



## **Dumbbell Weight Set and Stand Adjustable Bench Made Available for Sale by Strongway Gym Supplies**

*January 06, 2026*

Coventry, UK - January 06, 2026 - PRESSADVANTAGE -

Strongway Gym Supplies has opened sales of dumbbell weight sets with storage stands and adjustable benches through its online platform. Both equipment types can now be purchased directly across the United Kingdom.

The dumbbell sets use cast iron construction with chrome-plated handles. Weight increments can be adjusted as users progress, which mirrors how most people build their home setups over months rather than all at once. The stands store dumbbells vertically, keeping them off the floor and out of the way. This matters more as residential fitness areas have become standard in UK homes, where space comes at a premium.

Adjustable benches in the range offer flat, incline, and decline positions. Angles change through pin-and-hole systems that don't need tools. The frames use powder-coated steel with padded surfaces that stay put during pressing and rowing movements.

Mandip Walia, Co-Director at Strongway Gym Supplies, said the focus remains on providing equipment that serves multiple functions without taking over a room. "The current range represents continued work to balance mechanical durability with practical storage considerations," he explained. "As more people establish training areas within their homes, the demand for equipment that performs reliably across different movements has become increasingly apparent. These products reflect that shift in how residential fitness spaces are being configured."

The dumbbell sets arrive with plates that can be swapped depending on the exercise. This matches buying behaviour seen across the home fitness market, where people typically start with basic equipment and add plates or accessories later. The stands separate individual dumbbells on tiers, which stops the floors from getting scratched and keeps weights within reach during circuits.

Further details about the dumbbell range can be viewed at: <https://strongway.co.uk/collections/strongway-dumbbells>.

Benches in the updated catalogue work for horizontal, angled, and inverted positions. Most adjust from flat up to around 85 degrees, which changes the muscle emphasis depending on the angle selected. Some models include leg attachment points, extending what can be done beyond upper-body work.

The specifications borrow from what's seen in commercial gyms but are scaled for home floor plans, where equipment often gets shifted or stored between sessions. Weight capacities for the benches exceed 250 kilograms, covering user bodyweight plus any load from dumbbells or other equipment during supported exercises.

Both product categories have been folded into the company's existing delivery network. Dispatch timelines run consistently across mainland UK addresses. People interested in purchasing and wishing to learn more accurately about the product delivery timeline can also contact Strongway support directly through the website.

Additional information regarding adjustable bench specifications is available at: <https://strongway.co.uk/collections/adjustable-bench>.

Randeep Walia, Co-Director at Strongway Gym Supplies, remarked that the expansion reflects customer feedback gathered over recent months. "The emphasis has consistently been on equipment that can be integrated into existing setups without requiring significant spatial reorganisation," he said. "Each product addition follows evaluation of how users are actually configuring their training environments. This is viewed as a gradual process rather than a single release, with refinements made based on observed usage patterns and mechanical performance over time."

The availability of both dumbbell sets and adjustable benches tracks broader trends within the UK fitness equipment sector. Demand for versatile, space-efficient solutions continues to shape what gets developed. The company noted that interest in equipment supporting compound and isolation movements within limited floor areas remains a defining characteristic of the residential market segment.

The full product range can be accessed at: <https://strongway.co.uk/>.

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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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