



## Buy Home Fitness Exercise Equipment Packages Sale Announced by Strongway Gym Supplies

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Strongway Gym Supplies has announced the sale of home fitness exercise equipment packages through its online platform. The bundled packages combine multiple pieces of training equipment at set prices, now available for purchase across the United Kingdom.

The packages usually come with a mix of barbells, weight plates, benches, and storage racks that are meant to work together as full training setups. This method solves the problem of buying separate items that don't fit or work together, which is a common problem when people build their own home gyms over time by buying different things.

Package options vary in scope, with entry-level bundles covering basic equipment for users just starting out and more comprehensive sets including power cages, cable systems, and heavier weight plate selections. The pricing structure reflects the total equipment included, with larger packages costing more but offering better value per item compared to buying each piece separately.

Depending on the bundle, the weight plates in the packages are either made of cast iron or rubber-coated steel. Rubber coating cuts down on noise and damage to floors, which is important in homes where equipment sits on concrete, wood, or tile floors. Cast iron versions are cheaper, but users need to be more careful with them so that the surface doesn't get damaged when loading or stacking plates.

Barbells included follow Olympic specifications with rotating sleeves that accommodate the weight plates packaged alongside them. The rotation reduces wrist strain during dynamic movements where the bar needs to spin freely, such as cleans or snatches. Standard seven-foot bars appear in most packages, though some bundles include shorter bars suited to tighter spaces.

Mandip Walia, Co-Director at Strongway Gym Supplies, said the package approach emerged from customer feedback about the complexity of building home gyms from scratch. "People often don't know where to start or what actually works together," he noted. "A barbell might look fine on its own, but if the sleeves don't match the plates or the bench height doesn't align with the rack, it creates problems. Packaging compatible items together removes that trial and error. Home-based training can improve muscle strength, endurance, power, and balance across different age groups, which highlights why having proper equipment at home matters."

Benches in the packages offer adjustable positions ranging from flat through to incline and decline angles. The adjustment mechanisms use pin systems that lock positions without requiring tools, letting users switch angles between exercises. Some packages include benches with leg attachment points for curl and extension movements, whilst basic bundles stick to flat or minimally adjustable designs.

For more details about these deals, readers can visit: <https://strongway.co.uk/collections/ultimate-package-deals>.

Some packages come with storage solutions, like dumbbell racks or plate trees that keep weights in order between workouts. These changes are important in homes where equipment needs to be kept in one place instead of spread out over the floor. Vertical storage options take up less floor space because they stack weights up instead of out.

Power cages are included in higher-level packages. They come with safety bars and J-hooks for barbell work, as well as built-in cable systems for pulldowns and rowing. The cages combine different types of exercise into one frame, which is great for people who don't have a lot of space but still want to be able to do a lot of different types of workouts.

Delivery arrangements cover the packages across mainland UK addresses. Items ship in multiple boxes due to component size and weight distribution. Heavier packages may require additional handling, with delivery

timelines specified during the ordering process based on total weight and destination.

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 more and more people are understanding the importance of home fitness. "Remarkably, there is no significant difference in the results of home-based fitness routines compared to gym exercise routines. People end up saving costs on gym memberships, with an added benefit of designing their own exercise schedules, independent of gym timings."

The rise of home fitness has been accompanied by an increase in products from equipment suppliers, including Strongway Gym Supplies, giving consumers a range of home gym configurations at different price points.

For readers interested in exploring other equipment besides the package deals, the full product range can be accessed at: <https://strongway.co.uk/>.

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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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