

Barbell and Weights Plates Sets for Home Fitness Newly Launched by Strongway Gym Supplies

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Strongway Gym Supplies has launched barbell and weight plate sets aimed at home fitness users across the United Kingdom. The release includes Olympic-specification bars and plates designed for residential training setups.

The Olympic bars measure seven feet in length with 50-millimetre diameter sleeves that rotate independently from the shaft. This rotation reduces wrist strain during cleans, snatches, and other dynamic movements where the bar needs to spin freely. Knurling patterns have been applied to grip zones, with centre knurling omitted on some models to prevent neck discomfort during back squats.

Weight plates in the range follow Olympic sizing standards, with centre holes machined to fit the 50-millimetre bar sleeves. Plates start at 1.25 kilograms and scale up to 25 kilograms per plate. Rubber-coated options reduce noise and floor impact, which matters in residential buildings where sound transmission between floors can be an issue. Cast iron variants cost less but need more careful handling on hard surfaces.

The bars use steel shafts rated to handle loads exceeding 450 kilograms. Tensile strength ratings vary depending on the specific model, with some bars designed for general training and others built to withstand Olympic lifting techniques that place sudden force on the bar during the catch phase. Bronze or brass bushings facilitate the sleeve rotation, though some higher-specification bars use needle bearings instead.

Mandip Walia, Co-Director at Strongway Gym Supplies, noted that barbell training has seen renewed interest among home users over the past few years. "People are setting up home gyms with equipment that used to be exclusive to commercial facilities," he said. "The challenge has been making sure the bars and plates perform properly without requiring a dedicated lifting platform or massive amounts of space. These sets work in garages, spare rooms, or any area with a solid floor and enough clearance for overhead movements."

Plate sets can be purchased individually or as bundled packages that include a mix of weights. This lets people start with lighter loads and add heavier plates as their strength increases. Tri-grip handles have been moulded into some rubber plates, making them easier to carry and load onto the bar without fumbling.

Further details about Olympic bars can be viewed at: https://strongway.co.uk/collections/strongway-olympic-bars.

Bar finishes vary between models. Chrome plating resists corrosion but shows wear marks over time. Black oxide finishes look different and feel rougher in the hands, which some users prefer for grip security. Cerakote coatings sit somewhere between the two, offering decent corrosion resistance whilst maintaining a textured surface.

Collar systems sold alongside the sets use spring clips or screw-down mechanisms to secure plates during lifts. Spring clips work faster between sets but don't lock as tightly as screw collars. The screw-down versions take longer to adjust but eliminate any chance of plates shifting mid-lift, which becomes important during heavier attempts or explosive movements.

Randeep Walia, Co-Director at Strongway Gym Supplies, remarked that the product line reflects shifts in how people approach strength training at home. "The equipment needs to be durable enough for daily use but not so specialised that it only serves one purpose," he explained. "Most home setups involve squats, deadlifts, presses, and rowing variations. The bars and plates need to handle all of that without constant maintenance or adjustment. That's been the main consideration during development."

Additional information regarding Olympic weight plates is available at: https://strongway.co.uk/collections/strongway-olympic-weight-plates.

The company has integrated the barbell and plate sets into its existing dispatch system. Orders ship to mainland UK addresses within standard timelines. Bars arrive fully assembled, whilst plate sets come packaged according to weight to prevent damage during transport.

The launch aligns with observed trends in the UK fitness equipment market, where demand for foundational strength training tools remains consistent. Barbell work continues to form the basis of many training programmes, whether for general fitness, athletic development, or strength-focused goals. The availability of Olympic-standard equipment for home use removes previous barriers related to access and cost that once limited this type of training to gym environments.

The full product range including free weights, Olympic barbells, multi-gyms, smith machines, cardio equipment, and fitness accessories can be accessed at: https://strongway.co.uk/.

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Strongway Gym Supplies

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