10kg 20kg Weight Plates and Trap Bar Hex Bar Announced by Strongway Gym Supplies UK for Home Weights Set Collection

May 30, 2025

Coventry, UK - May 30, 2025 -
Strongway Gym Supplies is helping more people across the UK take home workouts seriously by supplying solid, well-made equipment that suits a wide mix of training styles. One of the main items people look for when putting together a home gym is a reliable set of Olympic Bumper Weight Plates. Whether it?s early days in training or years of experience under the belt, having plates that can handle being dropped repeatedly is pretty important when setting up a personal training space.

These bumper plates are made to hold up. Built from hard-wearing materials, they take the shock without damaging the floor or bar, a real bonus for those setting up in a spare room or garage without proper gym mats. Each plate is the same diameter regardless of weight, so they perform consistently across lifts. That matters, especially for movements like the clean and jerk or the snatch. Since they don?t bounce much and sit tight on the bar, they offer a more stable lift from start to finish.

They're not just for seasoned lifters either. Beginners can benefit too, because the uniform size helps keep the bar at the right height even when using smaller weights. This helps when learning correct form. The plates work nicely across functional training, CrossFit, or just straightforward strength work. They?re easy to build around, letting users grow their routine as they go without needing to buy loads of extra gear. Their simple design and colour-coded finish also make it easier to identify weights quickly during fast-paced workouts.

A number of buyers have already spoken up about how well the plates perform. Andrew, who picked up a 100kg Coloured Olympic Bumper Weight Plates Set, said: ?Ordered Friday, everything arrived by the following Thursday. No issues at all ... When the plates arrived I was blown away by the look and feel. The weights are excellent quality and I look forward to using them lots. Thank you!? That sort of feedback shows

how much care has gone into the product. Full details are available here for interested readers: https://strongway.co.uk/products/strongway-olympic-bumper-weight-plates.

For those looking to mix things up or take a little strain off the lower back during heavier lifts, there?s also the Strongway Olympic 2? Trap Bar, often called a hex bar. It?s a useful equipment for anyone who wants a different approach to deadlifts, shrugs, or carries. Because it places the user in a more upright position, it helps ease pressure on the back?a solid option for anyone dealing with mobility limits or past injuries.

The side handles offer a neutral grip that?s easier on the joints, especially for people training regularly. The shape of the bar encourages cleaner form and helps cut down the risk of strain. Used alongside Strongway?s bumper plates, the trap bar opens up new possibilities to train without losing control. It?s a smart choice for anyone wanting to get stronger while keeping things manageable at home. The compact size also makes it easier to store between sessions. Interested readers can take a closer look here: https://strongway.co.uk/products/strongway-olympic-2-trap-bar-hex-bar.

For those interested in exploring more plate options, Strongway recently published a guide that compares a few other sets. It?s worth checking out for anyone planning a full home setup. The article runs through different Olympic weight plates for sale and how they fit with various training goals.

Strongway continues to focus on providing gym gear that lasts. The aim is to offer straightforward, practical tools that work well for different users, whether training occasionally or every day. With items like bumper plates and trap bars in the lineup, there?s plenty of room to train hard, train smart, and build strength without leaving the house. Combined with fast delivery and responsive customer support, the experience from purchase to training stays smooth from start to finish.

Those keen on upgrading or starting their own gym setup can find out more by following the product links listed above.

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Strongway Gym Supplies

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