Adjustable Kettlebells and Dumbbells Set for Home Gym Setup Rolled Out for Sale by Strongway Gym Supplies UK

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Strongway Gym Supplies UK has announced the launch of its new range of adjustable kettlebells and dumbbells, now available for home fitness enthusiasts across the country. Designed to save space while offering versatile strength training options, the equipment provides a practical alternative to multiple fixed-weight pieces, making it particularly suited to smaller living spaces and home gym setups.

Starting with the 18kg adjustable kettlebell, this equipment is designed for homes that need quick transitions and tidy storage. A solid core, shielded by a durable shell, keeps the mass centred so swings track predictably and the bell sits cleanly in the rack position. The handle gives enough clearance for two-hand drills yet stays comfortable during snatches and cleans, with a texture that grips chalk lightly rather than biting the skin. Weight changes lock with a firm click; plates nest securely so there?s no rattle to distract during sets. Since it?s shaped like a regular kettlebell, one can use the same technique without having to adjust ones timing or swing. Morning circuits, short finishers, or longer conditioning routines all feel simple when one tool spans warm-up to the last set. Readers seeking full specifications and available options may visit: https://strongway.co.uk/products/strongway-18kg-adjustable-kettlebell.

For lifters who want the variety of a full rack without the clutter, the 22kg adjustable dumbbells set condenses multiple pairs into one compact solution. A dial mechanism allows quick changes between 2.5kg and 22.5kg, so resistance can be increased or decreased smoothly to suit each exercise. The design keeps pressing paths neat and rowing actions close to the body, while the balanced profile ensures comfort during short isolation drills and longer compound sessions. Each adjustment locks securely, allowing users to move confidently from lighter accessory work to heavier lifts without losing rhythm. The set is supplied with a sturdy storage tray, keeping the dumbbells organised and the training area tidy, which is especially valuable in domestic spaces. Readers wishing to review increments, dimensions, and current availability may visit:

https://strongway.co.uk/products/strongway-22kg-adjustable-dumbbells-set.

Beyond individual sets, the broader dumbbells collection brings together shapes and coatings suitable for everything from quiet living-room work to tougher garage sessions. Hex options stay put when placed on the floor, which helps when changing grips mid-circuit or when using one hex dumbbell as a brace for rows. Urethane and rubber coatings soften contact and dampen noise; markings remain visible after months of handling. Weight ranges move in sensible jumps, preventing gaps that stall progress, while storage solutions keep pairs within reach without clutter. For coaches running small groups at home, having weights with the same head shape makes it easier to show exercises and move quickly between them. A mixed setup can also help ? an adjustable set gives variety, while fixed weights cover the ones a person uses the most. Key details like evenly balanced heads, straight handles that sit comfortably in the hand, and end caps that stay tight make the equipment safe and dependable, even when one is feeling tired. To examine the full line-up, including materials, weight options, and compatible racks, readers may visit the dumbbells collection here: https://strongway.co.uk/collections/strongway-dumbbells.

The common thread across these additions is practicality. Tools feel familiar from the first set, storage is simple, and the numbers move in increments that make sense across longer training routines rather than just one session. Home spaces stay quiet and orderly, and lifters can pick up where they left off without searching for missing pairs or swapping out bulky kits. The idea is to keep training friction low so consistency takes care of the results. Lastly, readers interested in exploring the product in detail or learning about the purchase option can visit the product links provided above.

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Strongway Gym Supplies

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