



## **Best Adjustable Weights Dumbbells Set Released to the Market for Fitness Lovers by Strongway Gym Supplies**

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Strongway Gym Supplies has announced the release of a new adjustable dumbbells set, adding to its existing range of home fitness equipment. The system combines adjustable weights with a storage stand and bench, forming a compact arrangement intended for domestic training environments. The announcement reflects ongoing demand for equipment that supports structured strength routines while fitting within limited space.

The adjustable design allows users to modify weight increments according to their training needs. This approach is commonly associated with progressive resistance training, where load is gradually increased over time. By consolidating multiple weight options into a single unit, adjustable dumbbells can reduce the need for separate fixed-weight sets, making them suitable for home settings where storage capacity may be restricted.

Product specifications, configuration details, and available weight options can be reviewed at:

<https://strongway.co.uk/products/32kg-or-40kg-adjustable-dumbbells-set-pair-with-stand-and-adjustable-weight-bench>.

Utilising a storage stand next to the adjustable dumbbells helps keep the training area more organised. People often use equipment that can be stored vertically or in a specific structure at home to keep things accessible while keeping the area tidy. With the addition of an adjustable bench, users can do more exercises without needing any extra equipment. Exercise like dumbbell presses, rows, and seated lifts, can be performed with ease and stability.

Adjustable dumbbells are frequently incorporated into training programmes that involve both compound and isolation exercises. Their flexibility allows users to adapt routines according to individual strength levels, while also supporting variations in intensity across different sessions. In comparison to fixed machines, free weights are often selected for their capacity to engage stabilising muscles and accommodate a wider range of movement patterns.

A 2019 study titled "Effects of Home-Based Exercise Training Systems, Combined with Diet, on Cardiometabolic Health", published in the International Journal of Exercise Science and conducted in Los Angeles, USA, found that a 12-week home-based exercise programme combined with dietary control led to measurable improvements in body weight, fat mass, blood pressure, and aerobic fitness. Conducted by Roberts CK, Segovia DE, Lankford DE, and colleagues, the study pointed to the potential effectiveness of structured home-based training systems when combined with dietary considerations in improving key cardiometabolic markers.

The release is part of Strongway's larger catalogue updates, which still focus on equipment that can be used for exercise at home. In places where efficiency and adaptability are very important, more and more people are using products that combine multiple functions into one configuration. The system offers a unified way to do strength training in one setup by combining adjustable weights, storage, and bench support.

The extended range of Strongway dumbbells is available to be explored for those interested at: <https://strongway.co.uk/collections/strongway-dumbbells>.

Different weight ranges let users choose the configurations that work best for their training needs. Some people may want lighter weights for endurance-based workouts, while others may need heavier weights for strength-based workouts. The ability to change the resistance within a single set can help both methods and cut down on the need to buy more equipment over time.

Strongway Gym Supplies indicated that the adjustable dumbbells are constructed using materials intended to support repeated use. The stand is designed to hold the weights securely when not in use, contributing to a

more stable storage arrangement. As with comparable equipment, proper assembly and routine inspection are considered necessary to maintain safe operation within a home environment.

People are still interested in home fitness equipment, and many of them still do strength training as part of their daily routines. Equipment that allows for flexibility in choosing and scheduling exercises can help keep things going, especially when access to shared facilities is limited or changes. In this case, adjustable dumbbells are often seen as an important part of home gym setups because they can be used for many different things.

Details about the company, their broader purpose of making home fitness accessible, and its full product catalogue can be found at: <https://strongway.co.uk/>.

The introduction of the adjustable dumbbells set reflects Strongway Gym Supplies' ongoing approach to expanding its home fitness offering. By focusing on equipment that combines multiple training functions within a compact format, the company continues to address practical considerations associated with domestic exercise environments. The release highlights the relevance of adaptable strength training equipment in supporting consistent routines, particularly where space, accessibility, and flexibility remain important factors in equipment selection.

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## **Strongway Gym Supplies**

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