Squat Rack Power Cages Package Announced for Comprehensive Home Fitness by Strongway Gym Supplies

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Coventry, UK - July 14, 2026 -
Strongway Gym Supplies has announced the availability of a squat rack power cage package featuring an integrated cable pulley system, extending its range of home strength-training equipment. The latest addition reflects the company's continued focus on multifunctional fitness systems intended for residential exercise spaces, where versatility and efficient use of floor area remain important considerations.

The package combines several commonly used strength-training components within a single frame. Alongside the squat rack structure, the integrated cable pulley system supports a broader range of exercises than a conventional rack alone, allowing users to incorporate both free-weight and cable-based movements into the same workout. This configuration is intended to reduce the need for multiple standalone machines while accommodating varied training routines.

Home gyms have continued to evolve as many households dedicate permanent areas to exercise. Rather

than assembling equipment without a long-term plan, many users now develop training spaces gradually, selecting products that work together and can support changing workout programmes over time. Multifunctional systems have become a familiar feature within these environments because they consolidate several forms of resistance training into a single installation.

Specifications regarding the power cage squat rack, such as weight capacity, pulley capacity and compatible plate diameter, are available at: https://strongway.co.uk/products/strongway-multi-gym-squat-rack-power-cage-with-cable-pulley-system.

Power cages are frequently used for compound barbell exercises such as squats, bench presses, overhead presses and rack pulls, while cable systems extend the range of available movements to include rows, triceps extensions, lat-focused exercises and other controlled resistance routines. Combining these elements allows different training styles to be incorporated into one setup without requiring additional equipment occupying separate areas of the room.

Research examining exercise carried out in domestic settings has also highlighted the wider role of home fitness in supporting long-term wellbeing. A 2022 review titled ?Home-fitness and active ageing: A review?, published in the Scientific Journal of Sport and Performance and conducted at the University of Urbino ?Carlo Bo? in Urbino, Italy, found that regular home-based exercise can play a key role in maintaining physical and cognitive health in adults. Conducted by Capriotti A, Patregnani V, and Federici A, the review concluded that individuals who engage in consistent physical activity at home tend to experience a higher quality of life compared with less active individuals, highlighting the importance of accessible exercise strategies for healthy ageing. The findings complement the continued development of home fitness equipment designed to support structured exercise across different stages of life and a broad range of training preferences.

The latest announcement also forms part of Strongway Gym Supplies' wider collection of complete fitness packages intended to simplify the process of assembling home gyms. Rather than sourcing individual pieces separately, package solutions combine compatible equipment into coordinated training systems designed for domestic use.

This extended range of packaged equipment, which may include benches, weight plates, dumbbells and squat cages, combined all in one, is available to be explored at: https://strongway.co.uk/collections/ultimate-package-deals.

The company stated that comprehensive training systems continue to attract interest from individuals seeking equipment capable of supporting different forms of resistance exercise within a single location. As residential workout areas become more established, equipment combining multiple functions has become an increasingly common feature of home fitness environments.

Package-based arrangements also allow training spaces to be organised more efficiently by reducing the need to integrate products from different manufacturers or incompatible equipment categories. This approach enables benches, barbells, weight plates and storage solutions to be incorporated alongside the central training system as requirements develop over time.

Strongway Gym Supplies continues to maintain inventory across a broad selection of strength and cardio equipment, including free weights, Olympic barbells, adjustable benches, multi gyms, flooring systems, storage accessories and conditioning equipment. The wider catalogue is intended to accommodate different room sizes and exercise preferences while supporting varied home fitness arrangements.

Further information about Strongway Gym Supplies and different categories of fitness equipment, such as cardio, free weights, and multi-gyms, can be found at: https://strongway.co.uk/.

The introduction of the squat rack power cage package represents another addition to the company's expanding home fitness portfolio. By continuing to supply equipment that combines multiple training functions within a single structure, Strongway Gym Supplies is broadening the range of options available for residential workout environments. The latest announcement reflects ongoing attention to practical equipment that supports structured strength training while making efficient use of space in modern home gyms.

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Strongway Gym Supplies

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