# Adjustable Dumbbells Full Set for Sale Launched for Home Fitness Enthusiasts by Strongway Gym Supplies

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Strongway Gym Supplies has announced the launch of its updated range of adjustable dumbbells, marking the return of its full set for home fitness users. The company confirmed that the new stock is now available for online order, reflecting a standard replenishment of equipment commonly used for resistance and strength training in domestic settings. The launch follows a period during which individual weight variations were temporarily limited due to stock rotation and high demand.

The adjustable dumbbell range is designed to provide flexible weight increments within a single pair, allowing users to modify their routines without purchasing multiple fixed-weight units. These types of dumbbells are widely used in home training spaces, where compact storage and adaptability are important considerations. Buyers often combine these sets with benches, racks, or floor mats to facilitate a broad range of exercises from basic presses and curls to more advanced strength routines. The product line aims to cater to both newcomers to home fitness and those who maintain structured training programmes at home.

Available sets, including weight increments, specifications, and construction, are available at: https://strongway.co.uk/collections/strongway-dumbbells.

The company commented that the adjustable design is meant to give you the most training options while still being space-efficient. Each dumbbell has a locking mechanism that keeps the weight plates in place, making it safe to switch between exercises. Customers should read the product information to make sure it will work with their current equipment and the space they plan to use it in. Strongway Gym Supplies pointed out that these sets are part of a larger selection of dumbbells that includes traditional fixed weights and other adjustable options that are made for home use.

Alongside the standard pairs, the company has also confirmed the availability of higher-capacity models designed for users seeking increased weight ranges for advanced resistance training. These units provide a broad selection of increments, supporting a variety of strength levels and progressive routines. The updated product pages clearly display these options to help buyers identify configurations suitable for their personal training goals.

The higher-capacity adjustable dumbbell pairs can be found at: https://strongway.co.uk/collections/strongway-dumbbells/products/strongway-32kg-adjustable-dumbbells-set-pair.

Recent research reinforces the benefits of home-based exercise. 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. 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. This underscores the relevance of home strength equipment in supporting overall fitness improvements alongside cardiovascular routines.

These units come with full specifications for each incremental weight change, so users can decide if they are suitable for a variety of exercises and make sure they fit with their current home gym setup. Customers can combine their training needs into one pair of dumbbells with these sets, which cuts down on the need to buy multiple sets and offers a flexible way to progress in strength.

Strongway Gym Supplies said that these items are part of a regular update to their catalogue, which is done to keep their stock full and plan for the seasons. The company's online store is still the best place to see what's in stock and buy home fitness equipment.

Customers who want complete home fitness solutions can still buy more products, such as benches, multi-gyms, and other accessories. Strongway Gym Supplies strengthens its position as a supplier of versatile strength equipment for home use by updating and restocking its range of adjustable dumbbells. The company also maintains construction standards that are in line with commercial-grade components.

The complete Strongway product catalogue, including adjustable dumbbells and related strength equipment, is available at: https://strongway.co.uk/.

Strongway noted that regular inventory updates are scheduled to ensure continued availability of key items and to provide clear product information for customers planning home exercise setups. This announcement reflects the company?s ongoing commitment to providing accessible equipment for a range of home fitness routines.

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**Strongway Gym Supplies**

*Strongway Gym Supplies, UK's top gym gear supplier for commercial, home, or studio use. Wide range includes Barbells, Dumbbells, Kettlebells and more. Products underlie strict quality control. Wholesale for commercial buyers also available.*

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