Leg Extension and Curl Machine for Home-Based Workouts Now Available at Strongway Gym Supplies

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Coventry, UK - July 21, 2026 -
Strongway Gym Supplies has announced the availability of its leg extension and curl machine for home fitness environments, adding another lower-body strength-training option to the company?s expanding equipment catalogue. The latest release reflects continued development across the retailer?s home fitness range, where dedicated resistance equipment has become an increasingly common feature of residential workout spaces.

Designed to support exercises targeting the quadriceps and hamstrings, the machine combines leg extension and leg curl functions within a single unit. This arrangement enables users to perform two commonly practised lower-body movements without requiring separate pieces of equipment, making it suitable for home gyms where efficient use of available space remains an important consideration.

The introduction of dedicated lower-body equipment follows broader changes in the way many domestic workout areas are planned. Rather than concentrating solely on upper-body exercises or general-purpose

equipment, many home gym owners now assemble more balanced training spaces that accommodate comprehensive strength programmes. Machines dedicated to specific muscle groups frequently complement free weights, benches and multifunctional systems already in place.

The specifications regarding the leg curl and extension machine, including the weight loading capacity and other feature, are available at: https://strongway.co.uk/products/strongway-leg-curl-and-extension-machine.

As home exercise spaces continue to evolve, equipment selection increasingly reflects long-term training plans rather than short-term fitness trends. Dedicated leg machines are commonly incorporated alongside squat racks, cable systems and adjustable benches, allowing users to combine compound lifts with more targeted lower-body exercises during the same workout.

Structured exercise carried out at home has also been the subject of recent academic research. 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 (HIIT) can significantly improve cardiorespiratory fitness. Conducted by Tsuji K, Tsuchiya Y, Ueda H, and Ochi E, the study also reported that home-based HIIT showed comparable effectiveness to both laboratory-based HIIT and moderate-intensity continuous training, highlighting its potential as a practical and accessible exercise approach. Although HIIT is often associated with running, cycling or bodyweight movements, resistance equipment can also be incorporated into interval-based sessions. Timed sets performed on a leg extension and curl machine, alternated with brief recovery periods or complementary exercises, provide one example of how lower-body strength work can form part of a structured HIIT routine within a home fitness setting.

Leg extension and leg curl machines offer controlled movement patterns to isolate the major muscle groups used in lower body strength training. Because the two exercises work opposing muscle groups, they are often included in balanced leg workouts along with squats, lunges and other compound movements. They can help to increase exercise variety, whilst helping more structured programming across the training week.

Strongway Gym Supplies stated that the latest addition complements a wider catalogue covering strength equipment, cardio machines, free weights, storage products and home gym accessories. The company continues to update inventory across multiple product categories intended to support varied residential workout environments and different styles of exercise.

The extended range of Strongway?s fitness equipment, such as dumbbells, barbells, multi-gyms, Smith machines and home fitness accessories, can be found at: https://strongway.co.uk/.

Many home gym owners develop their workout spaces gradually, introducing new equipment as training

routines become more established. A dedicated lower-body machine can expand exercise options without substantially changing the layout of an existing fitness area. This gradual approach to equipment selection has become increasingly common where available space is carefully planned and purchases are made over time.

The company noted that multifunctional home gyms are often complemented by dedicated machines focusing on specific movement patterns. Combining different types of equipment offers greater flexibility in organising weekly exercise schedules and allows users to alternate between compound and isolation exercises according to their preferred training structure.

The latest release forms part of Strongway Gym Supplies' continuing efforts to broaden its range of equipment for residential strength training. By making the combined leg extension and curl machine available online, the company continues to expand its home fitness catalogue with equipment intended to support varied lower-body workouts. The announcement reflects ongoing interest in practical training solutions that can be integrated into dedicated home gyms and adapted to a wide range of exercise programmes as individual fitness routines continue to develop.

Additional information about the leg extension machine has also been published in a previous article outlining the latest product availability.

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Strongway Gym Supplies

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