# Best Folding Treadmill for Home-Based Cardio Workouts Released for Sale by Strongway Gym Supplies

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Coventry, UK - August 12, 2026 -
Strongway Gym Supplies has announced the release of its folding treadmill for home-based cardio training, expanding the company?s selection of exercise equipment designed for residential fitness spaces. The latest availability update adds to the retailer?s growing catalogue of cardio products, reflecting continued interest in equipment that can be incorporated into everyday exercise routines without requiring permanent dedicated gym areas.

The treadmill features a folding frame, automatic incline functionality and an LCD performance display intended to monitor key workout metrics during walking and running sessions. Designed with home environments in mind, the equipment can be stored more conveniently when not in use, making it suitable for households where exercise areas share space with other daily activities.

Walking and running remain among the most accessible forms of physical activity, leading many home fitness

enthusiasts to include treadmill training within broader exercise programmes. Foldable equipment has become particularly common where available floor space is limited, allowing workout areas to be adapted according to changing household requirements while maintaining regular access to cardiovascular exercise.

Those curious about treadmill features and specifications such as auto-incline and performance monitoring can visit: https://strongway.co.uk/products/treadmill-ultimate-foldable-auto-incline-lcd-display-for-performance-monitoring.

Home workout spaces vary considerably in size and layout. Some occupy converted garages or spare bedrooms, while others are arranged within living areas that serve multiple purposes throughout the day. Equipment capable of being folded and repositioned after use offers greater flexibility in these settings, allowing fitness equipment to coexist with everyday household activities without requiring permanent installation.

The benefits of structured home exercise have also been examined in academic research. 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. Conducted by Tsuji K, Tsuchiya Y, Ueda H, and Ochi E, 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. Foldable treadmills can support interval-based walking and running sessions by allowing users to alternate periods of higher and lower intensity within structured cardiovascular workouts carried out at home.

Strongway Gym Supplies noted that treadmills continue to feature prominently within residential fitness spaces because they provide an indoor option for cardiovascular exercise throughout the year. Adjustable speed settings and incline functions allow users to vary workout intensity according to individual preferences while following established training plans or general fitness routines.

Alongside treadmills, the company maintains a broader collection of cardio equipment intended to accommodate different forms of aerobic exercise. The wider selection includes products suitable for users assembling new home gyms as well as those expanding existing workout spaces with additional cardiovascular equipment.

The extended collection of cardio equipment at Strongway Gym Supplies can be explored at: https://strongway.co.uk/collections/cardio.

The retailer continues to update stock across multiple product categories, including strength-training systems, adjustable benches, free weights, flooring, storage accessories and conditioning equipment. This broader catalogue enables home gym owners to combine cardiovascular and resistance-training equipment within a single exercise environment while adapting layouts to suit available space.

As residential workout areas become more established, equipment that balances functionality with practical storage continues to play an important role. Foldable treadmills are frequently selected because they can provide regular opportunities for walking and running exercise while remaining easier to store than permanently fixed alternatives. Their adaptable design also makes them suitable for households where rooms serve more than one purpose during the day.

The release forms part of Strongway Gym Supplies' continuing programme of catalogue expansion across home fitness equipment. By making the folding treadmill available through its online store, the company continues to broaden access to practical cardio equipment intended for residential exercise environments. The latest announcement reflects ongoing attention to adaptable fitness solutions that can support consistent home-based training while fitting comfortably into a wide variety of living spaces.

Additional information regarding the folding treadmill for home has also been published through a previous company article outlining the latest product availability.

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## Strongway Gym Supplies

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