

Hex Dumbbell Set Newly Released on 25th October 2026 Across Six Weight Configurations at Strongway Gym Supplies

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Strongway Gym Supplies has released a hex dumbbell set across six weight configurations on 25th October 2026, expanding the free weight range available through its online store across the United Kingdom. The sets span from 5kg to 35kg, with each package including a three-tier storage rack and an optional foldable adjustable weight bench depending on the selected package.

Hex dumbbells take their name from the six-sided heads that prevent rolling when placed on floors between sets. This matters during floor-based exercises such as renegade rows or push-up variations where weights need to stay stationary rather than shifting position mid-movement. The rubber coating over cast iron construction is described by the manufacturer as protecting floors from impact damage and reducing noise during use, relevant in residential settings such as flats or terraced housing where sound travels easily to neighbouring properties. Handles feature a knurled grip surface that the manufacturer states improves stability during isolated bicep and tricep movements.

The six configurations increment in 2.5kg steps throughout. Entry-level packages span seven pairs from 5kg to 20kg, totalling 175kg of hex dumbbells. Mid-range options start at 12.5kg, running through to either 30kg or 35kg across eight and ten pairs respectively. Larger configurations extend from 5kg to 30kg across eleven pairs and 5kg to 35kg across thirteen pairs. All packages include a three-tier storage rack measuring 88cm in length, 96cm in width, and 51cm in depth, designed to hold up to nine pairs. Packages containing more than nine pairs are supplied with the full dumbbell set, though users will need supplementary storage for pairs beyond the rack's stated capacity.

Specifications and features of the hex dumbbell set with storage rack and adjustable bench packages can be viewed at: https://strongway.co.uk/products/complete-hex-dumbbells-set-with-3-tier-storage-rack-adjustable-weight-bench-packages.

The foldable adjustable bench included in certain packages measures 84cm in length, 34cm in width, and 34cm in height, with a manufacturer-stated weight capacity of 400 pounds (approximately 181 kilograms). Six adjustment levels cover incline, flat, and decline positions, allowing exercises to be performed from different angles without requiring separate stations for each variation. The foldable design reduces the footprint when not in use, relevant in domestic spaces where training equipment shares room with other household activity.

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.

The extended range of dumbbells can be viewed at: https://strongway.co.uk/collections/strongway-dumbbells.

Weight markings are embossed on each dumbbell head, displaying kilograms in contrasting colours to allow quick identification when multiple pairs sit together on the rack. The markings are integrated into the casting rather than applied as adhesive labels that can peel away with regular use. Dumbbell training covers pressing, rowing, curling, lateral raises, and lunges within a compact floor area. The three-tier rack keeps pairs organised by weight and off the floor, reducing clutter in training areas where space is shared with other household items.

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. Purchasing sets rather than individual pairs ensures consistent construction quality across all weights and removes compatibility uncertainty across different product lines.

The release of six simultaneous configurations on 25th October 2026 marks a notable expansion of the hex dumbbell offering at Strongway Gym Supplies, covering weight ranges from entry-level through to advanced training loads within a single coordinated product line. Those building a home gym around free weight training will find a hex dumbbell set with rack and bench an efficient starting point within the current catalogue 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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