

# Adjustable Weight Bench With Leg Extension and Barbells Sets Revealed by Strongway Gym Supplies UK for Home Fitness Setup

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Strongway Gym Supplies has unveiled a new line of home fitness equipment, bringing commercial-grade durability into personal workout spaces across the UK. At the centre of this latest release is the Strongway Adjustable Weight Bench with Preacher Curl and Leg Workout, built for versatility and designed to support a wide variety of strength training routines.

Constructed with a heavy-duty steel frame, this foldable bench supports up to 350kg and features multiple configurations, including incline, flat and decline backrest positions. Adjustable elements, such as the seat and preacher curl pad, allow for a more customised training setup. Meanwhile, contoured foam rollers and wear-resistant leather upholstery provide a comfortable experience throughout. The added leg extension and curl functionality make it easier to target key areas, including the chest, arms, shoulders, back, core, and legs. For more details on this versatile bench, visit: <https://strongway.co.uk/products/strongway-adjustable-weight-bench-with-preacher-curl-and-leg-workout-foldable>.

To go alongside the bench, Strongway also offers a broad range of Olympic barbells designed for different strength levels and workout styles. The selection includes 7FT Olympic Bar Barbells with a load rating of 700lbs (320kg), 6FT bars rated at 550lbs (250kg), and Olympic EZ Curl Bars rated at 330lbs (150kg). Each bar comes equipped with knurled grips and rotating sleeves for a smoother, more controlled lifting experience?ideal for exercises such as bench presses, squats, and deadlifts. The variety in lengths and bar types provides users with more flexibility to match the equipment to their training style and available space. All bars are made from quality steel with a corrosion-resistant finish, built for long-term use in home and semi-commercial settings. Whether the focus is on strength, muscle building, or endurance, these barbells provide a solid and reliable option. Explore the full range of Olympic barbells here:

<https://strongway.co.uk/collections/strongway-olympic-bars>.

Strongway has also expanded its selection of Olympic barbell weight plates to complement the bar collection. These plates are built for both durability and accuracy, featuring 50mm centre holes to fit Olympic bars snugly and securely. Precision machining ensures the plates are easy to load and remove, keeping the training flow smooth and uninterrupted. They are also suitable for use with dumbbells, curl bars, and compatible gym machines, offering flexibility for varied training styles and setups. For those interested in learning more, further information is available in the related article on Olympic barbell weight plates.

Strongway Gym Supplies continues to focus on producing reliable, long-lasting equipment that helps home users build functional and efficient workout spaces. With options like adjustable benches, Olympic barbells, and weight plates, the company aims to provide a more practical and cost-effective way to maintain fitness at home, without relying on commercial gym access.

Feedback from recent customers reflects this direction. Many have commented on the thoughtful design and stability of the products, especially when space is limited. The bench's foldable structure makes it easier to store, while the preacher curl and leg attachments offer more variety than typical home fitness benches. One customer, Andrei V., shared, "I bought a bench and I can tell you I am very happy about that. The way how they packed was in very good condition, I like the quality of the equipment, also faster delivery." Comments like this highlight the attention given to product quality, packaging, and fulfilment, adding to the overall appeal of Strongway's home gym solutions.

The level of care in the build quality is another area where Strongway stands out. High-grade materials ensure lasting performance, and the ergonomic design prioritises comfort without sacrificing safety. These features add up to a dependable range of equipment that can support both beginners and experienced lifters over the long term.

Those interested in seeing the full product range, including the adjustable weight bench and Olympic barbell collection, can follow the links above for more information and availability.

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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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