


# Olympic Bumper Weight Plates Sets Launched From November 2026 as Latest Addition to Home Fitness Range at Strongway Gym Supplies

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Strongway Gym Supplies has launched Olympic bumper weight plate sets from November 2026, adding new weight configurations to its home fitness range. The sets are listed as pairs in 5kg, 10kg, 15kg, and 20kg options and are now accessible through the company?s online store across the United Kingdom.

Bumper plates have a rubber coating rather than bare cast iron. According to the manufacturer, the plates are coated in all-natural virgin rubber and are designed to protect both the plate and the floor beneath it, as well as to reduce noise during use. The manufacturer also states that the plates are designed to be dropped with minimal bounce. The result in any home depends on the flooring, the drop height, and the condition of the plates.

The plates follow Olympic standard sizing. Each has a solid steel inner ring with a 50-millimetre hole, which fits Olympic barbells, dumbbells, EZ curl bars, and machines built for Olympic plates. The manufacturer

describes the steel ring as allowing smooth loading and unloading. Each plate is marked with its weight, so the correct pair can be picked out when several sit together.

Specifications and available weight options for the Olympic bumper weight plates can be viewed at: https://strongway.co.uk/products/strongway-olympic-bumper-weight-plates.

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 pairs start at 5kg and rise in 5kg steps to 20kg. Lighter pairs are commonly used for technique work and warm-up sets, while heavier pairs add load for compound movements such as squats, deadlifts, and presses. Because the plates are sold as pairs, a set of weights can be built up over time by adding further pairs to those already owned. The manufacturer lists a wide range of exercises for the plates, including bench presses, squats, deadlifts, halos, and twists, across home, school, and professional training settings.

Loading the plates onto an Olympic bar follows the same sequence as with any other plate. Each plate slides onto the sleeve until it sits against the bar?s collar stop, and a collar is fitted on the outside to hold it in place. Loading the same number of plates on each side keeps the bar balanced, and the plates should be removed in the same order once the session ends.

Further Olympic weight plate options are available in the wider range at Strongway Gym Supplies, which can be viewed at: https://strongway.co.uk/collections/strongway-olympic-weight-plates.

The plates ship to mainland UK addresses, with delivery timelines and shipping costs confirmed during checkout. Weight plates are heavy items, and the total weight of an order affects how it is packaged and delivered, so the details shown at checkout are worth reviewing before an order is placed. Larger orders containing several pairs will have a higher combined weight than a single pair.

Anyone planning to lift with bumper plates at home should check the floor beneath the lifting area first. Concrete, timber, and tiled surfaces each respond differently when a loaded barbell is lowered or released, and rubber matting is often placed beneath the bar for that reason. Clear space around the barbell, and a

level surface for the lift, are further practical points to settle before training begins.

The launch reflects the direction of the Strongway Gym Supplies catalogue, where barbell training equipment continues to form part of the home fitness range across the United Kingdom. The new Olympic bumper plates are 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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