

Squat Power Cages Fitness Equipment Supplies Store Announces Renewed Availability for Home-Based Workouts at Strongway Gym Supplies

January 13, 2026

Coventry, UK - January 13, 2026 -
Strongway Gym Supplies has announced renewed availability of squat power cages designed for home-based workout environments. The multi-gym units combine squat racks with integrated cable pulley systems, now accessible through the company's online store for delivery across the United Kingdom.

The power cages feature four-post construction with adjustable safety bars positioned at variable heights. These safety catches sit below the user during squats, bench presses, and overhead movements, stopping the barbell if a lift cannot be completed. The height adjustments accommodate different exercises and user proportions without requiring tools for repositioning.

Cable pulley systems built into the frame operate through weight stacks or plate-loaded mechanisms, depending on the model. High and low pulley positions allow for lat pulldowns, tricep extensions, cable rows, and face pulls. The pulley routing uses industrial-grade cables rated for repeated use under load, with swivel

attachments that rotate to follow natural movement patterns during exercises.

Frame dimensions typically measure around 120 centimetres in width and 210 centimetres in height. Depth varies between models but generally sits near 140 centimetres when factoring in the footprint needed for the cable system. These measurements matter in home settings where ceiling height and floor space dictate what equipment can realistically fit.

Further details about the squat power cage can be viewed at: https://strongway.co.uk/products/strongway-multi-gym-squat-rack-power-cage-with-cable-pulley-system.

Mandip Walia, Co-Director at Strongway Gym Supplies, said the cages address a common issue faced by people training at home. "When someone's lifting alone, there's always a question of what happens if they can't complete a rep," he noted. "The safety bars remove that concern. The cable system adds variety without needing separate machines cluttering up the space. It's about condensing what would normally take up half a garage into one unit that handles most of what people actually do during their sessions."

The steel tubing used in the frame construction ranges from 50 to 75 millimetres in thickness, depending on the specific model. Powder-coated finishes protect against rust and wear, particularly relevant in garage environments where temperature fluctuations and moisture can degrade uncoated metal over time. Bolt-together assembly means the cages can be disassembled if relocation becomes necessary, though the weight of the assembled unit typically exceeds 100 kilograms.

Pull-up bars integrated into the top of the frame offer neutral, wide, and narrow grip positions. Some models include dip handles that attach to the front posts, expanding bodyweight exercise options.

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

Weight plate storage pegs extend from the rear posts on most models. These pegs keep plates organised and off the floor whilst adding stability to the overall structure through the additional mass. The storage capacity varies but typically handles enough plates to load a bar for intermediate to advanced training loads.

The cable attachment options include straight bars, rope handles, and single-grip handles that connect via carabiner clips. This modularity lets users switch between exercises quickly without needing dedicated machines for each movement pattern. The weight stacks or plate-loaded systems provide resistance that can be adjusted in small increments, matching the progressive overload approach common in structured training programmes.

Randeep Walia, Co-Director at Strongway Gym Supplies, remarked that the renewed availability follows

increased interest in self-contained training systems. "The cage essentially becomes the centre of a home gym," he explained. "Everything else works around it. Once it's set up, the training options expand significantly compared to what's possible with dumbbells or a basic bench alone."

Previous information regarding the squat cage availability remains accessible for reference.

The company's dispatch procedures cover mainland UK addresses with delivery timelines communicated during the ordering process. The announcement comes as home fitness equipment continues to hold appeal among UK consumers who prefer training flexibility over gym memberships.

###

For more information about Strongway Gym Supplies, contact the company here:Strongway Gym SuppliesMandip Walia+44-800-001-6093sales@strongway.co.ukStrongway Gym Supplies, 26 The Pavilion, Coventry CV3 1QP, United Kingdom

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.

Website: https://strongway.co.uk/

Email: sales@strongway.co.uk

Phone: +44-800-001-6093

Strongway
Gym Supplies