# Workout Weights Bench With Leg Extension Joins Growing Strength Training Catalogue at Strongway Gym Supplies

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Strongway Gym Supplies has expanded its strength-training catalogue with the addition of a workout bench with leg extensions. The bench arrives as one of the most versatile single units the company has listed to date, combining adjustable pressing angles with preacher curl and leg workout attachments within a foldable frame. It is now accessible through the company's online store across the United Kingdom.

Adjustable weight benches form the foundation of most home strength training setups. The pressing surface accommodates flat, incline, and decline positions, with angle adjustments made through pin-and-hole systems that do not require tools. Each position changes the muscle emphasis during pressing movements, with flat angles targeting the chest broadly, incline shifting load toward the upper chest and front deltoids, and decline addressing the lower chest whilst providing a stable base for abdominal exercises.

The preacher curl attachment extends the bench's function into isolation work for the biceps. The angled pad

supports the upper arm during curls, limiting shoulder and back involvement that can take over during standing curl variations. Leg extension and curl attachments target the quadriceps and hamstrings respectively through padded rollers that adjust to different leg lengths, addressing isolation work that squats and deadlifts alone do not fully replicate.

Those wishing to learn the specific features of the adjustable weight bench with preacher curl and leg workout attachments can visit: https://strongway.co.uk/products/strongway-adjustable-weight-bench-with-preacher-curl-and-leg-workout-foldable.

Mandip Walia, Co-Director at Strongway Gym Supplies, said the bench reflects demand for equipment covering multiple training functions within a compact footprint. "Most people building home gyms are working with limited space," he noted. "A bench that handles pressing, curling, and leg work removes the need for three separate pieces of equipment taking up floor space. That consolidation is what makes this kind of unit practical for residential training rather than just a scaled-down version of what you'd find in a commercial gym."

The foldable frame design reduces the footprint when not in use. Folded benches can be stored upright against walls or in corners, freeing floor space between sessions. This suits home environments where training areas share space with other household activity.

A 2022 study published in the American Journal of Preventive Medicine, titled "Resistance Training and Mortality Risk: A Systematic Review and Meta-Analysis" (DOI: 10.1016/j.amepre.2022.03.020), conducted by researchers at the University of South Australia in Adelaide, Australia ? Prathiyankara Shailendra, Katherine L. Baldock, L. S. Katrina Li, Jason A. Bennie, and Terry Boyle ? based on a meta-analysis of 10 studies conducted under PRISMA guidelines, found that undertaking any amount of resistance training reduced the risk of all-cause mortality by 15%, cardiovascular disease mortality by 19%, and cancer mortality by 14%, compared with doing no resistance training. These findings relate to resistance training generally and should not be interpreted as evidence specifically validating any particular piece of equipment as the means of achieving those outcomes.

Apart from the preacher curl and leg extension bench variation, Strongway Gym Supplies also features an extended collection of adjustable benches available at: https://strongway.co.uk/collections/adjustable-bench.

Randeep Walia, Co-Director at Strongway Gym Supplies, remarked that benches with integrated attachments suit users who want structured training without committing to multiple large machines. "The leg extension and preacher curl attachments are the parts that make the difference," he explained. "A flat bench is useful but limited. Add those attachments and suddenly the same piece of kit handles a full upper and lower body

session. That range of function is what justifies the floor space it occupies."

The bench suits users across different experience levels. Attachment-based movements such as preacher curls and leg extensions follow a more defined range of motion compared to free weight variations, which is a characteristic commonly noted in the context of structured isolation training. Experienced users can load heavier weights across all three stations, using the bench as a central piece around which other home gym equipment gets arranged.

Beyond benches, the extended range of home fitness products, including Smith machines, multi-gyms, barbells and dumbbells, can be viewed at: https://strongway.co.uk/.

Dispatch covers mainland UK addresses with delivery timelines confirmed during checkout. The addition of this bench reflects the direction of Strongway Gym Supplies' strength training catalogue, where multi-function units within compact frames continue to form a growing part of the range available for residential training environments across the United Kingdom.

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**Strongway Gym Supplies**

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