Hex Dumbbells Set With Rack Returns to Stock Across Six Weight Configurations at Strongway Gym Supplies

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Starting from 15th September 2026, Strongway Gym Supplies has restocked its entire hex dumbbell set range with storage racks in a single restock covering six weight configurations. Packages spanning 5kg to 35kg are now accessible simultaneously through the company's online store across the United Kingdom, marking the first time the complete configuration range has been available at the same time.

Hex dumbbells take their name from the six-sided heads that prevent rolling when placed on floors between sets. This matters during floor-based exercises such as renegade rows or push-up variations where weights need to stay stationary rather than shifting position mid-movement. The flat faces also allow the dumbbells to function as push-up handles, adding height and extending range of motion compared to pressing directly on the floor.

The sets increment in 2.5kg steps throughout, covering entry-level packages spanning seven pairs from 5kg to 20kg through to larger configurations extending across thirteen pairs from 5kg to 35kg. Mid-range options

start at 12.5kg and run through to either 30kg or 35kg depending on the selected package. All packages include a three-tier storage rack measuring 88cm in length, 96cm in width, and 51cm in depth, designed to hold up to nine pairs. Packages containing more than nine pairs are supplied with the full dumbbell set, though users will need supplementary storage for pairs beyond the rack's stated capacity.

The rubber coating over cast iron construction is described by the manufacturer as protecting floors from impact damage and reducing noise during use. This is relevant in residential settings such as flats or terraced housing where sound travels easily between floors and walls to neighbouring properties. Handles feature a knurled grip surface that the manufacturer states improves stability during isolated bicep and tricep movements.

Specifications of the complete hex dumbbell set with storage rack and adjustable bench packages are available at: https://strongway.co.uk/products/complete-hex-dumbbells-set-with-3-tier-storage-rack-adjustable-weight-bench-packages.

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.

The foldable adjustable bench included in certain packages measures 84cm in length, 34cm in width, and 34cm in height, with a manufacturer-stated weight capacity of 400 pounds (approximately 181 kilograms). Six adjustment levels cover incline, flat, and decline positions, allowing exercises to be performed from different angles without requiring separate stations for each variation.

The details of the standalone complete hex dumbbell set with storage stand can be viewed at: https://strongway.co.uk/products/strongway-complete-hex-dumbbells-set-with-storage-stand.

Dumbbell training covers pressing, rowing, curling, lateral raises, and lunges within a compact floor area. The three-tier rack keeps pairs organised by weight and off the floor, relevant in training areas where space is shared with other household items.

The restock makes all six configurations simultaneously accessible for the first time. The inclusion of storage racks addresses space management in residential properties where training equipment must coexist with daily living spaces.

Weight markings are embossed on each dumbbell head, displaying kilograms in contrasting colours. This allows users to identify the correct pair quickly when multiple weights sit together on the rack, reducing time spent searching between sets. The markings are integrated into the casting rather than applied as adhesive labels that can peel away with regular use.

Previous information regarding the hex dumbbell set release remains accessible for reference. The simultaneous availability of all six configurations reflects continued demand for foundational strength training equipment in the UK home fitness market.

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Strongway Gym Supplies

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