

# Hex Dumbbell Set for Full Body Home Workouts Announced for Fitness Lovers by Strongway Gym Supplies

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Strongway Gym Supplies has announced the availability of a complete hex dumbbell package designed for home-based strength training, adding to the company?s growing range of fitness equipment intended for domestic exercise spaces. The package combines multiple pairs of hex dumbbells with a storage rack and adjustable weight bench, creating a consolidated setup for a variety of workout routines.

The latest announcement reflects continued interest in versatile strength-training equipment that can be incorporated into spare rooms, garages, and dedicated home gym environments. Free weights remain a common feature of domestic exercise spaces because they support a wide range of movements without requiring large fixed installations. Dumbbells in particular are frequently used for exercises involving the upper body, lower body, and core, making them suitable for varied training programmes.

According to information released by the company, the package includes a selection of hex dumbbells

arranged alongside a three-tier storage rack and an adjustable bench. The inclusion of organised storage is intended to help maintain a structured workout area, while the adjustable bench expands the number of exercises that can be performed within the same setup. Together, these components form a compact training arrangement designed for home use.

Detailed breakdown of the hex dumbbell set, including details such as weight denominations, stand size and bench specifications, is available at: https://strongway.co.uk/products/complete-hex-dumbbells-set-with-3-tier-storage-rack-adjustable-weight-bench-packages.

Strength training equipment designed for domestic settings has evolved considerably in recent years. Rather than focusing solely on individual products, many home gym users now assemble exercise spaces around combinations of equipment that support different forms of resistance training. Dumbbells often form the foundation of these arrangements because they can be incorporated into numerous exercise formats and require comparatively little floor space when stored correctly.

Research examining exercise carried out outside traditional gym environments has highlighted the value of accessible workout options. A 2023 study titled ?Home-based high-intensity interval training improves cardiorespiratory fitness: a systematic review and meta-analysis?, published in BMC Sports Science, Medicine and Rehabilitation and conducted in Japan, found that home-based high-intensity interval training can significantly improve cardiorespiratory fitness. Conducted by Tsuji K, Tsuchiya Y, Ueda H, and Ochi E, the study also reported that home-based HIIT demonstrated comparable effectiveness to both laboratory-based HIIT and moderate-intensity continuous training. The findings point to the broader potential of structured exercise carried out within domestic environments using readily available fitness equipment.

Alongside complete equipment packages, Strongway Gym Supplies continues to supply a broader selection of free weights through its dumbbell collection. This collection includes products such as adjustable dumbbells, kettlebells and standard dumbbells, which can be explored at: https://strongway.co.uk/collections/strongway-dumbbells.

The company noted that dumbbells remain among the most frequently selected pieces of home fitness equipment due to their adaptability across different workout styles. Exercises involving pressing, rowing, lunging, squatting, and rotational movement can all be performed using free weights, allowing users to incorporate varied training methods within the same environment. Adjustable benches are often paired with dumbbells because they expand exercise options without substantially increasing the amount of equipment required.

Storage solutions have also become an increasingly important consideration in home gym design. As

exercise equipment accumulates over time, racks and dedicated storage systems are commonly used to keep training areas organised and reduce unnecessary floor obstruction. Three-tier racks, in particular, are frequently used with hex dumbbells because they provide straightforward access to multiple weight increments.

Strongway Gym Supplies continues to expand its product catalogue across strength-training, cardio, and fitness accessory categories. The company?s wider range includes equipment intended for domestic exercise environments where flexibility, efficient use of space, and equipment compatibility remain important considerations.

The announcement of the complete hex dumbbell package marks another addition to Strongway?s home fitness range. By bringing together free weights, storage, and bench-based training within a single package, the release provides an additional option for individuals seeking a structured strength-training setup suitable for a wide variety of home workout routines.

Further information on the hex dumbbell set is also available in a previously published article discussing developments in the home fitness category.

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