

**GUNGNIR**<sup>®</sup>  
OF NORWAY

2024 **Product  
catalogue**



Our vision

# Creating a collar-free world one gym at a time

Our vision is to create a collar-free world, one gym at a time. By paving our way towards becoming a world leading manufacturer of free weight equipment, our reach is expanding to all corners of the world. Everywhere, gyms and gym chains are transitioning to collar-free gyms and becoming part of a global community. And this is just the beginning. We are committed to continuously innovating and pushing the boundaries of what's possible in the world of fitness, with an increasingly diverse product portfolio.

At Gungnir of Norway, we want to give lifters, athletes and gym-goers the best workout experience possible. We dedicate our time and efforts to making our own bars 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.

Thank you for being part of the Gungnir journey. Together, let's shape a future where every lift is a masterpiece, and our shared passion for lifting heavy things unites us.

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The problem

# Clips & collars

Clips, clamps, collars are made to secure the weights on your Olympic bar. But they have many drawbacks ranging from **unfulfilled safety potential** to **bad user experiences** at the gym

 **Liability and safety concern due to irregular use**

 **Bend, break, create clutter and hard to use**

 **Disappear, get lost or stolen**

The solution

# The Slidelock™

**Lift, Slide, Lock.** Our very own award-winning and patented built-in collars. Built into the bar, now our users never have to look for unreliable, bendy, breaky, disappear, external clips and collars again



#### Safer

SlideLocks make for a safer gym experience, thanks to its great accessibility. A recent study in a commercial gym show that **safety increased by 78%**



#### Tidier

The SlideLock being built into the bar itself means that gym owners can keep their gym tidier with no more clips and collars lying around



#### User-friendly

Made to be intuitive, functional and solid. As a bonus, the SlideLock is extremely satisfying and fun to use. Lift, slide, lock. Simple!



#### Sustainable and durable

Will not get lost, broken or stolen like regular collars and clips

“The ease of use  
for this is **incredible**”

- Coop, Garage Gym Reviews

Click

# The collar-free gym

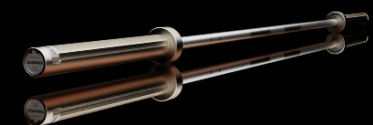
By **GUNGNIR**  
OF NORWAY

## And what is that?

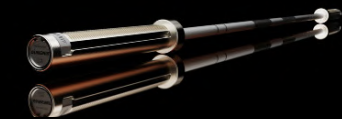
A collar-free gym is a setup in which traditional barbells and external collars are replaced with barbells with built-in collars, or "SlideLocks". A collar-free gym comes with several benefits. It creates a tidier space, and entices members to secure their weights more often by always keeping collars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

In 2018, 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.

## A collar-free gym consists of



**The Allrounder 20**  
20 kg Olympic barbell



**The Allrounder 15**  
15 kg Olympic barbell



**The Trapper**  
20 kg open trap bar



**The Curler**  
EZ curl bar



**The Fiver**  
Short bar

Gungnir  
bars only



Documented results

# Collar-free gyms are a **safety** revolution

Barbell safety  
up by 78,4%!



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.

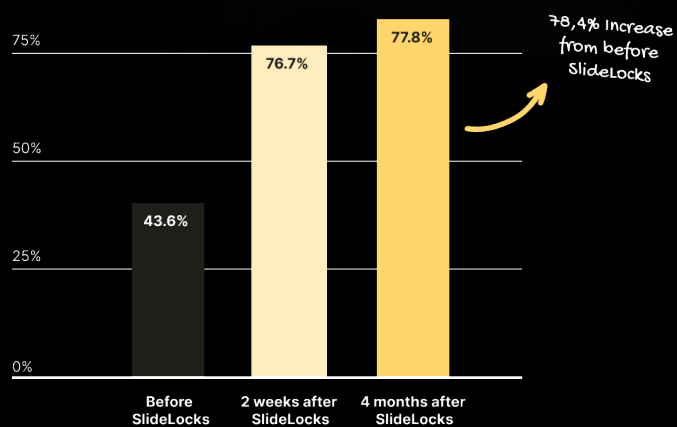
Over 1000 gym members were observed in the study in early 2023, which was led by Gungnir of Norway with help from Fresh Fitness St. Hanshaugen and Jørn Stian Dahl, PT Manager at Fresh Fitness. The study found that switching to collar-free bars increased safety by 78,4% and boosted member satisfaction.

"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.

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.



## Becoming Gungnir certified

What does it mean to be a certified Gungnir of Norway collar-free gym? A Gungnir certified collar-free gym equipped exclusively with Gungnir bars. 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.

As a certified collar-free gym, you will receive an official stainless steel Gungnir of Norway – collar-free gym sign that can be displayed in your gym to symbolize your commitment to safety, ease of use, sustainability, and tidiness for your members.

Any gym can become a certified collar-free gym. To join the ranks, the bars in the facility must be from Gungnir of Norway exclusively, with some exceptions. To start the evaluation process, contact your Gungnir representative or local distributor.



**A testament to your commitment to the security and user experience of your members**



**evo**

**"We are thrilled to introduce Gungnir's collar-free gym and Norwegian-made barbells to EVO."**

- Andreas Skjetne, Chief Marketing Officer at EVO

# Collar-free gyms all over the world

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.



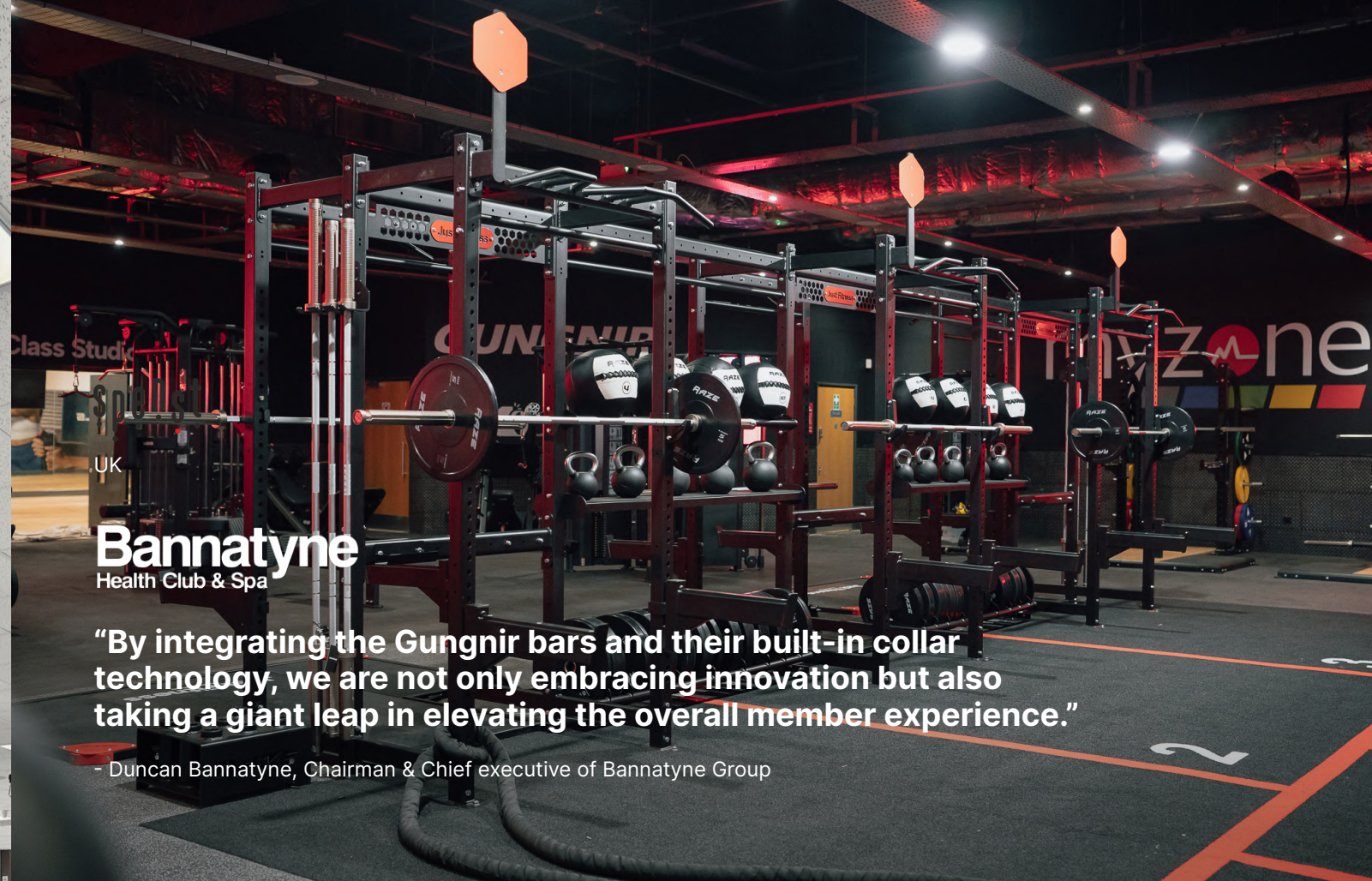
USA

USA

**snap 24/7  
fitness**

**"Our latest and greatest selling point for our new gym is our all new collar free Gungnir barbells with its patent technology. Our members are amazed at the ease of use, sleek design, as well as their sturdiness. Definitely a must for any forward thinking gym owner, and currently the best kept secret in the USA, but my guess is that it won't be for long!"**

- Darrin D. Hamblin, Owner at Snap Fitness Spring



UK

**Bannatyne**  
Health Club & Spa

**"By integrating the Gungnir bars and their built-in collar technology, we are not only embracing innovation but also taking a giant leap in elevating the overall member experience."**

- Duncan Bannatyne, Chairman & Chief executive of Bannatyne Group

Trusted clients

snap 24/7  
fitness

David Lloyd  
CLUBS

EVO

Bannatyne  
Health Club & Spa

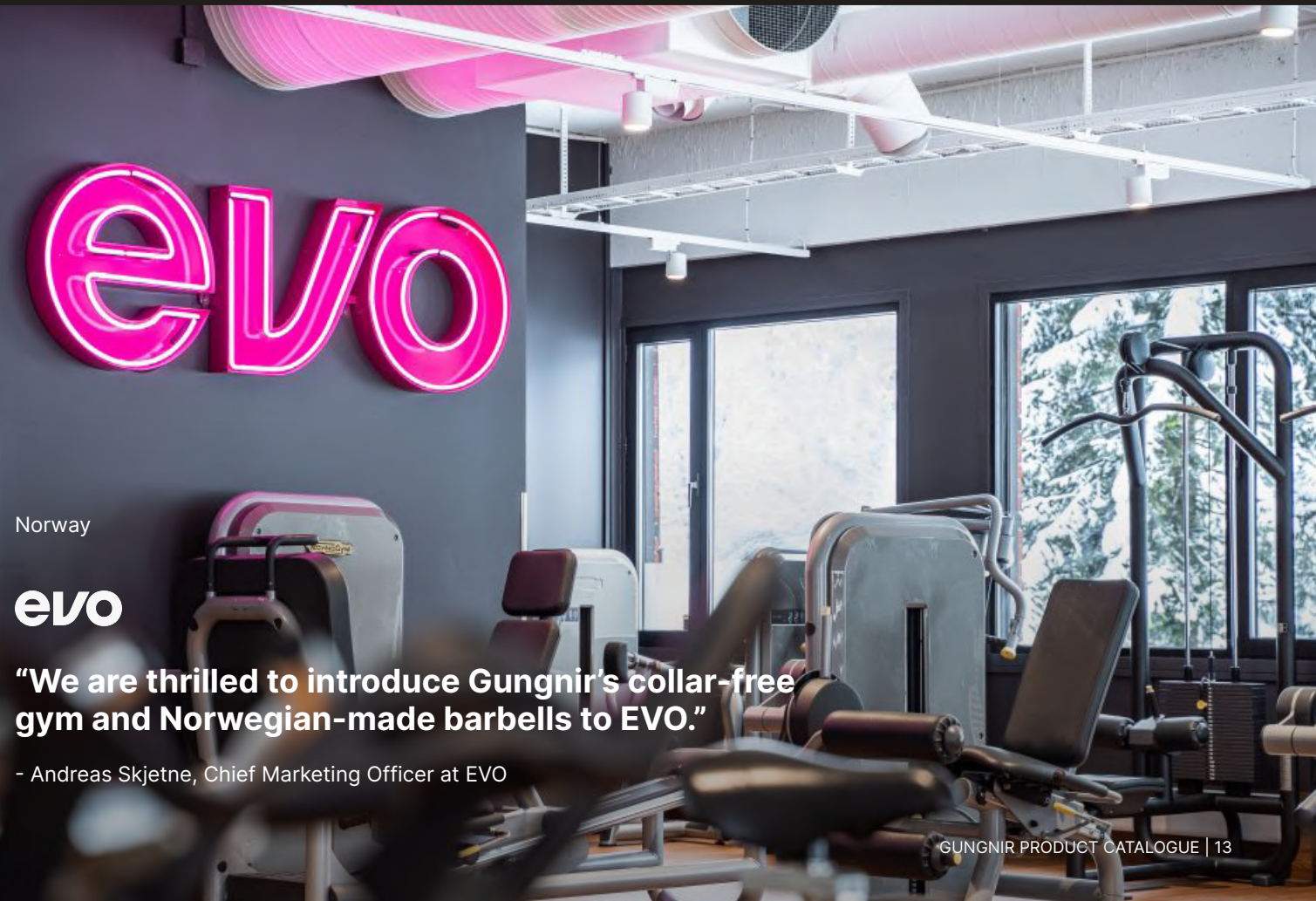
FEEL 24

THIRD  
SPACE

WELLFIT

LEEJAM

MAC+



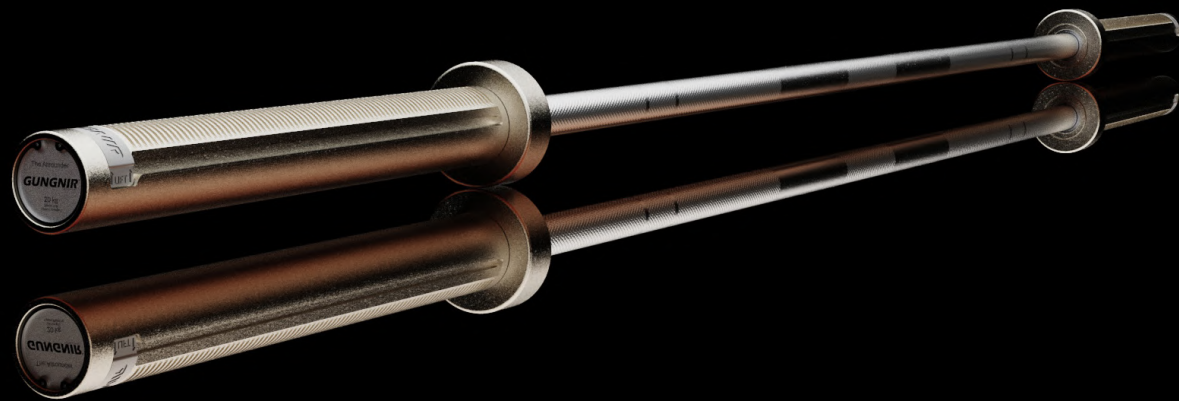
Norway

**evo**

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# The bar that changed everything



## The Allrounder 20

20 kg Olympic barbell

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. 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.

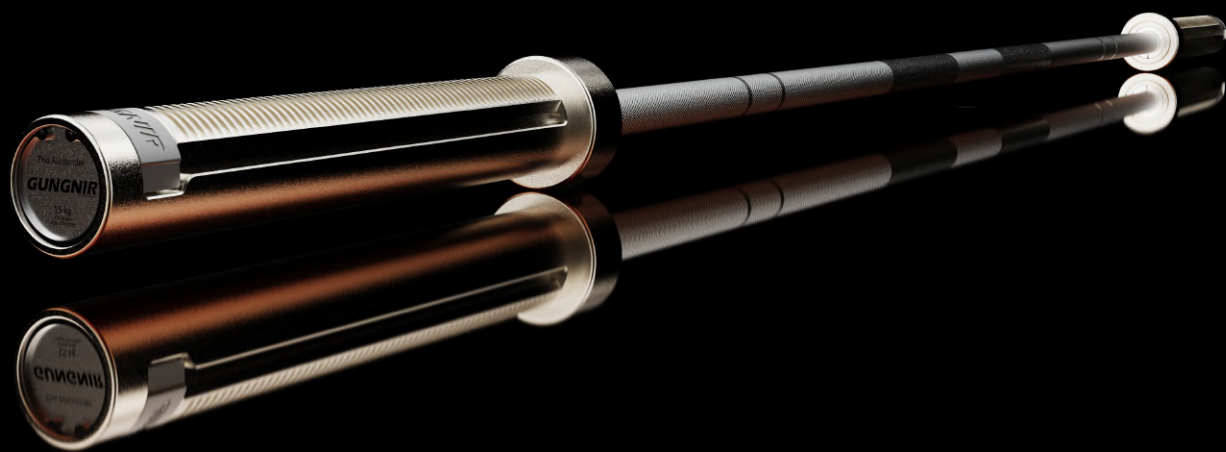
### Bar specs

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"





Shorter, lighter and just as **revolutionary**



## The Allrounder 15

15 kg Olympic barbell

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.

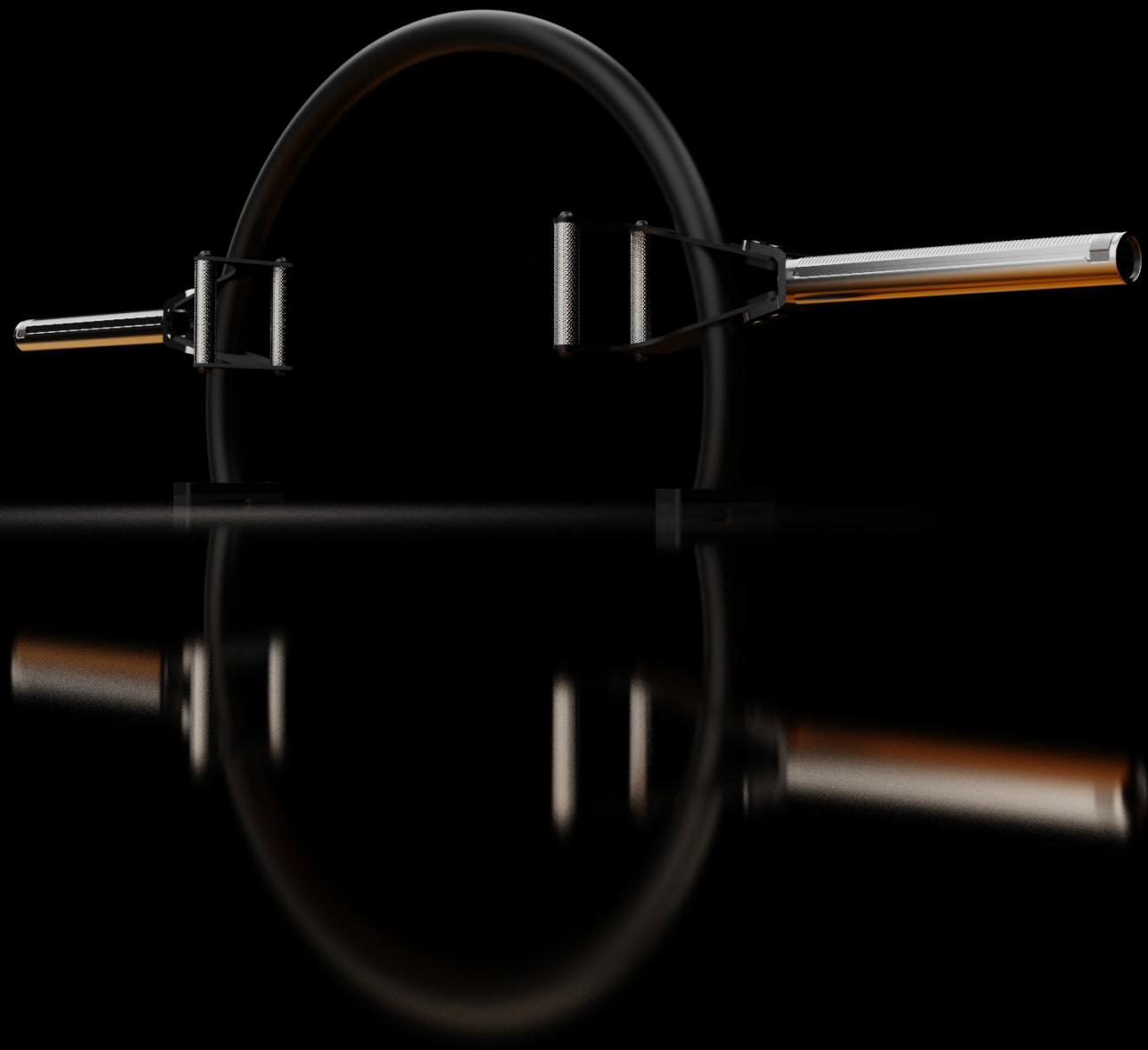
The versatile knurling pattern gives a firm but comfortable grip. In combination with the mild center knurl, this makes for a highly versatile bar made for a variety of uses ranging from Olympic lifts, to high-intensity and high-rep exercises.

### Bar 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 world's **lightest** open trap bar



## The Trapper

20 kg open trap bar

Introducing The Trapper, the world's lightest open trap bar with built-in collars. Weighing only 20kg, it's easy to move and takes up minimal space. Dual handles allow for a greater variety of deadlifts, lunges, rows and presses. The sleek, crescent-shaped design ensures maximum stability, solidity and strength. The open trap shape incorporates a loading jack for adding weights without having to lift the bar off the ground. Combined with built-in collars, loading and unloading weights is easier and more efficient than ever.

### Bar specs

Bar Use	Specialty
Weight	20 kg / 45 lbs
SlideLocks	Stainless steel
SlideLock coating	Electroless nickel
Bar length	185 cm / 72.83"
Loadable Sleeve Length	38 cm / 14.96"
Loadable sleeve length with lock	33 cm / 12.99"
Sleeve material	Stainless steel
Handle material	Stainless steel
Rackable	No
Knurl	Medium+
Distance between handles (vertical)	12 cm / 4.72"
Distance between handles (horizontal)	64 cm / 25.19"
Handle diameter	28 mm / 1.1"
Maximum load	500 kg / 1100 lbs
Guarantee/Warranty	5 years



# A new era for curl bars



## The Curler

EZ 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.

### Bar specs

Bar Use	Multipurpose / Specialty
Weight	11 kg / 24.25 lbs.
SlideLocks	Titanium
Bar 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



**As compact  
as it is functional**



## 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.

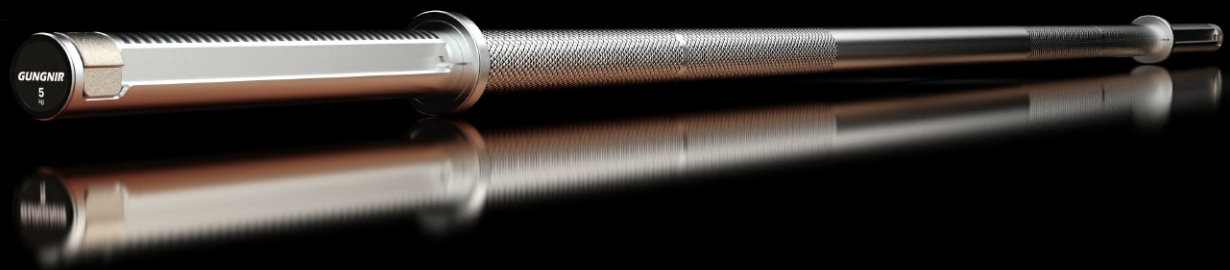
With our special electroless nickel coating and a 28mm stainless steel shaft, this bar is sure to help you get the most out of your workout. Comes with single knurl markings, no centre knurl and a medium knurl for great grip and comfort.

### Bar specs

Bar Use	Multipurpose / Specialty
Weight	12 kg / 26.45 lbs.
SlideLocks	Titanium
Bar 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	Stainless steel
Sleeve Coating	Electroless nickel
Sleeve Diameter	50 mm / 2"
Grip Diameter	28 mm / 1.1"
Bushing	Bronze bushing
Guarantee/Warranty	Lifetime warranty



# The **extra touch** to your group training



## The Pumper

25mm 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.

### Bar specs

Bar type	Compact bar
Weight	5 kg / 11 lbs
SlideLocks	Stainless steel
SlideLock coating	Electroless nickel
Bar 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



# For the **serious** dumbbell lifter



## The Dumbler

Olympic loadable dumbbell pair

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.

### Bar specs

Dumbbell type	Loadable
Weight	5.5 kg / 12 lbs
SlideLocks	Titanium
Bar length	468 mm / 18.42"
Loadable Sleeve Length	108 mm / 4.25"
Knurl	Medium+
Compatible weight plates	Olympic weight plates
Handle	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



# Loadable dumbbells made lighter



## The Dumbler Standard

25 mm loadable dumbbell pair

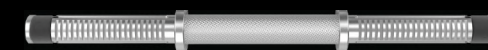
We've taken the simplicity, beautiful design and functionality of the Olympic Dumbbells, and made them more compact. So, what you get is a dumbbell that can be used in a lot more environments than just the garage or basement. Their compact nature means that they are easy to take out, use and store, making 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.

### Bar specs

Dumbbell type	Loadable
Weight	1.5 kg / 3.3 lbs
SlideLocks	Stainless
SlideLock coating	Electroless nickel
Bar 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"

\* 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.





# Made in Scandinavia

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 improve.

## ... and with care

### 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.

### Durable and reliable

Meticulously constructed with precision engineering and carefully selected premium materials, the bar and SlideLock are extremely durable and strong. The SlideLock is made of titanium and can withstand tons of extreme pressure. Inside is a powerful neodymium magnet that holds it in the grooves of the bar, even during rough workouts. The sleeves are machined by advanced, state-of-the-art CNC machines, resulting in a high-precision sleeve with a tight fit for maximum resistance to knocks and wear.

### 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.





## 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.

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.

The Allrounder

## Scrapyard mega load test

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

### Watch video



Scan me

Scrapyard mega load test



## Tower top drop test

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.

Find the full videos of both tests on YouTube or on social media. Spoiler alert: both the bar and SlideLock work fine after. 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.

### Watch video



Scan me

12m high tower drop test

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

our green  
way

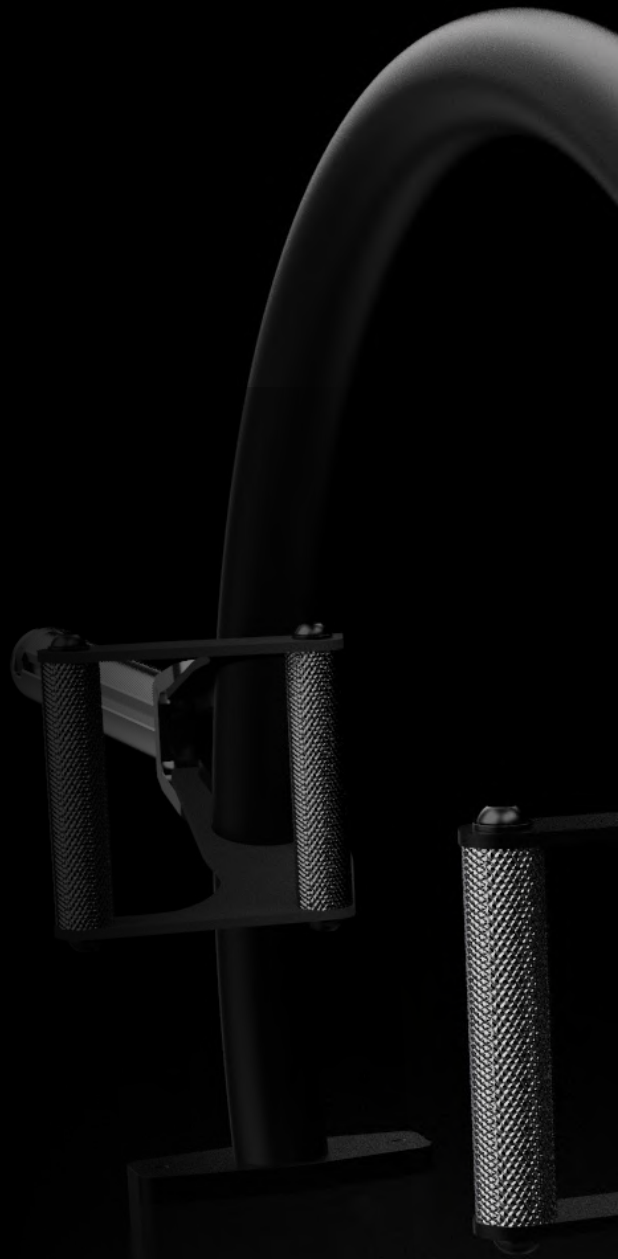
At Gungnir of Norway, we are on a mission to create weightlifting equipment that not only works out your muscles, but also your eco-friendly muscles. That's why we're proud to produce all our bars in Sweden, soon with solar-powered machining, and source all our steel in Europe. We aim to produce durable, well-designed equipment that requires minimal maintenance, contributing to less waste, fewer transports, and a more sustainable mentality towards waste.

By manufacturing our equipment in Sweden, we are able to decrease transportation emissions and minimize our carbon footprint. Our producer is currently implementing solar power to run our machines, ensuring a 100% clean energy mix in the production of our barbells.

**“Our priority is making superior and innovative products the sustainable way.”**

- Kristian Kjelstad, CEO, Gungnir of Norway





**GUNGNIR**

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