

Home Smith Machine With Cable Weights Added to Growing Strength Training Range in November 2026 at Strongway Gym Supplies

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Strongway Gym Supplies has added a home Smith machine with cable weights to its strength training range from 15th November 2026. The machine combines a Smith barbell, a dual cable pulley system, and a pull-up bar within one frame, with a 177kg weight stack included. It is accessible through the company?s online store across the United Kingdom, either as a standalone machine or as part of a package.

According to the product listing, the machine stands 209cm high and 156cm deep, and is 196cm wide including the Smith barbell, with a frame width of 118cm. The listed weight capacity is 350kg. The Smith barbell weighs 5.3kg, and the listing notes that weight plates are not included with the barbell. Two safety bars and two J-hooks are included.

The dual cable pulley system has an 88.5kg weight stack on each side, giving a total of 177kg, with a listed cable ratio of 2:1. Each stack has 16 plates, the top plate weighing 3kg and the other 15 weighing 5.7kg

each. The listing also names a pull-up bar, an adjustable dip station, a row footplate, a leg brace for seated cable rows, and a landmine attachment.

Included cable attachments are two single stirrup attachments with rubber handle grips, a seated row attachment, a triceps rope, a straight bar, a long straight bar, an ankle bracelet attachment, and a barbell row attachment. The listing states that the machine does not include a weight bench or a separate Olympic barbell with weight plates.

Specifications of the home Smith machine with cable weights can be viewed at: https://strongway.co.uk/products/strongway-multi-gym-with-weights-multifunction-home-gym-machine-1.

A 2019 study titled ?Effects of Home-Based Exercise Training Systems, Combined with Diet, on Cardiometabolic Health?, published in the International Journal of Exercise Science (DOI: 10.70252/FKBG2916) and conducted in Los Angeles, USA, by Roberts CK, Segovia DE, Lankford DE, and colleagues, found that a 12-week home-based exercise programme combined with dietary control led to significant improvements in body weight, fat mass, blood pressure, and aerobic fitness. These findings relate to home-based training generally and should not be interpreted as expected outcomes from any particular piece of equipment or as representative of results achievable without the dietary component examined in the study.

The listed dimensions are worth comparing with the room before ordering. The 209cm height and 156cm depth set the ceiling clearance and floor area required, and the listed width including the barbell is wider than the 118cm frame. A level, solid floor is needed, and a rubber mat beneath the frame is commonly used to protect the surface.

Delivery to mainland UK addresses is arranged through the online store, with shipping details confirmed at checkout.

Details of the Smith machine package options can be viewed at: https://strongway.co.uk/products/strongway-multi-gym-smith-machine-with-weights-packages-1.

The packages combine the Smith machine with an adjustable weight bench and Olympic weight plates in five sizes: 50kg, 70kg, 100kg, 120kg, and 150kg. According to the listing, the 50kg set contains four 10kg plates and two 5kg plates, and the 70kg set contains two 20kg, two 10kg, and two 5kg plates. A 7ft Olympic barbell can be included or left out, and each package can be selected with a pair of 32kg or 40kg adjustable dumbbells.

The listing describes the 7ft Olympic barbell as a 20kg bar rated to 700 pounds, or 320kg, with rotating

sleeves and a knurled grip. The adjustable bench measures 84cm by 34cm by 34cm, adjusts to incline, flat, and decline positions across six levels, and has a manufacturer-stated weight capacity of 400 pounds (approximately 181 kilograms). The 32kg adjustable dumbbells adjust from 2kg to 32kg in nine increments, and the 40kg pair from 5kg to 40kg, each with a storage tray. A storage stand is not included.

The addition places a Smith barbell, dual cable stations, and a pull-up bar in a single frame within the Strongway Gym Supplies strength range, with the home Smith machine available alone or alongside a bench, plates, and dumbbells 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

Strongway Gym Supplies, UK's top gym gear supplier for commercial, home, or studio use. Wide range includes Barbells, Dumbbells, Kettlebells and more. Products underlie strict quality control. Wholesale for commercial buyers also available.

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