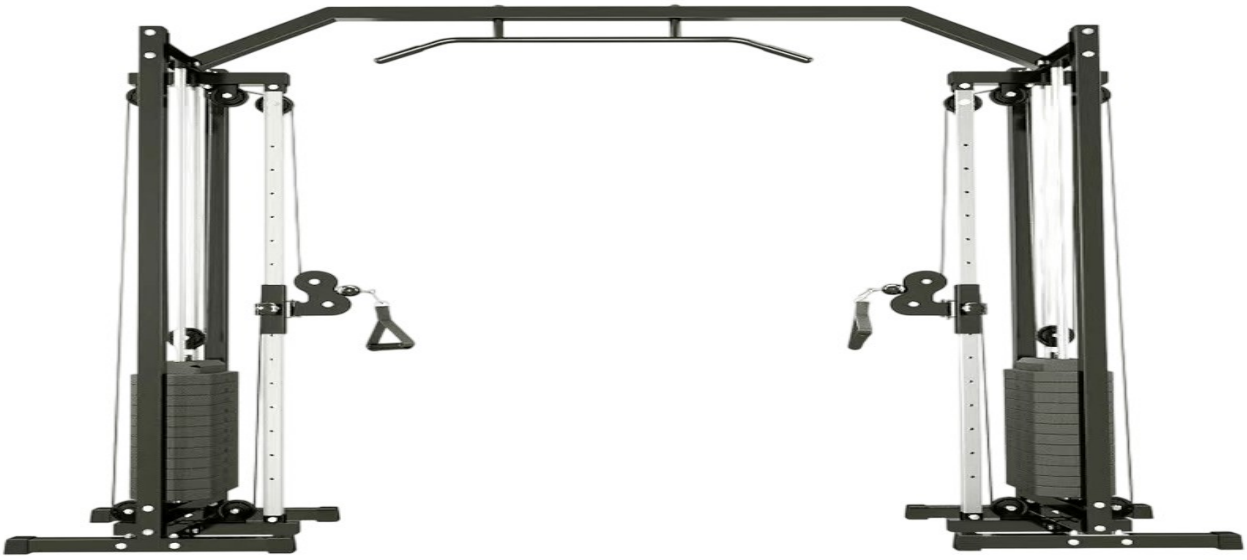

Cable Pulley Crossover Machine Launched From November 2026 With Dual Weight Stacks at Strongway Gym Supplies

November 27, 2026

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Strongway Gym Supplies has added a cable pulley crossover machine to its strength training range from 20th November 2026. The free-standing unit combines two weight stacks, adjustable pulleys, and a built-in pull-up bar within one frame. It is accessible through the company's online store across the United Kingdom, and the listing includes a 150kg weight stack.

Cable crossover machines use cables routed through pulleys on either side of a central frame, which lets each arm work separately or together. According to the product listing, the weight stack totals 150kg, with 75kg on each side, and a quick pin-selection system changes the load between exercises. The pulley positions are adjustable, which allows the cable height to be changed for exercises ranging from low-position deadlifts to high-position triceps pushdowns.

The listing gives the dimensions as 254cm wide, 63cm deep, and 223.5cm high. The machine is described as

free-standing, with no drilling required into the floor or wall, and as built from heavy-duty steel. A built-in pull-up bar supports pull-ups, chin-ups, and hanging core work, and attachments are listed as included with the machine.

The listing names bicep curls, triceps extensions, front and lateral raises, chest presses, and rows among the exercises that can be performed with the cable system. Which attachment is used, and in which pulley position, depends on the exercise.

Specifications of the cable crossover machine with weights and pull-up bar can be viewed at: https://strongway.co.uk/products/strongway-cable-crossover-machine-with-weights-and-pull-up-bar.

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 listed width of 254cm and height of 223.5cm are the figures to compare with the room. The width is greater than that of many single-station machines, and ceiling height matters because of the 223.5cm frame, particularly in older properties. A level, solid floor is needed, and a rubber mat beneath the frame is commonly used to protect the surface.

The full product range at Strongway Gym Supplies can be accessed at: https://strongway.co.uk/.

The machine sits alongside strength equipment such as dumbbells, barbells, weight plates, and benches in the Strongway Gym Supplies catalogue, and cable training is commonly used to complement free weight work. Free weights load muscles along fixed arcs, whereas cable resistance is applied along a path set by the pulley position, which is why cable stations are often added to a setup that already includes free weights.

The 150kg figure in the listing is the combined total of both stacks, with 75kg on each side. It does not describe the load available on a single cable, and the exact load for any exercise depends on the pin position selected.

Users planning pull-ups or chin-ups on the built-in bar should check the ceiling clearance against the listed

dimensions first, since the overhead space needed for these movements is greater than the frame height alone suggests.

The addition places two weight stacks, adjustable pulleys, and a pull-up bar in one free-standing frame within the Strongway Gym Supplies range, with the cable crossover machine available through the company's online store across the United Kingdom.

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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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