

7ft Olympic Barbell With Weight Set Launched for Growing Free Weight Catalogue in November 2026 by Strongway Gym Supplies

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Strongway Gym Supplies has launched a 7ft Olympic barbell with weight set in November 2026, adding to the free weight range available through its online store across the United Kingdom. The set pairs a rated Olympic bar with weight plates, so the bar and plates come as a single purchase rather than being sourced separately.

The barbell measures seven feet in length and has a 20-kilogram shaft weight, in line with standard Olympic bar specifications. The product listing rates it to 700 pounds, or approximately 320 kilograms. Its 50-millimetre rotating sleeves take standard Olympic weight plates, so the bar can be used with plates from other sets if needed.

Knurling along the grip sections is intended to improve grip security during pulling and pressing, though grip varies with hand condition, bar wear, and training environment. The centre section is left smooth, which is

designed to reduce contact discomfort when the bar rests on the back of the neck during squats, although experience differs with technique and bar position. Bar finish affects corrosion resistance and grip feel, and coatings behave differently in garages where humidity can accelerate surface wear on untreated metal.

The plate-loaded format allows weight to be added in small steps, which fits the gradual progression common in structured strength programmes. Training typically starts with lighter loads and increases over weeks and months as technique and strength develop.

Details and specifications of the 7ft Olympic barbell can be viewed at: https://strongway.co.uk/products/7ft-olympic-bar-barbell-20kg-700lbs-320kg-rated.

Mandip Walia, Co-Director at Strongway Gym Supplies, said the barbell sits at the centre of most home strength setups. ?Squats, deadlifts, and presses all come back to the bar,? he noted. ?Choosing the bar and plates together at the outset means fewer compatibility questions later on.?

Collars hold the plates on the sleeves during lifts. Spring clip collars go on and off quickly, which suits users who change weights often between sets. Screw-down collars grip more firmly and limit plate movement during explosive lifts, though they take longer to adjust. The choice between the two usually reflects training style rather than the equipment itself.

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

Randeep Walia, Co-Director at Strongway Gym Supplies, remarked that a bar and plate set addresses the fit questions that can come up when components are bought separately. ?Sleeve diameter, plate hole size, and collar fit all need to match,? he explained. ?Buying as a set means the pieces are intended to work together, which helps users who are less familiar with how the components fit.?

The bar ships to mainland UK addresses, with delivery timelines confirmed during checkout. Weight plates and bar ship in separate packaging because of weight distribution, and instructions are included for any steps needed before use. Orders of this weight can take longer to handle than smaller items, so the delivery details shown at checkout are worth checking before ordering.

Rubber flooring mats are often bought alongside barbell sets to protect the floor while loading and training. Hard surfaces can be marked by direct contact with plates over time, and matting also gives a more stable footing for lifts such as squats and deadlifts.

The launch reflects the direction of the Strongway Gym Supplies catalogue, where the Olympic barbell and plate combination forms part of a growing free weight range available to customers across the United Kingdom.

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Strongway Gym Supplies

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