleys on each side. The dual cable setup allows both arms to work simultaneously or independently, with the cables meeting in the middle during crossover movements. Pulley positions adjust to different heights, enabling exercises to be performed at high, mid, and low cable angles, each targeting different areas of the chest, shoulders, and arms depending on the selected position and movement pattern.

The integrated pull-up bar spans the top of the frame, adding a bodyweight pulling option without requiring a separate unit. Multiple grip positions accommodate different pulling variations, from wide-grip pulls targeting the upper back to narrow-grip chin-ups. The weight stacks operate through pin selectors that change resistance by repositioning a single selector pin up or down through preset weight increments, allowing quick transitions between exercises during training sessions.

Frame construction uses steel with powder-coated finishes, described by the manufacturer as resistant to corrosion in garage environments. The dual weight stack design adds substantial mass to the base of the frame, contributing to structural stability during heavier cable movements. Height clearance requirements should be verified against ceiling dimensions before installation, particularly in older UK properties where ceilings may sit lower than the standard height assumed in the machine's specifications.

Product specifications of the cable crossover machine with weights and pull-up bar can be viewed at: https://strongway.co.uk/products/strongway-cable-crossover-machine-with-weights-and-pull-up-bar.

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.

Cable crossover machines suit users who want to address upper body training needs beyond what barbells and dumbbells alone can provide. Free weight pressing and rowing movements load muscles through fixed arcs, whereas cable machines apply resistance through a continuous range of motion from any angle the pulley allows. This distinction makes cable training a commonly used complement to free weight work rather than a replacement for it.

Beyond cable equipment, the broader range of fitness equipment can be explored at: https://strongway.co.uk/.

The included weight stacks provide a starting resistance range suited to a broad range of upper body exercises. Attachments included with the machine typically cover straight bars, rope handles, and single-grip options that connect via carabiner clips, allowing users to switch between exercises without purchasing additional accessories at the outset. The plate-loading attachments on certain models allow resistance to be extended beyond the standard stack weight as strength increases.

Setting up a cable crossover machine requires a clear floor area with sufficient ceiling height and adequate space on both sides of the frame for full arm extension during crossover movements. The footprint is larger than single-station cable units due to the dual upright design, and users should measure available space carefully before ordering.

The restock comes as cable-based training continues to feature prominently in home gym setups where users want pulling and isolation work beyond what barbell and dumbbell training provides. The inclusion of a pull-up bar and dual adjustable cable stations within a single frame addresses multiple training needs without requiring separate machines for each function. Those building a home gym around compound and accessory movements will find the cable crossover machine a practical addition that expands exercise options considerably within a single footprint at Strongway Gym Supplies.

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

Email: sales@strongway.co.uk

Phone: +44-800-001-6093

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