

A close-up, high-contrast photograph of a metal mesh filter. The filter is cylindrical and features a circular flange at the top. The mesh is composed of a grid of small, square openings. The lighting is dramatic, highlighting the metallic texture and the geometric patterns of the filter against a dark background.

**GUNGNIR**<sup>®</sup>  
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.

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Explore our  
website  
[www.gungnirnorway.com](http://www.gungnirnorway.com)





## 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.



## 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.



# No more playing hide-and-seek with collars

Or clips, or clamps, or any other means of holding weights in place. Here's a brand new barbell with built-in collars, we call it the "SlideLock". Now, you never have to look for unreliable, bendy, breaky, disappear, external collars again.

Just put on your weights, and lock them in place with three super easy steps - lift, slide, lock.

Built-in collar



The Allrounder  
**GUNGNIR**  
OF NORWAY  
20 kg  
28mm grip  
Patent Pending





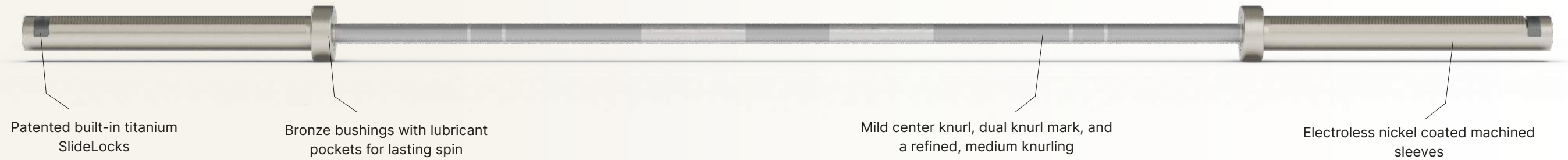
# SlideLock

A whole array of benefits

- **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 timesomething 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



# 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



## 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 Olympic 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 deposit
Sleeve Diameter	50 mm / 2"
Grip Diameter	28 mm / 1.1"
Bushing	Bronze bushing
Guarantee/Warranty	Lifetime warranty



# 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	130 mm / 5.11"
Guarantee/Warranty	Lifetime warranty

\* 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 250mm / 10 inches are recommended.



«THIS WILL BE THE LAST  
ADJUSTABLE DUMBBELL SET  
YOU'LL EVER HAVE TO BUY»

- Coop, Garage Gym Reviews



# 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 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 minimalist 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

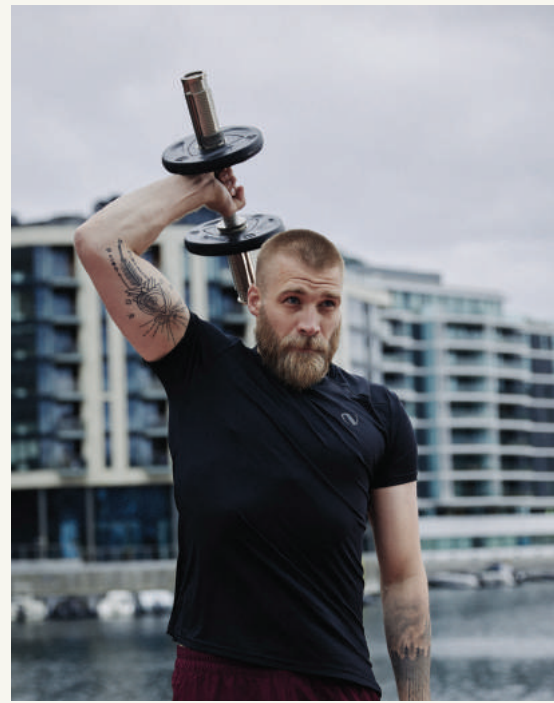




## Safety meets functional design

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



## Striving for customer satisfaction

Geir Arne is the owner of two of the biggest fitness centres in Lillehammer in Norway, now fully equipped with Gungnir bars. For him, the transition from regular collars to built-in collars was a breath of fresh air.

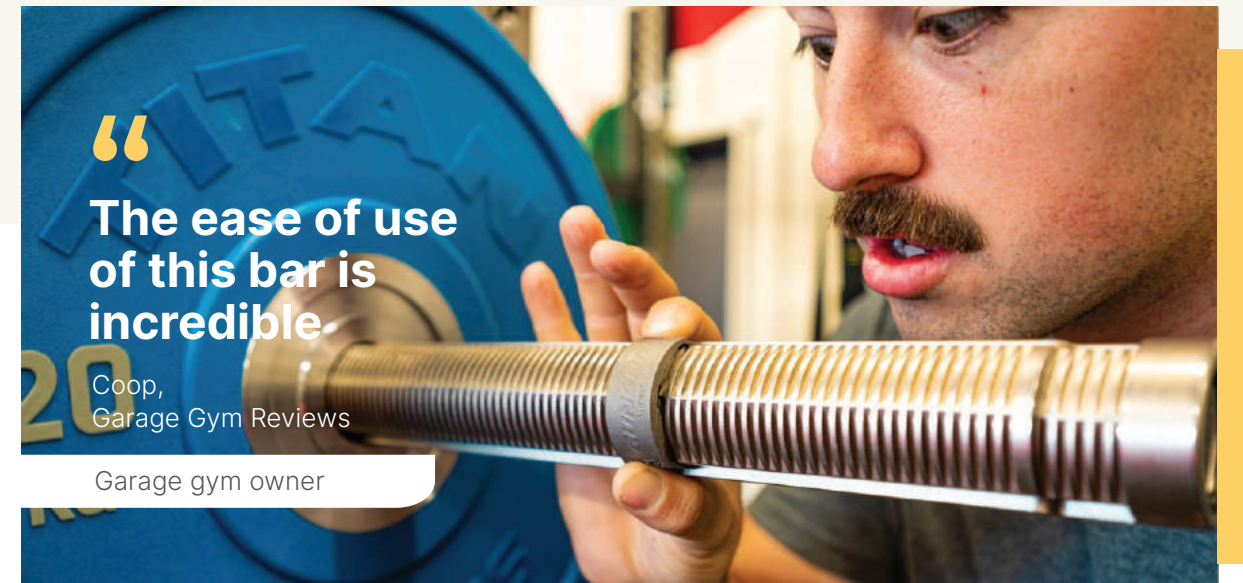
“I’ve been in the business since the 80’s and i’ve always been annoyed by clips and collars. They break all the time and they disappear. The first thing I noticed when we took in the bars is that it helped us increase our professionalism in terms of decreased clutter and increased safety.”



**The kind of bar you want to keep to yourself to get an edge on the competition**

Geir Arne Bjune,  
Owner of Spentst Lillehammer & Arena

Gym owner



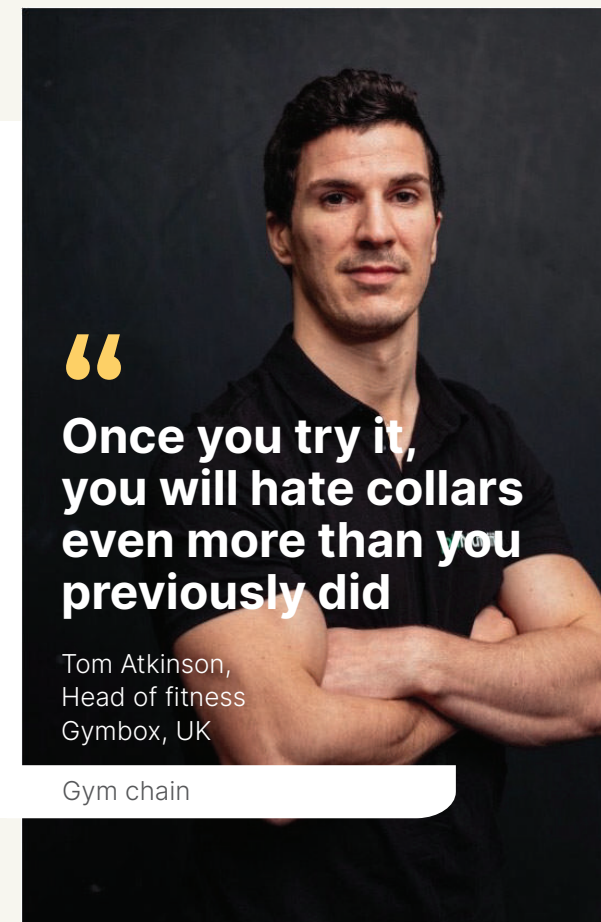
**The ease of use of this bar is incredible**

Coop,  
Garage Gym Reviews

Garage gym owner

Garage Gym Reviews is one of the biggest gym equipment reviewers for home and garage owners with an interest for lifting. From the perspective of a home gym owner, having a bar with a design that stands out while loading plates simpler and quicker is very appealing.

“Alongside reliability, this clip brings a healthy serving of convenience. Although this bar is not the first of it's kind to break into the market with proprietary clips meant for the sake of convenience, this bar does it the right way. While keeping the clip as an intrinsic part of the bar, they confirm that simplicity is key to innovation.”



**Once you try it, you will hate collars even more than you previously did**

Tom Atkinson,  
Head of fitness  
Gymbox, UK

Gym chain

Gymbox is home to the most unique and diverse classes in London. Olympic sized boxing rings, combat cages, world-class free weights sections, live DJs and larger-than-life personal trainers.

“As an operator known for creating some of the worlds best equipped gyms, I can honestly say that this is one of the greatest innovations in gym equipment we have ever seen. Once you try it you will hate collars even more than you previously did”



## 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 drop tests?

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.



## Our green way

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!







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