

Smith Machine Home Gym Sale for Fitness Exercises Launched by Strongway Gym Supplies UK

January 14, 2026

Coventry, UK - January 14, 2026 -
Strongway Gym Supplies has launched sales of Smith machine home gym units through its online platform. The equipment combines guided barbell systems with multi-station attachments, now available for purchase across the United Kingdom.

The Smith machines feature vertical or near-vertical bar paths that run along fixed steel rails. This guided movement removes the need to balance the bar during pressing, squatting, or rowing exercises. Hook mechanisms positioned at regular intervals along the rails let users secure the bar at any point during a set, which functions as a built-in safety system for solo training sessions.

Counterbalance systems lower the starting weight of the bar. Most of the time, they bring it down to 10 to 15 kilogrammes, which is less than the standard 20-kilogram Olympic bar weight. This makes the equipment easier for people who are just starting to build strength or who are recovering from injuries to use when full barbell loads might be too much at first.

Cable crossover systems, lat pulldown bars, and low row positions are all multi-station attachments that are built into the frame. These new parts increase the exercise range beyond what the Smith bar can achieve on its own. Users can do chest flies, tricep pushdowns, and cable curls without needing separate machines that take up more floor space.

Mandip Walia, Co-Director at Strongway Gym Supplies, said the Smith machine setup suits people who train alone at home. "The fixed bar path takes away some of the stability work, but it also means there's less risk if someone reaches failure on a heavy set," he noted. "The hooks are right there. Twist the wrists and the bar locks in place. That's useful when there's no spotter around and the nearest help might be in another room or out of earshot entirely."

Frame construction uses heavy-gauge steel tubing with powder-coated finishes. The base footprint typically measures around 180 centimetres in length and 140 centimetres in width, though extensions for the cable stations can push this wider. Height clearance sits near 210 centimetres, which fits under standard UK ceiling heights but might be tight in period properties or converted loft spaces.

Weight plate storage pegs extend from the frame, keeping plates accessible during training whilst adding mass that stabilises the structure. The plate-loaded design means users control resistance levels by adding or removing weight rather than adjusting pin-loaded stacks.

Further details about the multi-gym Smith machine can be viewed at: https://strongway.co.uk/products/strongway-multi-gym-with-weights-multifunction-home-gym-machine-1.

The Smith bar rotates slightly during the lift, allowing for natural wrist positioning throughout the range of motion. Linear bearings or bushings guide the bar along the rails with minimal friction. Some models angle the bar path a few degrees off vertical, which changes the biomechanics during squats and presses compared to a purely vertical track.

Bench press stations can be positioned under the Smith bar, with adjustable bench angles allowing for flat, incline, and decline pressing. The bench typically slides out of the way when not needed, freeing up space for squats or standing exercises. Leg press attachments feature on some models, operated through the cable system or via a separate lever arm mechanism.

Cable attachment points operate through pulleys routed behind the frame. Resistance comes from weight plates loaded onto the cable stack rather than pre-set weight increments. This plate-loaded approach costs less than traditional selectorised stacks but requires manual weight changes between exercises.

Additional information regarding home fitness equipment is available at: https://strongway.co.uk/collections/home-fitness.

Randeep Walia, Co-Director at Strongway Gym Supplies, remarked that the equipment reflects a shift in how people approach home training. "The Smith machine used to be something only commercial gyms had room for," he explained. "Now it's becoming standard in home setups where people want the security of guided movement but still need variety beyond just pressing and squatting. The cable stations address that without turning the whole thing into a sprawling maze of attachments."

The company's delivery network covers mainland UK addresses. The machines ship in multiple packages due to component size and weight distribution. The full product range can be accessed at: https://strongway.co.uk/.

The launch follows observed patterns in the UK home fitness market, where demand for comprehensive training systems continues among consumers setting up dedicated workout spaces. Smith machines appeal to users who want barbell training benefits with reduced injury risk, particularly those training without supervision or with limited lifting experience.

###

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