Olympic Weight Plates Sets for Sale Relaunched for Exercise Lovers by Strongway Gym Supplies

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Strongway Gym Supplies has relaunched Olympic weight plate sets through its online store, making them accessible to customers across the United Kingdom. The announcement covers a range of plate options suited to home-based barbell training across different experience levels.

Olympic weight plates have a standard size, with a centre hole of 50 millimetres that is machined to fit standard Olympic barbell sleeves. This standard sizing means plates from the series will work with different bar models and don't require a specific bar to function as long as the bar has standard Olympic sleeve dimensions. Denominations generally start at 1.25 kilograms and go up to 25 kilograms per plate, allowing users to load barbells in exact increments as training needs increase over time.

Two primary construction types appear across the range. Cast iron plates cost less and suit users focused on general barbell training where plates stay loaded on the bar rather than getting dropped repeatedly. Rubber-coated versions absorb floor impact and reduce noise when plates contact the ground, making them

more practical in residential settings where sound transmission between floors or walls affects neighbours in adjoining properties.

Rubber coating also helps users get a better grip when carrying plates or loading them onto barbell sleeves. When working fast between stations on circuit training, bare iron surfaces can slip in sweaty hands when changing exercises. The rubber texture provides enough friction to ensure a secure grip without the need for chalk or other grip aids that leave residue on the floor and equipment.

Bumper plates represent a specific category within the range, using dense rubber construction throughout rather than just as a surface coating. The full rubber composition allows these plates to be dropped from overhead during Olympic lifting movements like cleans and snatches without cracking or damaging floors. All bumper plates share a standardised diameter regardless of weight denomination, keeping the barbell at a consistent height off the ground even when lighter plates get loaded for technique practice or warm-up sets.

A 2019 study titled "Effects of Home-Based Exercise Training Systems, Combined with Diet, on Cardiometabolic Health", published in the International Journal of Exercise Science, found that a 12-week home-based exercise programme combined with dietary control led to significant improvements in body weight, fat mass, blood pressure, and aerobic fitness. Conducted by Roberts CK, Segovia DE, Lankford DE, and colleagues in Los Angeles, the study highlighted the effectiveness of structured home-based training when paired with dietary attention, contributing to broader discussion around the health outcomes achievable through residential exercise programmes.

The extended collection of Olympic weight plates, including bumper weight plates and multi-colour weight plates, can be explored at: https://strongway.co.uk/collections/strongway-olympic-weight-plates.

The colour coding on the bumper plates is in accordance with industry standards, making them easier to identify in training. Red usually signifies 25-kg plates , blue colour is used for 20-kg plates , yellow colour denotes 15-kg plates and green or black normally the lighter 10 and 5-kg denominations . This system cuts down the time taken to check plate weights when multiple pairs are sitting together and maintains a steady training flow during sessions with frequent weight changes.

Steel or brass inserts reinforce the centre holes on rubber and bumper plates, preventing deformation over time as plates get loaded and removed from barbell sleeves repeatedly. Without reinforcement, rubber around the hole gradually stretches or tears, causing loose fitting that introduces unwanted movement during lifts. The inserts maintain hole integrity across extended periods of regular use.

The entire product range of fitness equipment available at Strongway Gym Supplies, including benches, dumbbells, and Smith machines, can be accessed at: https://strongway.co.uk/.

Lastly, weight plate sets can be purchased in various total loads depending on current training needs. Lighter configurations suit beginners or users focused on higher-repetition work, whilst heavier sets accommodate those already working with substantial barbell loads across compound movements. Individual plates can be added later as strength progresses, making the initial purchase manageable without overcommitting to weight that won't get used for months.

The relaunch follows consistent demand for foundational barbell training equipment in the UK home fitness market. Weight plates remain central to most structured strength training programmes, with the combination of cast iron and rubber options addressing different training styles and residential environments across the United Kingdom. Previous information regarding weight plate sets remains accessible for reference.

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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

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