



**50KG / 70KG / 100KG OLYMPIC
WEIGHT PLATES + 6FT OR 7FT
OLYMPIC BARBELL +
ADJUSTABLE SQUAT AND
BARBELL RACK + ADJUSTABLE
WEIGHT BENCH**



<https://strongway.link/weight-bench-set>

Weight Bench Set with Foldable and Adjustable Weight Benches Now Available from Strongway for Every Home Gym

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Strongway Gym Supplies, known for its dedication to quality home fitness equipment in the UK, has just introduced a versatile range of weight bench sets, perfect for everyone from beginners to experienced fitness enthusiasts. This new selection includes foldable weight benches and adjustable weight benches, bringing the functionality of a commercial gym into the home environment. Designed to maximise workout efficiency while conserving space, these benches make a fantastic addition for anyone looking to build strength and improve fitness without the need for a gym membership.

A well-chosen weight bench set forms the foundation of any strength training routine, providing stability and support for a wide variety of exercises. Strongway's adjustable weight bench, complete with a squat and barbell rack, has been designed to deliver both convenience and performance. This multi-functional set allows users to perform numerous exercises, with settings that can be customised to support varying fitness

levels and workout goals. More details on this bench can be found at <https://strongway.co.uk/products/pre-order-50kg-70kg-100kg-olympic-weight-plates-7ft-olympic-barbell-adjustable-weight-bench-with-squat-and-barbell-rack-adjustable-weight-bench>.

One of the standout features of Strongway's weight bench range is its adjustability. Users can easily modify the bench angles to incline, decline, or flat positions, making it possible to focus on specific muscle groups or vary workouts according to strength levels. This flexibility supports a broad range of exercises and offers a solid base for lifts, helping users maintain proper form to get the most from each workout. With high-quality padding and a sturdy frame, each Strongway bench provides comfort and security, allowing users to focus fully on their training.

Strongway also recognises the importance of space efficiency, especially for those setting up a home gym. The foldable weight bench has been designed with this in mind, offering a compact solution that can be conveniently stored away when not in use. Despite its foldable design, this bench is crafted to provide the support required for rigorous strength training. For more information on the foldable weight bench, please visit <https://strongway.co.uk/products/strongway-adjustable-weight-bench-with-preacher-curl-and-leg-workout-foldable>. This feature means even those with limited room can still enjoy a professional-quality bench without taking up permanent space in their homes.

For users looking to achieve a versatile, full-body workout, Strongway's adjustable weight benches provide an ideal base. Some models come equipped with features for preacher curls and leg extensions, allowing for comprehensive training of the upper and lower body. These additions make it possible to target arms, chest, shoulders, back, legs, and core muscles, all with one piece of equipment. Strongway has carefully engineered these benches to meet diverse workout needs, ensuring that each design is both practical and supportive.

Strongway has prioritised high-quality materials in constructing these benches, ensuring that they're built to last and capable of supporting users through countless workouts. Each model is subjected to rigorous testing to ensure durability and stability, making these benches a valuable investment for those looking to progress in strength training. With adjustable settings, users can continually adapt their workouts, adding variety and intensity to support muscle growth and overall fitness improvements.

To see Strongway's full range of fitness equipment, including the new weight bench sets, visit <https://www.strongway.co.uk/>. Dedicated to customer satisfaction, Strongway is committed to providing well-priced, dependable equipment to support a wide array of fitness goals. Whether one is after a foldable bench for a compact space or an adjustable bench with added features for targeted exercises, Strongway Gym Supplies has options to suit every level and need.

The weight bench is an essential component for any home gym setup, offering a stable platform for various exercises and strength-building routines. Strongway's latest weight bench range reflects its commitment to bringing gym-quality equipment into the home, offering both versatility and reliability at accessible prices. With these benches, users can stay motivated and build strength effectively without the need for a commercial gym, making it easier than ever to pursue a healthier, more active lifestyle.

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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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