

***GUNGNIR***

**Product catalog 2026**

Our vision

# Create a collar-free world

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, disappeary, 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**

A collar-free gym is a setup in which traditional barbells and external collars are replaced with barbells with built-in collars, or "SlideLocks". The Gungnir portfolio offers collar-free solutions in the weightlifting area as well as in the group training area. 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.

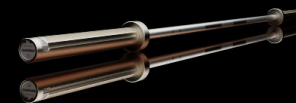
In 2018, the creation of the SlideLock and bars with built-in collars was introduced with a hypothesis that an intuitive and secure locking mechanism would encourage more gym-goers to secure their weight plates, and as a consequence creating a safer free weight area in the gym.

The collar-free gym consists of

## The Olympic portfolio

### The Allrounder 20

20 kg Olympic barbell



### The Allrounder 15

15 kg Olympic barbell



### The Fiver

Short bar



### The Bumper

Olympic Bumper plate



### The Curler

EZ curl bar



### The Trapper

20 kg open trap bar



### The Sixer

Rackable short bar



### The Change Plate

Olympic change plate



### The Dumbler Olympic

Olympic loadable dumbbell



## The group training portfolio

### The Group

Group training free weight system  
Storage rack, bars and plates



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.

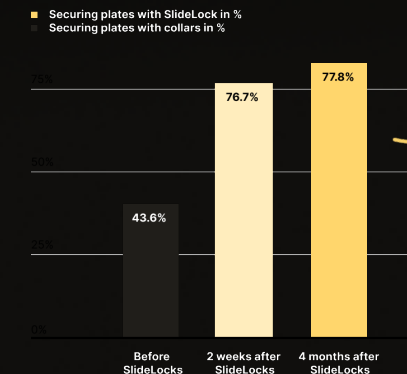
"We've always been committed to providing our members with the best possible workout experience. We were excited to be a part of this study. and it showed us that collar-free bars are a game-changer." - Jørn Stian Dahl, PT Manager, Fresh Fitness.

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.



78,4% increase from before SlideLocks



# Collar-free gyms and partners around 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.



**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 and chief executive Bannatyne Group**



**WELLFIT**

"At Wellfit, we are all about innovation and staying ahead of our members' expectations, and the Gungnir range is a perfect fit, and we are excited to get going."

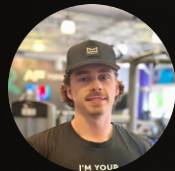
**Gareth Jones, COO Wellfit**



**THIRD SPACE**

"The feedback from members has been outstanding. Great product, great innovation and we are really looking forward to working with Gungnir in the future."

**Rob Beale, Fitness director Third Space**



**ANYTIME FITNESS**

"The bars have been a big hit with our staff and regular members popping into the office saying how awesome they are. Every single one has loved the bars and the idea of not having to search for or use clips!"

**Cody Hepfler, Club Director Anytime Fitness Woodbury**



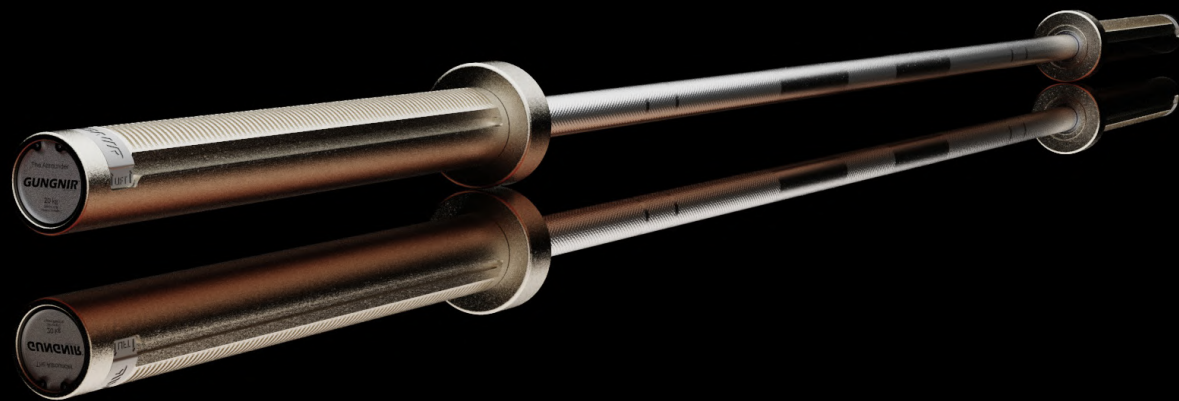
**evo**

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

**Andreas Skjetne, CMO EVO**



# The bar that changed everything



## The Allrounder 20

20 kg Olympic barbell

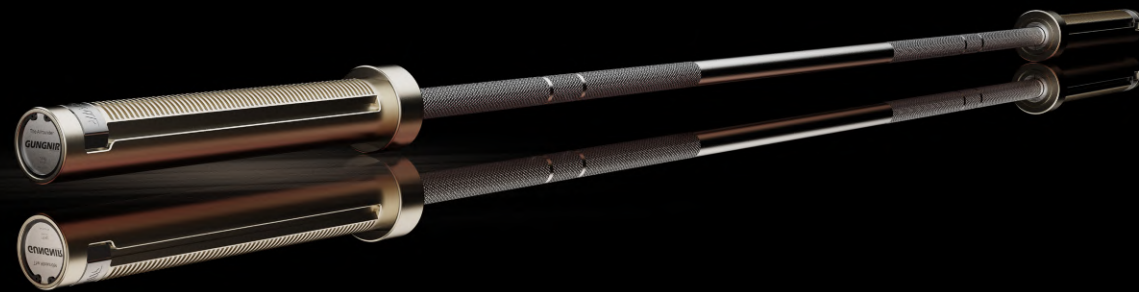
The Gungnir flagship 20 kg Allrounder Olympic bar with built-in collars. The SlideLock™ technology makes for a safer, tidier and more user-friendly weight lifting experience. Tested for performance, The Allrounder is a highly durable and solid bar suitable for all uses. Securing your plates has never 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	Nickel chrome
Sleeve Coating	Electroless nickel
SlideLock Coating	No coating
Bushing/Bearing	Bronze Bushing
Tensile Strength	210KPSI
Whip	Classic
Maximum load	680 kg / 1500 lbs
Shaft diameter	28 mm / 1.1"
Guarantee/Warranty	Lifetime warranty*



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
Knurl Mark	Dual
Shaft Coating	Nickel chrome
Sleeve Coating	Electroless nickel
SlideLock Coating	No coating
Bushing/Bearing	Bronze Bushing
Tensile Strength	210KPSI
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	Titanium
Bar length	185 cm / 72.83"
Loadable Sleeve Length	38 cm / 14.96"
Loadable sleeve length with lock	33 cm / 12.99"
Sleeve coating	Electroless nickel
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

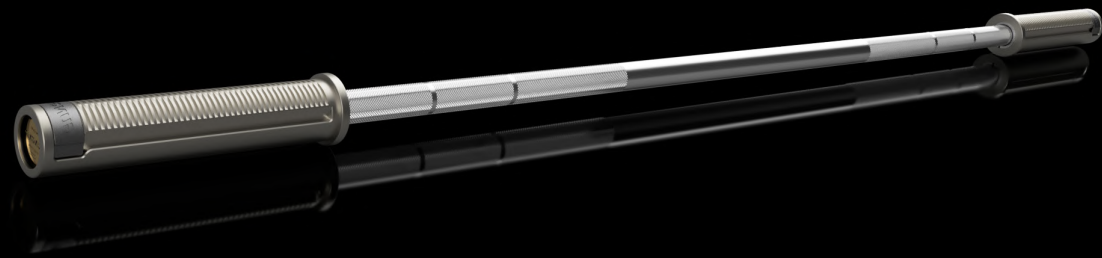
You don't want your weights to budge while you are doing your curls – so we made a curl bar and we put built-in collars on it. With properties like bronze bushings, electroless nickel coated sleeves and a stainless-steel shaft, this curl bar is in the same league as our Allrounder Olympic bar and Dumbler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

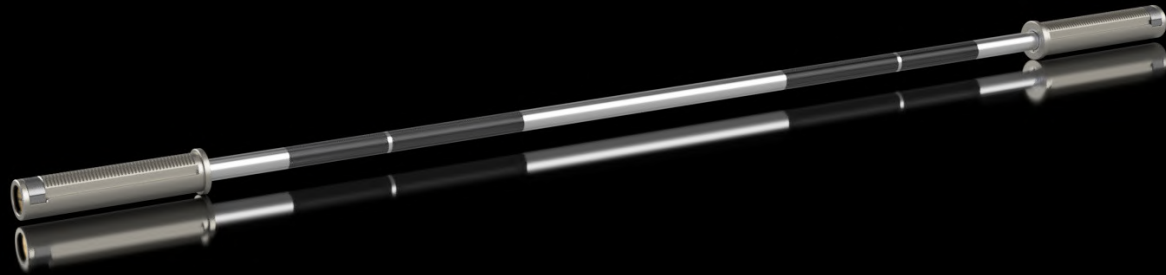
The Fiver short bar is a compact and versatile bar designed for a wide range of exercises. Aptly named for its five foot length, it can be thought of as a cross between an Olympic bar and a curl bar. This makes it ideal for both push and pull exercises. The short length of the bar makes it ideal for 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



# Compact yet rackable



## The Sixer

### Rackable short bar

The Sixer rackable short bar is a longer version of The Fiver, made to be rackable. This allows it to be used in a wider range of heavy exercises where you would need to rack your bar between sets. 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	13 kg / 26.45 lbs.
SlideLocks	Titanium
Bar length	180.5 cm / 71.06"
Loadable Sleeve Length	23 cm / 9.05"
Loadable Sleeve Length w/ Lock	18 cm / 7.08"
Knurl	Medium
Center Knurl	No
Rackable	No
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



# For the **serious** dumbbell lifter



DOG A

## 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"
Guarantee/Warranty	Lifetime warranty



# SlideLock optimized plates

Plates specially made  
to fit Gungnir bars

## The Bumper plate

Olympic bumper plate

The Gungnir bumper plates are designed to fit the SlideLock system perfectly and are made with functionality and simplicity in mind. They blend naturally into their environment rather than creating visual noise, while remaining easy to handle, move around, and built to last.

## The Change plate

Olympic change plate

The Change Plate is a great addition to the Bumper Plate set but also stands strong on its own, perfect for use with products like the Dumbler Olympic loadable dumbbells. Made from highly resistant polyurethane and featuring a stainless steel hub, it's built for longevity and precision. SlideLock-optimized, it fits perfectly with all Gungnir Olympic bars.



# Plate specs

## The Bumper

Olympic Bumper plate

### Plate specs

Type	Olympic bumper plate
Material	Rubber
Hub material	Alloy steel w/ hard chrome coating
Use	Commercial
Warranty	3 years
Weight	5 kg, 10 kg, 15 kg, 20 kg, 25 kg
Unit of measurement	Sold individually

## The Change Plate

Olympic change plate

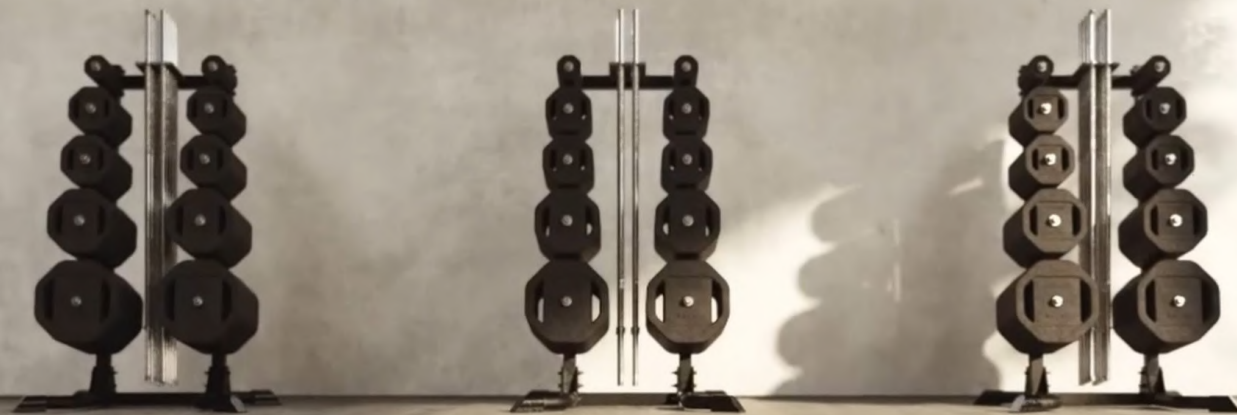
### Plate specs

Type	Olympic change plate
Material	PU
Hub material	Stainless steel
Use	Commercial
Warranty	5 years
Weight	0.5 kg, 1.25 kg, 2.5 kg, 5 kg
Unit of measurement	Sold individually

Introducing

# The Group

Group training free weight system



## Heavy Durable Functional

The Group includes barbells, plates, and a compact storage rack, combining functionality, durability, and aesthetics for maximum performance and convenience. The Group brings a new dimension to the group training area. Not only simplifying the process of changing weights, but doing so while also offering solid and heavier options for a more diverse lifting experience.

Load up to **75 kg**  
bar weight included



Simple to use and elegant solution. A hit in group classes!






- Milena, Group training instructor



For strength based group training

## A system with solid steel barbells, long-lasting plates and a compact storage rack



-  **Bars with built-in collars**  
Featuring The Pumper group exercise bar with patented SlideLock technology
-  **Sleek & modern design**  
Designed with Nordic simplicity to create a premium feel while elevating the group training experience
-  **Grip plates**  
The plates have a grip area that makes them easy to hold and safe to use
-  **Built to last**  
Top tier materials and craftsmanship for durability. The bars can be loaded up to 75 kg
-  **SlideLock optimized plates**  
For an even smoother user experience, plates seamlessly designed to create a better fit with the SlideLock



## Bringing true free weights to group training

As free weight training becomes a core part of modern fitness, expectations for equipment in group training environments continue to rise. Group training areas require more than lightweight, bendy, plastic solutions, they demand reliability, ease of use, and the ability to handle real loads, class after class. Strength training is becoming increasingly important to members, and the demand for serious, premium equipment in group settings is growing. The Group was created to meet this need professionally, making strength training more accessible, attractive, and effective for everyone.



Switch plates in seconds

Smooth, uninterrupted sessions with rapid plate-switching

User case

## Myrens Treningssenter

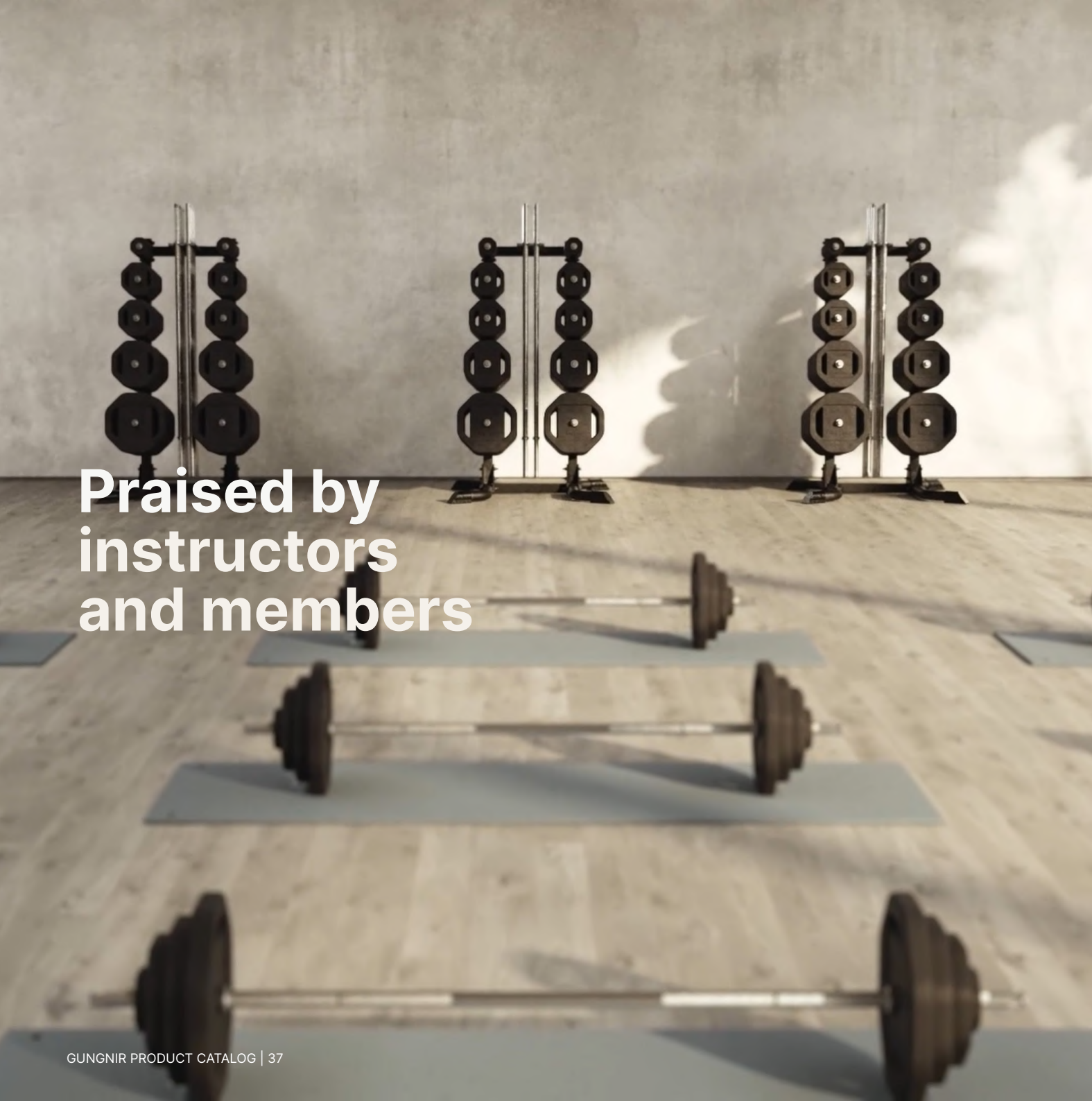
Designed specifically for group training, The Group is a free weight system built around the same SlideLock barbell technology trusted by free weight athletes worldwide. It delivers the performance, safety, and efficiency required in high-traffic training environments. The result is a compact, seamless system that brings power, functionality, and simplicity together, allowing instructors to program heavier lifts while members train with confidence. The Group maximizes the potential of strength training in group classes, making heavy lifting efficient, intuitive, and accessible for everyone. It represents the future of group training.



“We’ve switched to Gungnir’s barbell set in our group training studio and are very pleased with it. The locking mechanism is incredibly simple, allowing us to run classes more efficiently. Participants can easily adjust the resistance to their own level, and the small weight plates offer great opportunities for gradual strength progression. Gungnir delivered as expected and as agreed, with excellent service. Both the instructors and participants are very satisfied with the upgrade!”

- Sandra Angelil, Manager at Myrens Treningssenter





**Praised by  
instructors  
and members**

User case

## Sammen Bergen



“First and foremost, it is user-friendly and easy to assemble, which makes it simple to adjust the weights quickly during the session so that all participants can adapt the load to their own level. This in turn contributes to better flow in the class and an even better experience for the participants. I love the locking mechanism on the bar. It means there are fewer loose parts to keep track of, while also providing extra safety during training.

**It creates an organized and inviting training environment”**

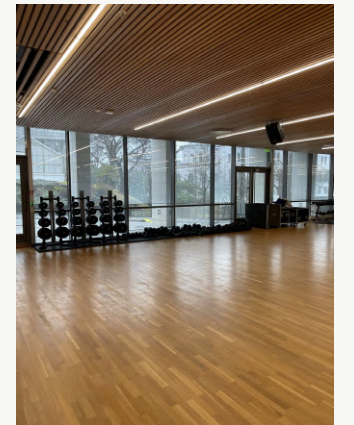


**I am very satisfied with the new equipment for the group classes at the Student Center**

The weight plates are also excellent – they have a comfortable design with good texture and multiple grip options, which makes them perfect for exercises without the bar as well. The bar itself has a very comfortable size and just the right thickness, making it great to hold throughout the entire workout.

**All in all, I experience this as well-thought-out, functional, and motivating equipment that truly elevates the quality of the group classes.”**

- Linn Kristin Eidsvik, Group Fitness Instructor  
Sammen Bergen



# The Group

## Recommended packages

### Heavy

38.5 kg per user

- 10x Pumper bars
- 20x 10 kg plates
- 20x 5 kg plates
- 20x 2.5 kg plates
- 20x 1.25 kg plates
- 20x 0.5 kg plates
- 1x Storage rack



### Light

17,5 kg per user

- 10x Pumper bars
- 20x 5 kg plates
- 20x 2.5 kg plates
- 20x 1.25 kg plates



## Rack specs

Weight	27 kg
Height	134 cm
Width	84 cm
Depth	74 cm
Material	Steel
Coating	Black powder
Weight capacity	500 kg
Warranty	3 years

## Plate specs

Type	25.6 mm group training plates
Material	PU
Hub Material	Stainless steel
Use	Commercial
Weight	0.5 kg, 1.25 kg, 2.5 kg, 5 kg, 10 kg
Sold	Individually
Warranty	5 years

## Bar specs

Type	Group training barbell
Material	Stainless steel
SlideLock	Stainless steel
SlideLock coating	Electroless nickel coating
Use	Commercial
Weight	5 kg
Diameter	25 mm
Grip width	100 cm
Length	141 cm
Warranty	5 years



# Made in Norway

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, and our determination to make our vision a reality grows for every gym we help improve.

## 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

## 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

## 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



## 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

# Get in touch

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To our  
LinkedIn



To our  
Instagram

