Adjustable Weights Dumbbells Set UK for Wider Home Exercise Range Now Restocked by Strongway Gym Supplies

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Coventry, UK - July 24, 2026 -
Strongway Gym Supplies has announced the restocking of its adjustable weights dumbbells set with stand and adjustable weight bench, making the equipment available once again through the company?s online catalogue. The latest stock update strengthens the retailer?s home fitness offering and adds to a growing selection of strength-training equipment intended for residential exercise spaces across the UK.

The package combines a pair of adjustable dumbbells with a storage stand and an adjustable weight bench, creating a compact strength-training setup suited to a variety of workout routines. By bringing together several complementary pieces of equipment, the package is intended to support a broad range of exercises without requiring a dedicated commercial gym environment. The announcement reflects Strongway Gym Supplies? continuing efforts to maintain availability across key home fitness categories.

Product specifications for the adjustable dumbbells, including details such as weight increment settings and

total dumbbell weight, can be found at: https://strongway.co.uk/products/32kg-or-40kg-adjustable-dumbbells-set-pair-with-stand-and-adjustable-weight-bench.

Adjustable dumbbells have become a familiar feature of many home gyms because they provide multiple resistance levels within a single pair of weights. Rather than storing numerous fixed-weight dumbbells, users can alter the selected resistance according to the exercise being performed. This arrangement helps conserve floor space while allowing a wider variety of movements to be incorporated into structured strength-training programmes.

Many residential workout spaces develop gradually, with equipment added as training routines become more established. Adjustable systems are frequently selected at an early stage because they can accommodate exercises for different muscle groups without requiring extensive equipment. Combined with an adjustable bench, the same set can support presses, rows, shoulder exercises, lunges, squats and numerous other resistance-based movements.

Research has also highlighted the effectiveness of structured exercise carried out at home. 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. Adjustable dumbbells can readily be incorporated into interval-based workouts by alternating resistance exercises with short recovery periods or bodyweight movements, allowing strength-focused sessions to complement cardiovascular training within a home environment.

In addition to full equipment packages, Strongway Gym Supplies still provides the most extensive selection of adjustable and fixed-weight dumbbells to accommodate a variety of training preferences and experience levels. The expanded range helps customers grow their home gyms or build new workout spaces based on the space available and their exercise needs.

This broader collection of dumbbells including fixed and adjustable options is available to be explored at: https://strongway.co.uk/collections/strongway-dumbbells.

The company stated that free weights remain among the most widely used forms of home exercise equipment because of their versatility across different workout formats. Adjustable dumbbell systems are commonly incorporated into programmes focused on strength, muscular endurance and general fitness, while

their compact design makes them suitable for spare rooms, garages and multipurpose living areas where space is often limited.

Strongway Gym Supplies continues to update inventory across a broad range of residential fitness equipment, including benches, barbells, squat racks, cardio machines, cable systems, storage accessories and flooring products. The wider catalogue is intended to support home workout environments of different sizes while allowing equipment to be combined according to individual training preferences.

Those curious about learning more regarding Strongway Gym Supplies and their complete home-fitness product range, such as multi-gyms, Smith machines, adjustable benches, and cardio equipment, can visit: https://strongway.co.uk/.

The latest restocking is part of the company?s ongoing commitment to availability in key strength-training categories. Strongway Gym Supplies has increased the range of equipment available to meet different home workout needs by expanding the availability of its adjustable weights dumbbells set with stand and adjustable bench. The announcement adds to the company's ongoing programme of inventory updates designed to support practical, adaptable and space-conscious home fitness environments.

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Strongway Gym Supplies

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