



GUNGNIR[®]
OF NORWAY

Product catalogue

Performance through innovation

At Gungnir of Norway, we are determined to deliver products that exude both simplicity and quality, so that we can give lifters the best workout experience possible. We dedicate our time and efforts to making our own bars and dumbbells using only the best materials and production methods while also adding our own touch to the design. Because we believe a product as simple as a bar can be a piece of art, and not only a tool for working out. Our products are to be used as any other workout equipment, but as you will quickly notice, they offer quite a different experience.

A premium feel with premium benefits. Apart from the fact that our bars are built to last, what makes them stand out is the unique built-in collars which we have named the "SlideLock". It is the center piece of our product line and comes in a few different variations which complement the bar and its function or speciality. The built-in collars are a patented system that secure your weights in three easy steps.



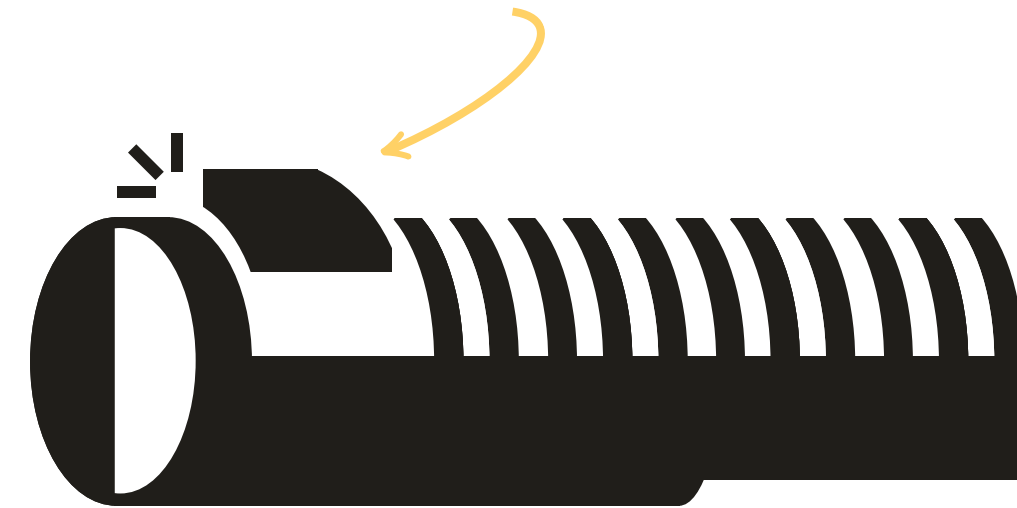
Content

The SlideLock	4
Who we are	6
Barbells	
The Allrounder 20 kg Olympic bar	8
The Allrounder 15 kg Olympic bar.....	10
The Curler.....	12
The Fiver.....	14
The Pumper.....	16
Dumbbells	
The Dumbler Olympic.....	18
The Dumbler Standard.....	20
The collar-free gym.....	22
Case study: a collar-free gym	24
Collar-free gyms are happy gyms.....	28
But how much will the SlideLock hold?	30
Why we are the sustainable choice in the industry	32
Safety meets functional design	34



The SlideLock™

Collars built into the bar. Now, you never have to look for unreliable, bendy, breaky, disappeary, external clips and collars again. Instead, we made the "SlideLock". Lift, slide, lock. Simple!



Why **you need** SlideLocks in your life

Safer. SlideLocks make for a safer gym experience, thanks to its great accessibility. Users choose to utilize the SlideLock more frequently than regular collars. Keeping the user and their surroundings safe

One less thing to worry about. You know how most of your clips and collars get bent, broken, or just go missing? Every time something happens to them, you need to replace them. Built-in collars don't go anywhere, saving you both time and money

Durable and reliable. The Slidelocks will not get lost, broken or stolen like regular collars and clips. Gym owners purchase collars for every barbell they own up to once a year during the lifetime of a barbell, which is around 7-10 years

Modern and sleek design. Award winning design made to be intuitive, functional and solid. As an added bonus, the SlideLock is extremely satisfying and fun to use

Users love it! The SlideLocks are eye-catching and generate tons of engagement on social media

Tidier. The SlideLock being built in to the bar itself means you can keep your gym tidier with no more clips and collars lying around

User-friendly. Provides you with the most efficient and user-friendly locking mechanism on the market. Lift, Slide, Lock

Seriously efficient workouts. Optimize your workout with faster supersets, dropsets and light-to-heavy exercises



A collar-free world

We started in Oslo, Norway, as an idea for a better solution to a problem well known to many who use weightlifting equipment on a regular basis. And let's be real - not all gym equipment out there is as good as it could be. So we started working on a solution in 2018, ridding gyms of clips and collars one at a time. We aim to create a collar-free world one gym at a time and our determination to make our vision a reality grows for every gym we help.

Durable and reliable

Meticulously built with precision engineering and carefully selected high grade materials, the bar and SlideLock are extremely resilient and strong. The SlideLock is made of titanium and is able to withstand tons of extreme pressure. There is a powerful neodymium magnet inside that keeps it in the bar's tracks, even during rough workouts. Making the craftsmanship behind this design trusted by athletes worldwide. The sleeves are machined by advanced state-of-the-art CNC-machines giving a high precision sleeve with a tight fit for maximum resistance against slamming and wear.

Patented solution

The unique and patented design is made and designed in Scandinavia and its purpose is to replace external collars that are unreliable, easily break and go missing. The feature that makes this design stand out is the built-in collars, the "SlideLock", that secures your plates easier, faster and safer than ever. The mechanism is machined in a way that removes material from the sleeve, while simultaneously making sure to preserve the bar's integrity. This means that the SlideLock does not compromise the bar's functionality or solidity in any way.

Award-winning design

Simple and elegant, while remaining solid and functional. The design is a careful mix between adhering to the century old Olympic barbell standards and adding an innovative element that increases the ease of use dramatically, increases safety and declutters gyms. The Allrounder Olympic barbell has been awarded with the 2021 Red Dot design award for outstanding product design, Garage Gym Reviews' very first Fitness Most Wanted award for most innovative barbell 2022, and the prestigious FIBO Innovation & Trend Award 2022. The Dumbler Olympic was awarded with the DOGA award in 2023.



DOGA MERKET



Who we are

At Gungnir of Norway, we want to give lifters the best workout experience possible. We dedicate our time and efforts to making our own bars and dumbbells using only the best materials and production methods while also adding our own touch to the design. Because we believe a product as simple as a bar can be a piece of art, and not only a tool for working out.

THE BAR THAT CHANGED EVERYTHING



Patented built-in titanium SlideLocks

Bronze bushings with lubricant pockets for lasting spin

Mild center knurl, dual knurl mark, and a refined, medium knurling

Electroless nickel coated machined sleeves



reddot winner 2021



The Allrounder

The Gungnir flagship 20 kg Allrounder Olympic bar with built-in collars. The SlideLock™ technology makes for a safer, tidier and more user-friendly weight lifting experience. Tested for performance, The Allrounder is a highly durable and solid bar suitable for all uses.

Securing your plates has never been easier. The built-in SlideLocks provide the most efficient and user-friendly locking mechanism on the market.

Keep your gym tidier without clips and collars lying around. With built-in collars, you always know where to find them.

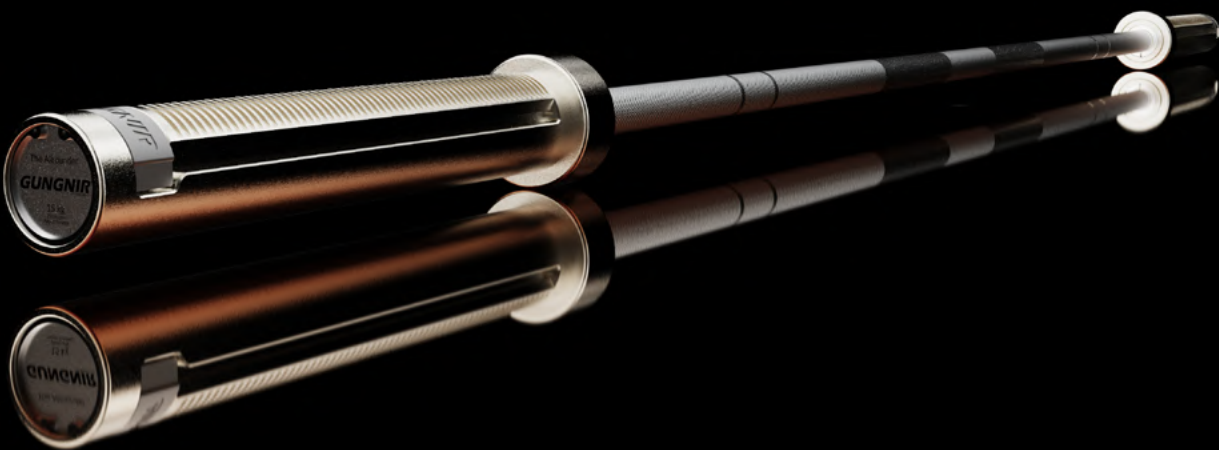
20 kg Olympic bar

No more unreliable collars. Solid, patented design built to stay in place no matter what. The SlideLock's easy access allows you to secure your plates more frequently. Keeping you and your surroundings safe.

Gear specs

Bar Use	Multipurpose
Weight	20 kg / 44 lbs
SlideLocks	Titanium
Bar length	220 cm / 86.61"
Loadable Sleeve Length	415 mm / 16.33"
Knurl	Medium
Center Knurl	Mild
Knurl Mark	Dual
Shaft Coating	Satin hard chrome
Sleeve Coating	Electroless nickel
SlideLock Coating	No coating
Bushing/Bearing	Bronze Bushing
Tensile Strength	230KPSI
Whip	Classic
Maximum load	680 kg / 1500 lbs
Shaft diameter	28 mm / 1.1"
Guarantee/Warranty	Lifetime warranty*

Shorter, lighter
and every bit as
awesome



The Allrounder 15 kg Olympic bar

All the qualities of the Allrounder 20 kg Olympic bar, only this time in a 15 kg version. Tested for performance, The Allrounder is a highly durable and solid bar suitable for all uses. With properties like built-in SlideLock™ collars, bronze bushings, electroless nickel coated sleeves and a satin hard chrome coated shaft, this bar is in the same league as its 20 kg counterpart.

The versatile knurling pattern gives a firm but comfortable grip. In combination with the mild center knurl, this makes for a highly versatile bar made for a variety of uses ranging from Olympic lifts, to high-intensity and high-rep exercises.

Gear specs

Bar Use	Multipurpose
Weight	15 kg / 33 lbs
SlideLocks	Titanium
Bar length	201 cm / 79.13"
Loadable Sleeve Length	320 mm / 12.59"
Knurl	Medium
Center Knurl	Mild
Knurl Mark	Dual
Shaft Coating	Satin hard chrome
Sleeve Coating	Electroless nickel
SlideLock Coating	No coating
Bushing/Bearing	Bronze Bushing
Tensile Strength	230KPSI
Maximum load	500 kg / 1102 lbs
Shaft diameter	25 mm / 1"
Guarantee/Warranty	Lifetime warranty*



The king of curls



The Curler Curl bar

You don't want your weights to budge while you are doing your curls – so we made a curl bar and we put built-in collars on it. With properties like bronze bushings, electroless nickel coated sleeves and a stainless-steel shaft, this curl bar is in the same league as our Allrounder Olympic bar and Dumbler Olympic dumbbells.

The cambered shaft is angled to minimize stress on your wrists and feels stable and comfortable in your hands, helping you maximize your results without injuries. Perfect for bicep curls, rows, and narrow grip exercises like tricep extensions or pullovers. And with the SlideLocks, you can be sure that you can do all these exercises with complete safety and confidence that your weights will stay in place throughout the set.

Gear specs

Bar Use	Multipurpose / Specialty
Weight	11 kg / 24.25 lbs.
SlideLocks	Titanium
length	135 cm / 53.14"
Loadable Sleeve Length	23 cm / 9.05"
Loadable Sleeve Length w/ Lock	18 cm / 7.08"
Knurl	Medium
Center Knurl	No
Rackable	No
Shaft Coating	Stainless steel
Sleeve Coating	Electroless nickel
Sleeve Diameter	50 mm / 2"
Grip Diameter	28 mm / 1.1"
Bushing	Bronze bushing
Guarantee/Warranty	Lifetime warranty



It might be short but
it gets the **job done**



The Fiver

Short bar

The Fiver short bar is a compact and versatile bar designed for a wide range of exercises. Aptly named for its five foot length, it can be thought of as a cross between an Olympic bar and a curl bar. This makes it ideal for both push and pull exercises. The short length of the bar makes it ideal for tight gym spaces, smaller gyms, grass training, group training or when you're on the move.

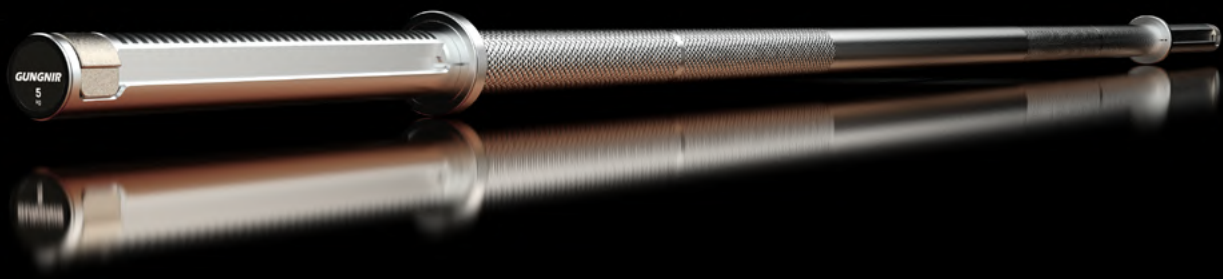
With our special electroless nickel coating and a 28mm stainless steel shaft, this bar is sure to help you get the most out of your workout. Comes with single knurl markings, no centre knurl and a medium knurl for great grip and comfort.

Gear specs

Bar Use	Multipurpose / Specialty
Weight	12 kg / 26.45 lbs.
SlideLocks	Titanium
length	153 cm / 60.23"
Loadable Sleeve Length	23 cm / 9.05"
Loadable Sleeve Length w/ Lock	18 cm / 7.08"
Knurl	Medium
Center Knurl	No
Rackable	No
Shaft Length	105 cm / 41.33"
Shaft Coating	Stainless steel
Sleeve Coating	Electroless nickel
Sleeve Diameter	50 mm / 2"
Grip Diameter	28 mm / 1.1"
Bushing	Bronze bushing



For group training
For home workouts
For pumping



The Pumper 25 mm compact bar

The Pumper is a compact bar designed to offer all the best features of the SlideLock in a smaller 25 mm version. It's compact and thin, making it perfect for tight gym spaces, smaller gyms, turf training, group training or the home gym. The bar diameter and knurling reduces hand and forearm fatigue, making it ideal for group exercise and functional training.

The Pumper can be loaded up to 100 kg and when combined with the Dumbler Standards you have a set that covers all your strength training needs, along with the combined benefits of the SlideLocks.

Gear specs

Bar type	Compact bar
Weight	5 kg / 11 lbs
SlideLocks	Stainless steel
SlideLock coating	Electroless nickel
Length	142 mm / 55.90"
Loadable Sleeve Length	20 cm / 7.87"
Knurl	Mild / Medium
Compatible weight plates	25 mm / 1"
Shaft	Stainless steel
Sleeve	Stainless steel
Sleeve rotation	No
Sleeve diameter	25 mm / 1"
Maximum load	100 kg / 220 lbs
Grip diameter	25 mm / 1"
Shaft length	100 cm / 39.37"
Guarantee/Warranty	3 years



Thor's choice for hammer curls

The Dumbler

The world's first Olympic loadable dumbbell with built-in collars. Giving you a full set of dumbbells in a single pair, combined with the safety and simplicity of the SlideLock.

Game changing safety, ease of use and durability on a loadable dumbbell. No more space-demanding dumbbell sets or unreliable and slipping clips, collars or clamps.

Olympic loadable dumbbell pair

Gear specs

Dumbbell type	Loadable
Weight	5.5 kg / 12 lbs
SlideLocks	Titanium
length	468 mm / 18.42"
Loadable Sleeve Length	108 mm / 4.25"
Knurl	Medium / Aggressive
Compatible weight plates	Olympic weight plates
Handle coating	Stainless steel
Sleeve coating	Electroless nickel deposit
Bushing/Bearing	Bronze Bushing
Sleeve diameter	50 mm / 2"
Maximum load	120kg (264 lbs)*
Grip diameter	28 mm / 1.1"
Grip length	Bronze bushing
Guarantee/Warranty	Lifetime warranty



“This will be the last adjustable dumbbell set you will ever have to buy”

- Coop, Garage Gym Reviews

DOGAMERKET

The Dumbler's little brother



The Dumbler Standard

25 mm loadable dumbbell pair

We've taken the simplicity, beautiful design and functionality of the Olympic Dumblers, and made them more compact. So, what you get is a dumbbell that can be used in a lot more environments than just the garage or basement. Their compact nature means that they are easy to take out, use and store, making them great for workouts at home in your living room or bedroom – or even to take with you on trips.

Load a single Dumbler standard with up to 50 kg, without worrying about weights falling off or collars loosening mid-set. The built-in SlideLock™ collar provides you with a safer, tidier and more user-friendly experience. The minimalistic design, combined with the ingenuity of the SlideLock inspires activity, so that you will want to work out time, and time again. Experience the feel, sound and safety that the SlideLock offers.

Gear specs

Dumbbell type	Loadable
Weight	1.5 kg / 3.3 lbs
SlideLocks	Stainless
length	400 mm / 15.74"
Loadable Sleeve Length	85 mm / 3.34"
Knurl	Medium
Compatible weight plates	25 mm / 1"
Handle	Stainless steel
Sleeve	Stainless steel
Bushing/Bearing	No bushing
Sleeve diameter	25 mm / 1"
Maximum load	50 kg / 110 lbs
Grip diameter	25 mm / 1"
Grip length	130 mm / 5.11"
Guarantee/Warranty	3 years

* Depending on the type of exercise performed the diameter of the plates used with the dumbbell may affect the practical use. For a great user experience in most exercises a plate diameter of up to 25mm / 10 Inches are recommended.





The collar-free gym

By **GUNGNIR**
OF NORWAY

And what exactly is that?

A collar-free gym is a setup in which traditional barbells and external collars are replaced with barbells with built-in collars, or "SlideLocks". A collar-free gym comes with several benefits. It creates a tidier space, and entices members to secure their weights more often by staying in place on the bar and being really fun to use.

In 2020, the creation of the SlideLock and bars with built-in collars was introduced with a hypothesis that an intuitive and secure locking mechanism would encourage more gym-goers to secure their weight plates, and as a consequence creating a safer free weight area in the gym. A case study was conducted in partnership with a gym chain to evaluate the transition to a collar-free gym and determine if members would embrace the concept despite limited educational resources. The main objective of the study was to assess the adoption and usage of the SlideLock, and the impact on the safety of the free weight area in the gym.



The Collar-Free Gym: A Case Study with Fresh Fitness

As strength training enthusiasts, we are always looking for ways to make our workouts more fun, effective, and safer. That's why we teamed up with one of the largest gym chains in Norway, Fresh Fitness, to conduct a study on the effects of switching from traditional barbells with external collars to barbells with built-in collars. The results exceeded our expectations.

Over 1000 gym members were observed in the study earlier this year, which was led by Gungnir of Norway with help from Fresh Fitness St. Hanshaugen and Jørn Stian Dahl, PT Manager at Fresh Fitness. The study found that switching to collar-free bars increased safety by 78% and boosted member satisfaction.

"We've always been committed to providing our members with the best possible workout experience. We were excited to be a part of this study. and it showed us that collar-free bars are a game-changer."

- Jørn Stian Dahl, PT Manager, Fresh Fitness.

So, how does a collar-free gym work? Instead of using traditional collars to secure weights on the bar, collar-free bars have built-in collars that lock the weights in place. This eliminates the need for external collars, which can be time-consuming to adjust and can also create safety hazards if not properly secured or not used at all. Club manager, Kasper Shibani, adds that Fresh fitness and the fitness industry constantly strive to have functional and smart solutions, and that they are impressed with the overall experience;

"Not having to look for and deal with regular spring collars leads to a better user experience for our members, and also a cleaner gym"

- Kasper Shibani, Club Manager, Fresh Fitness St.hanshaugen.

So, if you're looking for a way to make your gym safer, tidier, and more user-friendly, consider switching to a collar-free gym. And if you're interested in learning more about the study, be sure to check out the full case study here, or if you are in Oslo, visit Fresh Fitness St. hanshaugen for an in real life experience.

“

We were excited to be a part of this study and it showed us that collar-free bars are a game-changer.”

Jørn Stian Dahl
PT manager, Fresh Fitness

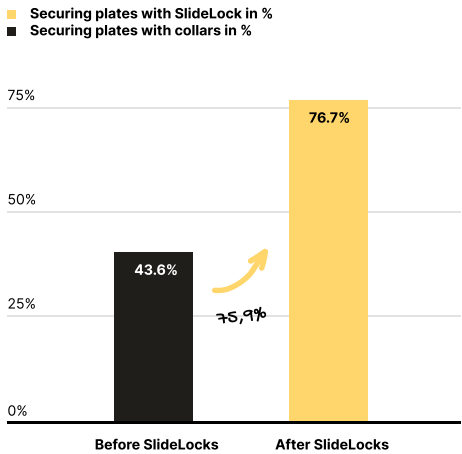
Barbell safety
up 75,9%!

Case study: A collar-free gym

A closer look at the benefits of going collar-free

Creating a safer gym

Members secure their plates more often with the SlideLock. In only two weeks, results show a significant increase of 75.9%



Methodology

The study combined both quantitative observational methods and qualitative semi-structured interviews to gather data. A total of 1043 gym members were observed while exercising and 129 members were interviewed. The gym, located in an urban area, caters to all genders between the ages of 18 and 35 and has a 1600 sqm floor area. It operates from 5 AM to 11 PM and is staffed from 4 PM to 8 PM from Monday to Thursday only, with three personal trainers, one manager, and one technician/caretaker. The gym originally had traditional barbells such as 18 20kg barbells, 1 EZ-curl bar, 2 hex bars, and spring collars. The free weight area consisted of a bench press section, a half rack area, and a functional rig, creating a suitable setup for the study. The gym also has various types of weight plates, including PU bumper plates with a metal center, rubber bumper plates with a pressed center ring, and PU plates with handles



Phase 1 (Before SlideLocks): Prior to the transition to Gungnir bars, the gym was equipped with traditional barbells. Members were observed to determine if they were securing the weight plates with spring collars or not, and a distinction was made between the bench area and the area with rigs, racks, and the EZ-curl bar. and change plates.

Phase 2 (After SlideLocks): All bars requiring spring collars were replaced with 20 new Gungnir barbells with SlideLocks: 16 Allrounder 20kg barbells, 2 Allrounder 15kg barbells, 1 Curler EZ-curl bar, and 1 prototype open trap bar. The staff was instructed not to educate members about the new barbells, and the only educational tool was an instructional sticker placed on each bar. During the two weeks following the transition, the use of the product was observed without any interference, and after the first week observing, members were interviewed to gather data about their experiences.

Results: Transition to a Collar-Free Gym

During the first phase (before the introduction of SlideLock), 43.6% of the members were observed using spring collars (results in Table 1). After replacing the bars with SlideLocks, the number of members securing their plates increased significantly. On the first day, 69.6% of the members were securing their weight plates with SlideLock, and by the second week, the number increased to 76.7%. The use of the spring collars was more prevalent in exercises other than bench press, with 51.9% of members using it in the squat racks and functional rigs, compared to 31.5% using spring collars while benching. However, after introducing SlideLock, the number of members using it while bench pressing rose to 63.4% on the first day and 68.7% in the second week, more than doubling the use.

The instructional sticker placed on every bar helped 40.9% of the members understand the mechanism, while 28.2% figured it out themselves. 15.5% of the members already knew how to use it due to prior exposure on social media, and 10.9% learned by observing other members. The new bars were well received by members and when asked what their first impressions were 49.5% mentioned ease of use and that they were more user-friendly than spring collars. They also noted that the product is faster and more efficient to use (24.5%) and that they no longer have to search around the gym for spring collars (20.1%).

Conclusion: Implications for Gym Owners

The results of the study indicate that the transition to a collar-free gym has several benefits for gym owners and members. The use of the SlideLock barbells, which replaced the previous bars equipped with traditional spring collars, increased the number of members securing their weight plates significantly, resulting in a safer workout environment. Not only can accidents or unfortunate episodes be avoided, but the feeling of being safe itself is more accessible according to the gym members in this study.

Furthermore, the data showed that the transition was easy, with the simple addition of an instructional sticker on each bar sufficient for members to understand and use the SlideLock. Members also reported a more user-friendly experience with securing weight plates, citing ease of use and efficiency as key benefits. Additionally, the elimination of the need to search for collars throughout the gym improved the overall experience for members. The results of the study suggest that transitioning to a collar-free gym environment can enhance the experiences of both gym owners and members, even in an almost unstaffed gym setting.

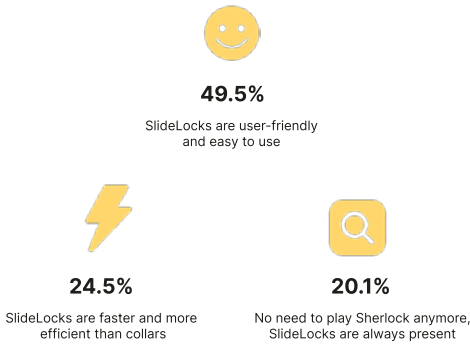
This study was conducted by Gungnir of Norway in collaboration with the Amsterdam University of Applied Sciences.

	Before transition	Day 1	First week	Second week	Increase after two weeks
Members securing when using racks, rigs (%)	51.9 %	73.8 %	76.0 %	81.1 %	56.4 %
Members securing when using bench (%)	31.5 %	63.4 %	61.9 %	68.7 %	118.1 %
Members securing total (%)	43.6 %	69.6 %	70.6 %	76.7 %	75.7 %

Table 1: Data on securing plates before and after replacing traditional bars with Gungnir bars.

Value for your members

Going collar-free improves the experience for your members, here are the top three responses





OSLOHELSESTUDIO

«Having collar-free bars in our gym has made it so much easier for everyone. It's tidier, my members love it and it's just one less thing to think about. It's been a great success and it will be applied in our other gyms as well.»

- Anethe Toth, Gym Owner at OsloHelseStudio

Collar-free gyms are happy gyms

For some gym owners, collars may seem like a small and unimportant part of the gym's equipment arsenal. Having to tidy them up or replace them regularly because they disappear, break or don't work as well as they should can be a bit of a hassle. But it is when they are entirely removed from the gym that the relief of their removal really kicks in. It is what comes with the removal that truly is valuable to both owners and members alike. We've gathered testimonies from several gym owners who have made the transition to a collar-free gym, here are a few of them.

spenst

«I've been in the business since the 80's and I've always been annoyed by clips and collars. The first thing I noticed when we took in the bars is that it helped us increase our professionalism in terms of decreased clutter and increased safety»

- Geir Arne Bjune, Gym Owner at Spenst
Lillehammer & Arena

pp+

«The product offers benefits like having fewer things lying around making a mess. It looks nice, is simple to use, and is easy to understand»

- Henrik Ljungberg, Gym Owner at PP+

But **how much** does the SlideLock hold?

Is the question that seems to be on everyone's mind, so let's explore that. Does it break? If so, when does it break? To answer that, we need to do some tests. A lot of tests. Which is what we have done and will continue on doing. For science!



Scrapyard mega load test

We hung a car at the end of the Allrounder 20 kg Olympic bar to see what happens.

The Allrounder

Our products get a fair share of scepticism from time to time, with people saying things like "That will be broken in about two heavy deadlifts" or "I wouldn't trust it for a second". And we get it, the SlideLock is small and doesn't look like it could hold a lot. But as they say; never judge a book by its cover.

As it turns out, the SlideLock holds up to 15.000 kg in vertical pressure tests in a hydraulic press. Which equalates to two elephants. Or a semi truck. Or a lot more than a car like this one!

Drop test



On top of a tower in the southern woods of Oslo

A sunny day in the beautiful woods of Oslo, and perfect flying conditions. Just what we needed for this, and the results really took us off guard. After a hard landing on a rocky surface and to our surprise, it wasn't the bar or the SlideLock that broke, but the weight plates. A quick test revealed that the lock wasn't damaged at all and worked smoothly. Good news for all our 12 meter tall friends out there!

Scan to watch the videos



Scrapyard mega load test



12m high tower drop test

Scan me

Or, you can find the full videos of both tests on YouTube or on social media. Spoiler alert: both the bar and SlideLock work fine after.

But what about realistic drops

The SlideLock and bar have been drop tested extensively in a drop-testing rig that simulates the varieties of 15.000 real life drops at heights of 1.6 m loaded with 320 kg of plates, as well as heights of 2.2 m with 90 kg. Those were some of the first test we ever did.

Why we are the **sustainable choice** in the industry



Buy once
Cry once

At Gungnir, we strive to create durable, high quality products. When we build our equipment to last, we contribute to less waste, less transport and quite simply a different mentality towards a green sustainability.

When you often hear “Buy two, get three”, we say “buy one, and get three times the lifespan”. For that reason, we make products that require little maintenance, and we encourage our customers to take care of them throughout their lifetime.

Not to mention contributing to reducing the production of unnecessary and, in our opinion, outdated collars often made of plastic. Care and respect for our surroundings and the things we use is key to minimize the impact we make on our home planet. This is the way!



Safety meets functional design

One of the main problems with loadable dumbbells is the fact that you don't get to do your favorite excersises out of fear that the weights will slip and spontaneously fall off, because of unreliable clips. This is a thing of the past with the SlideLock.

Get the confidence to do everything you want, while also being able to alternate between light and heavy weights with quick on-and-off loading. Perfect for supersets, dropsets or partner workouts.



Carefully selected materials, crafted with precision engineering



“ THESE THINGS ARE EXTREMELY WELL MADE AND INCREDIBLY FUNCTIONAL. CHANGING THE WEIGHT ON THE DUMBLER IS A SNAP. ”

- Satisfied customer



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