Hex Dumbbell Set Released for Versatile Home-Based Fitness Regimens by Strongway Gym Supplies

August 31, 2026

Coventry, UK - August 31, 2026 -
Strongway Gym Supplies has announced the release of a hex dumbbell set package aimed at households looking to create a more complete space for resistance training. The package brings together free weights, a three-tier storage rack and an adjustable weight bench, providing equipment that can be arranged for a range of upper-body, lower-body and full-body exercises.

Dumbbells remain a common feature of home training areas because individual weights can be used for numerous movements without requiring many separate machines. Exercises such as presses, rows, lunges, shoulder raises and curls can be adapted according to the weight selected and the training routine being followed. An adjustable bench adds further options by allowing exercises to be performed from different positions.

The inclusion of a storage rack addresses another practical consideration in domestic exercise spaces. A set containing multiple dumbbell weights can occupy considerable floor space when left loose between sessions.

Keeping the weights organised on a designated rack can help maintain clearer access around the training area and make different weight denominations easier to identify during a workout.

Specifications of individual products included in the package, such as hex dumbbells, storage rack, and adjustable weight bench, are available at: https://strongway.co.uk/products/complete-hex-dumbbells-set-with-3-tier-storage-rack-adjustable-weight-bench-packages.

The package is intended for home gym arrangements where several pieces of equipment are required without relying on a succession of large exercise machines. Free weights can be moved and repositioned according to the exercise, while the bench can support seated, lying and incline-based movements. The resulting setup can be used for structured strength programmes as well as more general resistance sessions.

Training with dumbbells also allows exercises to be performed one side at a time where appropriate. Unilateral movements, such as single-arm rows and split squats, can be incorporated alongside exercises that involve both arms or both legs. The range of available weights allows lighter weights for smaller muscle groups and heavier weights for movements involving larger areas of the body.

The wider relevance of regular resistance exercise has also been examined in scientific research. A 2022 systematic review and meta-analysis published in the American Journal of Preventive Medicine, titled ?Resistance Training and Mortality Risk?, analysed 10 studies under PRISMA guidelines. Conducted by Prathiyankara Shailendra, Katherine L. Baldock, L. S. Katrina Li, Jason A. Bennie and Terry Boyle at the University of South Australia in Adelaide, the research found that undertaking any amount of resistance training was associated with a 15% lower risk of all-cause mortality, a 19% lower risk of cardiovascular disease mortality and a 14% lower risk of cancer mortality compared with undertaking no resistance training.

While the findings do not establish that any particular item of exercise equipment produces those outcomes, they provide broader context for the role that consistent strength training can play in long-term health. A home setup containing free weights and supporting equipment can provide a practical setting for resistance exercises, allowing routines to be organised around the available space, suitable loads and individual training requirements.

Strongway Gym Supplies said the release forms part of its wider range of equipment for people establishing or expanding home-based workout areas. The company supplies free weights alongside benches, racks, cable systems, cardio equipment and related accessories.

A home gym does not necessarily need to follow the layout of a commercial fitness centre. Available room, ceiling height, flooring and the exercises planned for the space can all influence equipment selection. In some

cases, a relatively compact arrangement of dumbbells, storage and a bench may provide sufficient scope for a varied resistance-training routine.

The extended range of dumbbells available at Strongway Gym Supplies can be viewed at: https://strongway.co.uk/collections/strongway-dumbbells.

Hex dumbbells are characterised by their multi-sided shape, which helps prevent them from rolling when placed on the floor. Depending on the weight selected and the exercise being performed, they can be incorporated into presses, rows, carries, squats, lunges and other forms of resistance training.

The adjustable bench included in the package expands the range of available exercise positions. A flat position may be used for dumbbell presses and supported rows, while raised positions can alter the angle of pressing movements. When paired with a selection of dumbbell weights, the bench can accommodate changes in exercise selection without requiring a separate station for each variation.

A three-tier rack provides a designated location for multiple dumbbells and can help keep the training area organised. Clear floor space remains relevant for exercises involving lunges, carries, and other movements that require space around the participant.

The release places several commonly used strength-training components within one package while allowing the equipment to be incorporated into garages, spare rooms and other designated exercise areas. The hex dumbbell set is now available through Strongway Gym Supplies as part of the company?s current online range for home-based resistance training.

Further information about the hex dumbbell set has also been published in an earlier article, which outlines its place within a broader home fitness setup.

###

For more information about Strongway Gym Supplies, contact the company here:Strongway Gym SuppliesMandip Walia+44-800-001-6093sales@strongway.co.ukStrongway Gym Supplies, 26 The Pavilion, Coventry CV3 1QP, United Kingdom

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.

Website: https://strongway.co.uk/

Email: sales@strongway.co.uk

Phone: +44-800-001-6093

Strongway
Gym Supplies