



## **Adjustable Workout Weight Bench With Weights Made Available to Market by Strongway Gym Supplies**

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Strongway Gym Supplies has made adjustable workout weight benches available to the UK market through its online store. The benches feature multiple angle settings and can be paired with weight sets for home-based training.

The adjustable benches offer flat, incline, and decline positions that change the emphasis during pressing movements. Flat positions work for standard bench presses and dumbbell work. Incline angles shift focus toward upper chest and shoulder engagement. Decline settings target lower chest regions and are also used for abdominal exercises, where the body angle adds resistance.

Adjustment mechanisms use pin-and-hole systems that lock the backrest at various angles. Users pull a pin, reposition the backrest, then release the pin into the corresponding hole. This doesn't require tools and takes seconds between exercises, which matters during training sessions where multiple angles get used within the same workout.

Frame construction uses steel tubing with padded surfaces covering the backrest and seat sections. The padding provides cushioning during pressing movements whilst maintaining enough firmness to prevent sinking, which can throw off pressing mechanics. Vinyl or synthetic covers resist moisture absorption, staying relatively dry even during longer sessions.

The benches fold for storage in some models, reducing the footprint when not in use. This suits home environments where training equipment shares space with other household items. Folded benches can be stood upright against walls or slid under beds, reclaiming floor space until the next session.

Mandip Walia, Co-Director at Strongway Gym Supplies, said adjustable benches have become central to home training setups because they expand what can be done with basic equipment. "A flat bench only does so much," he remarked. "Add angles and suddenly the same pair of dumbbells hits different muscle groups. The chest work changes, shoulder exercises become possible, and even core training gets more variety. That versatility matters when space and budget limit how much equipment someone can realistically own."

Weight capacities vary between models, but generally accommodate the combined load of user bodyweight plus whatever resistance gets used during exercises. Benches designed for dumbbell work typically handle lower total weights compared to models built for barbell pressing, where heavier loads come into play more frequently.

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

Leg attachments feature on some models, adding options for leg curls and extensions. These attachments use padded rollers positioned near the ankle, with resistance provided by the user's bodyweight and the leverage created by the bench angle. The attachment points either bolt onto the bench frame or slide into receiver tubes, depending on the design.

Rubber feet sit at the base of the legs, preventing the bench from sliding during use whilst protecting floors from scratches. The feet also account for minor surface irregularities, keeping the bench stable on concrete, wood, or carpeted floors. Some models include transport wheels at one end, letting users tip and roll the bench rather than carrying it when repositioning.

The benches work with dumbbells, barbells, or resistance bands, depending on the exercise being performed. Dumbbell pressing happens directly on the bench with no additional equipment needed. Barbell work requires a separate rack or stands to hold the bar at the correct height. Resistance bands can be anchored under the bench during pressing or fly movements, providing an alternative resistance method that

doesn't require plates.

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

Randeep Walia, Co-Director at Strongway Gym Supplies, remarked that the availability reflects demand for equipment that adapts to different training approaches. "People don't always follow the same routine week after week," he explained. "They switch between heavy pressing days and lighter accessory work. The adjustable bench handles both without needing multiple pieces of equipment, taking up the garage. That adaptability is what makes these benches practical for home use rather than just being scaled-down versions of commercial gym equipment."

The company handles dispatch across mainland UK addresses with delivery timelines communicated during the ordering process. Benches arrive either fully assembled or requiring minimal setup, depending on the model.

The announcement comes as home fitness equipment continues to attract interest among UK consumers setting up residential training areas. Previous information regarding the adjustable weight bench introduction remains accessible for reference. Adjustable benches suit users who want structured pressing and core work without dedicating entire rooms to fitness equipment, addressing space constraints common in UK homes whilst maintaining training variety.

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For more information about Strongway Gym Supplies, contact the company here: Strongway Gym Supplies  
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## **Strongway Gym Supplies**

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