



## **Squat Rack Cage Bench Package Released to Market for Home Fitness by Strongway Gym Supplies**

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Strongway Gym Supplies has released a squat rack cage bench package to the UK market for home fitness use. The package combines power cage frames with adjustable benches and barbell equipment, now available through the company's online platform.

The power cage features four-post construction with adjustable safety bars and J-hooks for barbell support. Safety bars can be positioned at various heights to catch the barbell if a lift cannot be completed, addressing concerns for people training alone without spotters. The J-hooks hold the bar at appropriate starting heights for squats, presses, and other barbell movements.

Cable pulley systems built into the cage let users do lat pulldowns, cable rows, and tricep work. Depending on the exercise, the high and low pulley positions give users different angles of resistance. This gives them more options for training than just using a barbell, allowing them to work on muscle groups that don't respond well to pressing or squatting.

Adjustable benches included in the package offer flat, incline, and decline positions. The bench slides under the bar for pressing exercises, then moves out of the way when squats or standing work takes over. Angle adjustments happen through pin systems that don't require tools, making transitions quicker during sessions where multiple bench positions are used.

Further details about the power cage with cable pulley system 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 package approach simplifies setting up a functional home gym. "People used to buy pieces separately and hope everything worked together," he noted. "The cage might fit, but the bench would be too tall or too short. Packaging these items together removes that guesswork. Everything arrives designed to work as a unit rather than as separate components that might not align properly."

The barbell included follows Olympic specifications with rotating sleeves that reduce wrist strain during dynamic movements. Weight plates load onto these sleeves and get secured with collars to prevent shifting during lifts. The combination of bar and plates provides resistance needed for compound movements like squats, deadlifts, and presses.

Weight plate packages come in different total loads depending on strength level and training goals. Lighter packages suit beginners or those focused on higher-repetition work, whilst heavier sets accommodate users already comfortable with loaded barbell training. Plates can always be added later as strength increases.

Additional information regarding the complete package with Olympic plates, barbell, bench, and rack is available at:

<https://strongway.co.uk/products/pre-order-50kg-70kg-100kg-olympic-weight-plates-7ft-olympic-barbell-adjustable-weight-bench-with-squat-and-barbell-rack-adjustable-weight-bench>.

Pull-up bars built into the top of the cage frame give people more ways to work out with their own body weight. Different grip positions allow them to do a range of pulling exercises, from wide-grip pulldowns to narrow-grip chin-ups. Some users add resistance with weight belts when bodyweight becomes too easy, but this means buying extra accessories that don't come with the standard package.

Randeep Walia, Co-Director at Strongway Gym Supplies, remarked that bundled packages reflect how people actually build home gyms. "Most users need the same core items regardless of their specific goals," he explained. "A rack, a bench, a bar, and plates. That combination covers the majority of what gets done in any strength training session. Selling these together just makes practical sense rather than forcing customers

to piece everything together from separate listings."

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

The release follows observed patterns in the home fitness market where consumers prefer complete solutions over individual purchases. Squat rack packages address this by providing everything needed to begin barbell training without requiring additional research into component compatibility or sizing concerns.

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## **Strongway Gym Supplies**

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