

Adjustable Weights Dumbbell Set Introduced as Latest Addition to Free Weight Catalogue in November 2026 at Strongway Gym Supplies

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Strongway Gym Supplies has introduced an adjustable weights dumbbell set to its free weight catalogue from 5th November 2026. The package combines a pair of adjustable dumbbells with a storage stand and an adjustable weight bench, and is now accessible through the company's online store across the United Kingdom. Two weight options are listed, 32kg and 40kg.

Adjustable dumbbells replace several fixed-weight pairs with a single pair whose resistance can be changed. Plates are added to or removed from the handle so that the load matches the exercise being performed, which reduces the number of separate weights that need to be stored in a home training area. For households with limited floor space, that consolidation is one practical difference from a traditional rack of fixed dumbbells.

The two configurations are listed at 32kg and 40kg, with the higher option giving a wider range of loads than

the lower one. Details of how the weight is changed at each setting are given on the product page, and they determine how finely resistance can be adjusted from one exercise to the next.

Specifications for the adjustable dumbbell set with stand and bench can be viewed at: https://strongway.co.uk/products/32kg-or-40kg-adjustable-dumbbells-set-pair-with-stand-and-adjustable-weight-bench.

The storage stand included in the package is intended to hold the dumbbells off the floor between sessions. A fixed storage position gives a home training area a clearer layout and reduces the chance of loose equipment being left in walkways. Stands of this type are generally sized to the dumbbells supplied with them, so the combined footprint should be measured against the available floor space before ordering.

The adjustable weight bench completes the package. Changing the backrest angle allows the same pair of dumbbells to be used for pressing movements at different inclines, which shifts how the load is distributed across the chest and shoulders. Flat positions are commonly used for standard chest presses, while raised positions are used for shoulder and upper chest work. Bench dimensions and weight capacity should be checked on the product page before ordering.

Supplied together, the three components cover common dumbbell movements, including presses, rows, curls, lateral raises, and lunges, within a compact area. Listing the dumbbells, stand, and bench as a single package also means the items are presented together rather than across separate product pages.

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 dumbbells available at Strongway Gym Supplies can be viewed at: https://strongway.co.uk/collections/strongway-dumbbells.

Delivery covers mainland UK addresses, with timelines confirmed during checkout. The components are heavy, so they may arrive in separate packages. Assembly requirements are set out on the product page, and a second person can make handling the heavier sections easier.

Flooring is a practical consideration when setting up any dumbbell-based training area. Rubber matting is commonly placed beneath the bench and stand to protect the floor surface, while a level, solid base helps keep the bench stable during pressing exercises. Pressing movements also need clear space above and to either side of the bench. Garages, spare rooms, and converted outbuildings are common locations for this type of setup, provided the floor can bear the combined weight of the equipment.

Adjustable dumbbells also change how progression is handled. Instead of buying a heavier fixed pair each time the current weight becomes too light, resistance is increased by changing the setting on the existing pair, up to the maximum listed for the chosen configuration. Once that maximum is reached, heavier dumbbells or additional equipment would be needed.

The introduction reflects the direction of the Strongway Gym Supplies free weight catalogue, where equipment that combines several functions in a compact footprint continues to form part of the home fitness range across the United Kingdom. The adjustable dumbbells set with stand and bench is now accessible through the company's online store.

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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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