Hex Dumbbells Set With Rack Released for Online Sale by Strongway Gym Supplies

July 17, 2026

Coventry, UK - July 17, 2026 -
Strongway Gym Supplies has announced the release of its hex dumbbells set with rack, expanding the company?s free-weight offering for home fitness enthusiasts seeking organised strength-training equipment. The latest addition combines hex dumbbells with a dedicated storage stand, providing a practical solution for residential workout spaces where efficient organisation and accessibility remain important considerations.

The announcement forms part of ongoing updates across the company?s strength-training catalogue, which includes equipment intended for a variety of exercise environments. Free weights continue to occupy a central role in home gyms because they can support numerous resistance exercises without requiring fixed installations or extensive floor space. As domestic fitness areas become more established, organised storage has become an increasingly common feature alongside the equipment itself.

Hex dumbbells are widely used for exercises including presses, rows, lunges, squats, shoulder movements and isolation work targeting individual muscle groups. Their flat-sided design helps reduce rolling when

placed on the floor between sets, making them suitable for structured workout areas where equipment stability is valued.

Specifications such as the number of hex dumbbells included and weight listings are available at: https://strongway.co.uk/products/strongway-hex-dumbbells-pairs.

Many home gyms develop over time as additional equipment is introduced to support changing training routines. Rather than relying on a single exercise machine, domestic workout spaces frequently combine benches, racks, cardio equipment and free weights to accommodate a wider variety of movements. Dumbbells often become one of the most regularly used components because they can be incorporated into both full-body sessions and more targeted strength programmes.

Research examining home-based exercise has also highlighted its broader contribution to long-term wellbeing. A 2022 review titled ?Home-fitness and active ageing: A review?, published in the Scientific Journal of Sport and Performance and conducted at the University of Urbino ?Carlo Bo? in Urbino, Italy, found that regular home-based exercise can play a key role in maintaining physical and cognitive health in adults. Conducted by Capriotti A, Patregnani V, and Federici A, the review concluded that individuals who engage in consistent physical activity at home tend to experience a higher quality of life compared with less active individuals, highlighting the importance of accessible exercise strategies for healthy ageing. The findings contribute to ongoing research supporting structured exercise carried out within domestic environments.

However, full dumbbell sets still remain a practical option for those setting up dedicated workout areas, Strongway Gym Supplies said. The set includes an integrated storage stand that consolidates multiple weight increments. This keeps equipment organised and minimises clutter within the training space. They can also make it easier to switch between exercises, with a variety of weight options available at your fingertips during your workout.

For those interested, the hex dumbbell set with storage stand is available: https://strongway.co.uk/products/strongway-complete-hex-dumbbells-set-with-storage-stand-1.

The company continues to expand its free-weight range alongside broader home fitness equipment categories, including benches, barbells, multi gyms, storage accessories and cardio machines. These products are intended to support different forms of exercise while allowing users to develop training spaces according to individual requirements and available room dimensions.

As residential gyms keep evolving, the focus has increasingly shifted to equipment that combines versatility and practical organisation. Complete free-weight systems can help establish orderly workout areas by

combining frequently used equipment into a single storage solution. This also makes it easier to add additional equipment as training requirements change over time.

The release reflects Strongway Gym Supplies? continuing focus on expanding equipment options for residential strength training. By introducing a complete hex dumbbells set with rack, the company has added another organised free-weight solution to its growing home fitness catalogue. The latest announcement supports the ongoing development of home workout spaces where flexibility, efficient equipment storage and varied resistance training remain central considerations. Additional information relating to the hex dumbbell set has also been published through a recent article outlining the latest product availability.

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