

Home Smith Machine With Cable Weights Launched for Versatile Fitness in October 2026 at Strongway Gym Supplies

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Strongway Gym Supplies has launched a home Smith machine with cable weights on 23rd October 2026, adding a multi-function strength training unit to its catalogue. 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. The manufacturer states that counterbalance systems reduce the starting weight of the bar to approximately 10 to 15 kilograms on this specific model, though users should confirm this figure against the product listing before purchase, as specifications vary between configurations. Plates load 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. According to the manufacturer's product listing, the unit is free-standing and does not require wall or floor fixings, with a height clearance of approximately 210 centimetres. Users should verify both the installation requirements and ceiling clearance against the specific model's documentation before ordering, particularly in older UK properties where ceiling heights may fall below standard.

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 guided bar path is a commonly cited characteristic of Smith machines in strength training contexts, generally associated with a more defined movement pattern compared to free-weight barbells, though individual training outcomes depend on technique, programme design, and consistency rather than the equipment alone. The cable stations extend the exercise options available beyond barbell movements, with high and low pulley positions accommodating pulling and isolation exercises. Together, the guided barbell and cable functions cover a range of upper and lower body training within a single frame, which is relevant in home setups where floor space limits the number of separate machines that can be installed.

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

Frame construction uses steel with powder-coated finishes as described in the manufacturer's product listing. Rubber matting beneath the frame is commonly purchased alongside machines of this type to protect flooring and reduce vibration during heavier sessions. The machine is suited to garages, spare rooms, and converted outbuildings, though users should assess floor load capacity and ceiling clearance against the confirmed product dimensions before installation.

The machine ships to mainland UK addresses with delivery timelines confirmed during checkout. Given the

size and weight of individual components, assembly with two people is considerably more practical than solo setup. Full assembly instructions are included with the unit.

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

The launch on 23rd October 2026 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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