

Hack Squat Leg Press Machine Introduced as Latest Addition to Home Fitness Catalogue in November 2026 at Strongway Gym Supplies

November 04, 2026

Coventry, UK - November 04, 2026 -
Strongway Gym Supplies has introduced a hack squat leg press machine to its home fitness catalogue from 1st November 2026. The three-in-one unit brings hack squat, leg press, and calf raise stations into a single frame. It is now accessible through the company?s online store across the United Kingdom.

In the hack squat station, the user?s back rests against a padded support, the shoulders sit under pads, and the feet are placed on a platform below. The knees bend and extend along a guided path, which removes the need to balance and stabilise a barbell as in a free-weight squat. The position places particular emphasis on the quadriceps.

The leg press station has the user push a weighted platform away from the body from a reclined position. Foot placement changes which muscles carry more of the load, with a higher position shifting emphasis toward the hamstrings and glutes and a lower position toward the quadriceps. The calf raise function adds

work for the lower leg, a muscle group that squats and presses engage less directly, within the same machine.

Specifications and features of the leg press hack squat machine can be viewed at: https://strongway.co.uk/products/strongway-3-in-1-leg-press-hack-squat-calf-raise-machine.

Resistance is plate-loaded, so weight is changed by adding or removing plates. Safety stoppers along the guide rails limit how far the platform can travel, which gives a degree of protection during heavy attempts when no training partner is present.

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 platform and back pad adjust to suit different user heights and leg lengths, and the positioning affects both comfort and the range of motion available in each movement. Before each session, the safety stoppers should be set to the depth the user intends to work to, and the platform and pad positions checked against the user?s height. Noting the settings used makes it easier to repeat the same range of motion from one session to the next. The frame is steel with a powder-coated finish.

The extended range of home fitness equipment available at Strongway Gym Supplies can be viewed at: https://strongway.co.uk/collections/home-fitness.

A machine of this type needs a clear floor area with solid, level flooring, and rubber matting beneath the frame helps protect the surface during heavier sessions. According to the manufacturer, the unit is free-standing and does not require wall or floor fixings, although the installation guidelines for the specific model should be checked before setup. It suits garages, spare rooms, and converted outbuildings, provided ceiling clearance and floor load capacity have been verified beforehand.

Combining three exercises in one frame reduces the number of separate machines needed to train the same movements, which is relevant in homes where floor space is limited.

The machine ships to mainland UK addresses, with delivery timelines confirmed during checkout. Assembly requires basic tools, and instructions are provided. Because the design is plate-loaded, no weight stack is included, so plates are either sourced separately or taken from existing equipment already in the home gym.

The introduction of the hack squat machine reflects the direction of the Strongway Gym Supplies home fitness catalogue, where lower body training equipment continues to form a growing part of the range available across the United Kingdom.

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Strongway Gym Supplies

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