

Hex Dumbbell Sets and Stand Introduced Across Six Weight Configurations in November 2026 at Strongway Gym Supplies

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Strongway Gym Supplies has introduced hex dumbbell sets with storage stands across six weight configurations from 20th November 2026. The packages pair rubber-coated cast iron hex dumbbells with a storage rack and an adjustable weight bench. They are listed through the company's online store across the United Kingdom, with dumbbell weights ranging from 5kg to 35kg.

The six configurations increase in 2.5kg steps, from a seven-pair package spanning 5kg to 20kg through to a thirteen-pair package spanning 5kg to 35kg. The three-tier storage rack included with these packages holds up to nine pairs, so the larger packages need additional storage for the remaining pairs. A second listing covers two packages with a vertical storage stand, one totalling 105kg of dumbbells and the other 165kg.

According to the manufacturer, the hexagonal heads stop the dumbbells from rolling, the handles are knurled for grip, and the rubber coating protects floors from impact damage and reduces noise. How the coating

performs depends on the flooring, the drop height, and the condition of the dumbbells.

Specifications of the hex dumbbell packages with three-tier storage rack and adjustable bench can be viewed at: https://strongway.co.uk/products/complete-hex-dumbbells-set-with-3-tier-storage-rack-adjustable-weight-bench-packages.

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.

Storage is one of the main differences between the two listings. The three-tier rack and the vertical stand use floor space differently, so the choice depends on whether width or height is the tighter constraint in the room, and the dimensions are shown on each product page. Where dumbbells are kept in upstairs rooms, the combined weight of the set and rack is also worth checking against the floor.

The adjustable bench supplied with the packages adds supported pressing at different angles to what can be done with the dumbbells alone. Pressing, rowing, curling, lateral raises, and lunges are all commonly performed with a pair of dumbbells within a compact floor area, and the bench extends that range for pressing movements.

Details of the hex dumbbell packages with storage stand and adjustable weight bench can be viewed at: https://strongway.co.uk/products/strongway-complete-hex-dumbbells-set-with-storage-stand-and-adjustable-weight-bench-1.

Two bench designs appear across the listings. The packages with the three-tier rack include a foldable adjustable bench, while the vertical stand package lists a foldable adjustable bench with preacher curl and leg workout attachments. The listing for the latter names arm, forearm, quadriceps, and hamstring work using those attachments, in addition to pressing and rowing on the bench.

Pairs in each package are graded in small increments, which allows a set of weights to cover several exercises without every dumbbell being the same weight. Lighter pairs are commonly used for smaller

muscle groups and warm-up sets, and heavier pairs for larger movements such as presses and rows, with the choice of weights depending on the individual's training.

Both packages ship to mainland UK addresses, with delivery timelines and shipping costs confirmed at checkout. Because a package combines several heavy items, the order contents and packaging are worth reviewing before ordering, and a second person can make handling the heavier items easier.

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

The introduction of the packages from 20th November 2026 reflects the direction of the Strongway Gym Supplies free weight range, where hex dumbbells, storage, and benches are offered as combined packages across the United Kingdom, alongside the company's wider range of individual dumbbells.

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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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