


# Multi Gym Exercise Equipment Home Fitness Sale Relaunched by Strongway Gym Supplies

*January 20, 2026*

Coventry, UK - January 20, 2026 -
Strongway Gym Supplies has relaunched sales of multi-gym exercise equipment through its online store. The units combine several training stations into a single frame, now available for home fitness users across the United Kingdom.

The multi-gym systems feature press stations, cable crossover points, lat pulldown bars, and leg extension attachments mounted on unified steel frames. This consolidated approach addresses space limitations common in residential properties where dedicating separate areas for each exercise type isn't practical. Most units occupy a footprint between three and four square metres once fully assembled, though the exact dimensions vary depending on which attachments come included.

Weight resistance operates through either plate-loaded systems or pin-selected weight stacks. Plate-loaded models require users to manually add or remove weight plates between exercises, similar to how barbells are adjusted. Pin-selected stacks let users change resistance by moving a pin up or down through pre-set weight

increments, which speeds up transitions during circuit training but adds to the initial equipment cost.

The press stations accommodate chest pressing movements with adjustable seat heights and backrest angles. Some models include separate shoulder press stations positioned at different angles to the main chest press, isolating deltoid work without repositioning the entire body. Handles attach via rotating joints that follow natural pressing arcs rather than forcing fixed paths that might strain shoulder joints.

Mandip Walia, Co-Director at Strongway Gym Supplies, said the relaunch responds to consistent interest in equipment that handles multiple training goals without sprawling across entire rooms. "Most people don't have dedicated gym spaces the size of a commercial facility," he remarked. "They've got a garage, a spare bedroom, maybe a section of the basement. The multi-gym concept works because it stacks functions vertically and keeps the floor space contained. Someone can work chest, back, legs, and arms all from the same piece of kit."

Cable systems run through the frame with high and low pulley positions. High pulleys handle lat pulldowns, tricep extensions, and cable crunches. Low pulleys work for seated rows, bicep curls, and upright rows. The cables themselves use steel construction with nylon or rubber coating, rated for thousands of repetitions before needing replacement.

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

Leg stations vary between models but typically include either leg extension attachments, leg curl mechanisms, or both. These stations use padded rollers positioned above or below the ankle, with resistance applied through the cable system or direct weight plate loading. The range of motion adjusts to accommodate different leg lengths, preventing the rollers from sitting too high on the shin or too low near the foot.

Seat and backrest adjustments use pin-and-hole systems similar to commercial gym equipment. Padding thickness ranges from two to four centimetres, depending on the model, with vinyl or synthetic leather covers that resist sweat absorption. Stitching around high-wear areas like seat edges gets reinforced to prevent tearing during regular use.

Frame construction uses steel tubing with wall thicknesses between two and three millimetres. Powder coating protects against rust, particularly relevant in garage environments where humidity fluctuates. Bolt-together assembly means the frames can be disassembled if relocation becomes necessary, though the weight of assembled units often exceeds 150 kilograms.

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 how home training has shifted over recent years. "People used to think they needed free weights for everything or nothing at all," he explained. "The multi gym bridges that gap. It's structured enough that beginners don't feel lost trying to figure out proper form, but it's versatile enough that experienced users can still get quality sessions in. That's the balance these units try to strike."

The company handles dispatch across mainland UK addresses with delivery timelines specified during checkout. The equipment ships in multiple packages due to component size. Assembly instructions walk through the process step by step, though having two people available makes handling the heavier frame sections considerably easier.

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

The relaunch comes as home fitness equipment maintains steady demand among UK consumers. Multi-gym systems appeal to users wanting structured training options without monthly gym memberships or the space requirements of separate machines for each muscle group.

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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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