10kg 20kg Weight Plates Announced for Home Fitness by Strongway Gym Supplies UK

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Strongway Gym Supplies has recently announced the addition of Olympic bumper plates and standard 1?inch plates to its home gym line, available across the UK via online ordering. The update focuses on everyday training in small spaces, with easy handling, clear weight markings and sizes suited to common home setups. The aim is to give home lifters simple plate choices that fit existing bars and storage stands without taking over a room.

The Olympic bumper plates are built for 50 mm (2-inches) Olympic barbells and general strength work at home. A tough outer with a steel centre supports repeated loading, while a consistent outer diameter helps keep the bar path steady during pulls. Weight numbers are clearly shown, so sizes can be selected quickly between sets. The range covers popular increments used for presses, deadlifts, and squats in home programmes.

The standard 1?inch plates serve older sets and compact bars that many households still use. Each plate has a centre hole sized for 1?inch spin?lock or collar?style bars. The design keeps thickness sensible so shorter bars remain practical with working loads. These plates are offered in common weights to suit day?to?day training where space and storage are limited.

Both lines are presented as straightforward options for building or rounding out a small collection. The Olympic bumpers match typical home racks and benches that accept 50 mm bars, while the 1?inch range maintains its demand for pressing and rowing movements. Clear sizing and familiar formats are intended to make loading predictable, whether training in a spare room or a garage.

?Home users want plates that fit their bars and get straight to work,? said Mandip Walia, Co?Director at Strongway. ?Clear numbers and sensible sizing keep sessions moving.? Product details and current availability for the bumper range are listed at:

https://strongway.co.uk/products/strongway-olympic-bumper-weight-plates.

The Olympic bumper plates are balanced, allowing the bar to stay steady during quicker lifts, which helps when learning pulls from the floor. The edges are shaped to slide on and off the sleeves without snagging on a rack. Big sizes share the same overall diameter, so the bar starts at the same height even when mixing pairs. The numbers and colour bands are easy to see when the plates are stored side?on in a tight space.

The 1?inch range lets users make small weight changes on shorter bars that have less room for plates. Mid?size plates are kept thinner, leaving space for collars while still reaching working weights for presses and rows. Hole sizes are shown in millimetres and match the 1?inch bar standard to make choosing easier.

?People also keep a mix of bar types from different periods,? added Randeep Walia, Co?Director at Strongway. ?Supporting both Olympic sleeves and 1?inch bars lets existing kit stay in use rather than be replaced.? Further specifications for the 1?inch weight plate range, including available sizes and ordering information, are provided at: https://strongway.co.uk/products/strongway-standard-1-inch-weight-plates.

The update indicates a practical approach to home strength training where space and simplicity matter. By covering both Olympic and standard formats, the new plates are intended to slot into existing setups without forcing a change of bar or rack. The company notes that availability will be updated on the product pages as stock builds. Many home users begin with the bar they already own and add pairs over time to reach working loads for key lifts.

Strongway serves home gym customers across the UK through direct online ordering, with product pages that list sizes, cost, features, bundles and current availability. The weight plates range is designed to work in small rooms, with items fabricated for easy handling and straightforward setup. Orders are shipped with clear timelines and customers can track their orders easily. Customer support is available online to answer questions about fit with common home bars and stands. For context on common weight selections used in home programmes, readers may view the previously published article on 10kg 20kg Weight Plates.
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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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