



Home Gym Supplies Squat Rack Cage Package Released to Market for Exercise Lovers by Strongway Gym Supplies

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Strongway Gym Supplies has released squat rack cage packages to the market for exercise enthusiasts across the United Kingdom. The packages combine squat cage frames with safety features suited to home-based strength training, now available through the company's online platform.

The power cage design centres on four vertical posts connected by horizontal crossbeams. Adjustable safety bars mount between the posts at various heights, catching the barbell if a lift cannot be completed. This safety mechanism becomes relevant during heavy squats or bench presses performed without a training partner present to assist with failed attempts.

J-hooks secure the barbell at the proper beginning positions for various exercises by fastening to the posts at predetermined heights. Quick adjustments between squats, presses, and other barbell movements are made possible by the hooks' ability to slide up or down the posts and lock into position using pin mechanisms.

Depending on the exercise being done, pull-up bars that extend across the top of the frame provide grip positions that vary from wide to narrow.

Mandip Walia, Co-Director at Strongway Gym Supplies, said the cage addresses concerns people have about training alone at home. "Without someone there to spot, there's always the question of what happens if the weight gets too heavy midway through a set," he noted. "The safety bars remove that worry. Position them correctly and they'll catch the bar before it pins someone. That makes a genuine difference in how hard someone can train when working solo, especially on exercises like squats where bail-out options are limited."

Steel tubing forms the frame structure, with powder-coated finishes applied to resist corrosion in garage environments where humidity fluctuates. Bolt-together construction allows the cage to be disassembled if relocation becomes necessary, though the assembled weight often exceeds 100 kilograms once all components are secured together.

Weight storage pegs project from the rear posts on most models, keeping plates within reach whilst adding mass that stabilises the frame during use. The pegs typically accommodate enough plates to load a barbell for intermediate to advanced training sessions without running out of storage capacity.

The complete range of home fitness equipment, include squat racks, is available to be explored at: <https://strongway.co.uk/collections/home-fitness>.

The cages fit into garages, spare rooms, and basement areas commonly found in UK residential properties. Height clearance sits around 210 centimetres for most models, working under standard ceiling heights but potentially tight in older homes or loft conversions where ceilings run lower. Floor space requirements roughly match that of a small garden shed once the cage stands fully assembled.

The width of the frame includes the length of the Olympic barbell and the space needed to safely enter and exit during exercises. If the dimensions are too narrow, the posts get in the way of natural movement patterns. If they are too wide, they take up too much floor space. Most manufacturers try to find a balance between these factors, but the exact measurements vary from model to model.

Band pegs feature on some cages, providing anchor points at floor level for resistance bands. This allows accommodating resistance during squats and presses, where band tension increases as the bar rises through the movement. The technique has found followers among strength training practitioners, though it remains less widespread than traditional plate loading.

Full details about the squat rack power cage can be viewed at: <https://strongway.co.uk/products/strongway-multi-gym-squat-rack-power-cage>.

Randeep Walia, Co-Director at Strongway Gym Supplies, remarked that cage packages align with how people actually approach home training. "Training at home has proven effective for improving muscle strength, endurance, and power when maintained consistently," he explained. "Frequency matters more than location. Training more than three times weekly produces better outcomes, and having a cage at home eliminates the travel time and scheduling constraints that often interrupt consistency. The cage becomes the foundation. Everything else?bench, bar, plates?gets arranged around it."

Dispatch runs across mainland UK addresses with timelines confirmed during checkout. The cages arrive in multiple boxes given the size and weight of individual components. Instructions guide assembly, though managing the heavier frame sections works considerably better with two people rather than attempting solo construction.

Packages can be purchased as cage-only units or complete setups that include benches, barbells, and weight plates. Pricing reflects the total equipment included, with buyers selecting options based on what they already own versus what needs acquiring.

The release tracks with patterns observed in the UK home fitness market where demand for core strength training equipment holds steady. Power cages appeal to users seeking barbell training capabilities with built-in safety features, particularly relevant for individuals training without supervision or access to spotters during heavier lifting sessions.

Those interested in exploring the range of exercise equipment available at Strongway Gym Supplies can visit: <https://strongway.co.uk/>.

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Strongway Gym Supplies

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