

GUNGNIR[®]
OF NORWAY

Product catalogue

Gungnir of Norway is an award-winning Norwegian brand that makes new and innovative gym equipment to help people enhance their training experience.

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.

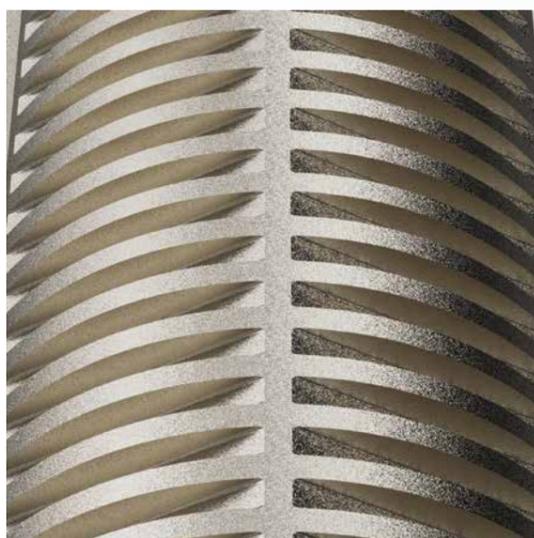
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Patented solution

The unique and patented design is made in Norway 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.



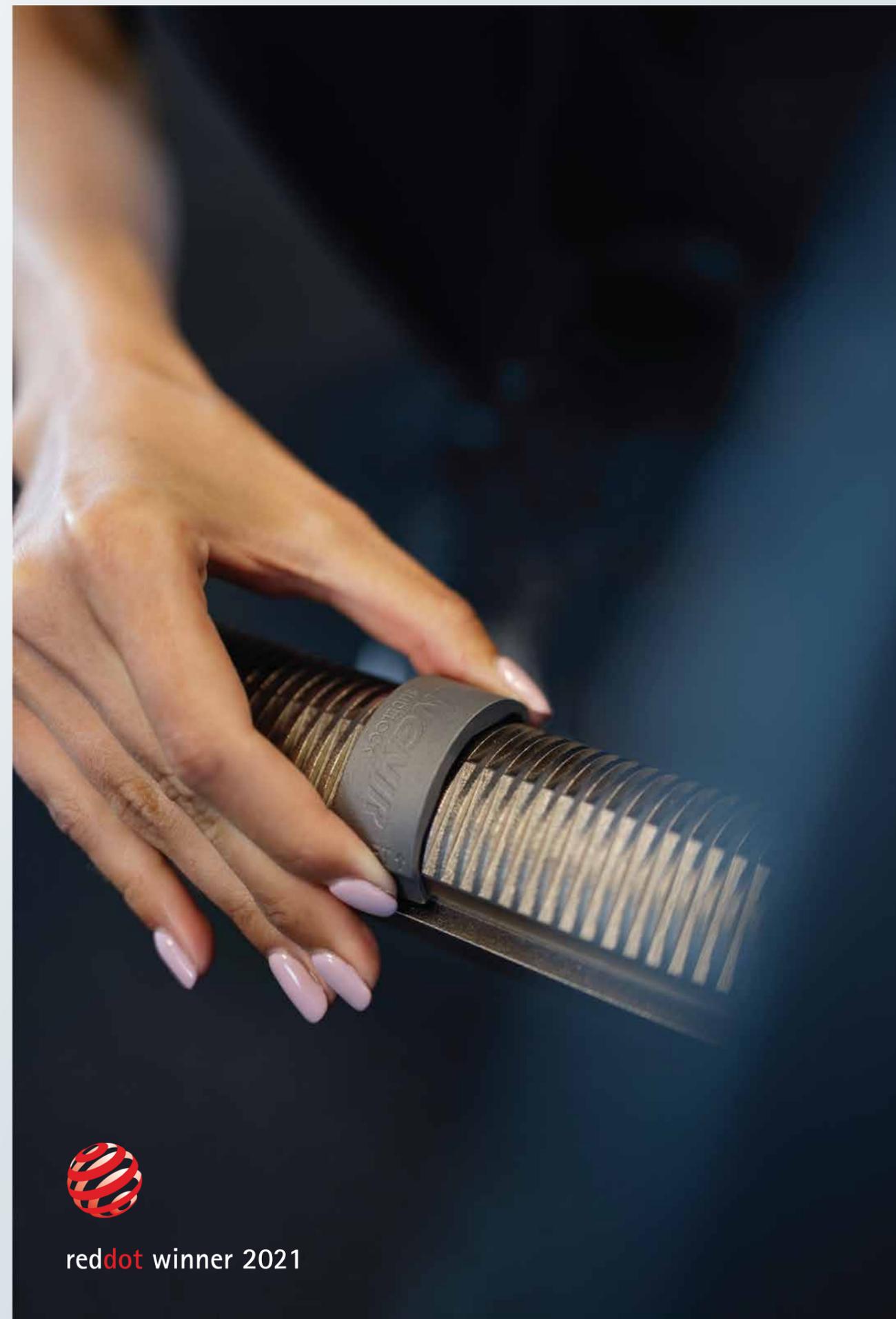
Award-winning design

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. "The winners of the Red Dot Award have proved that they have created excellent products worthy of winning an award." - Professor Dr. Peter Zec, founder and CEO of Red Dot



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.





The SlideLock

Built-in collars



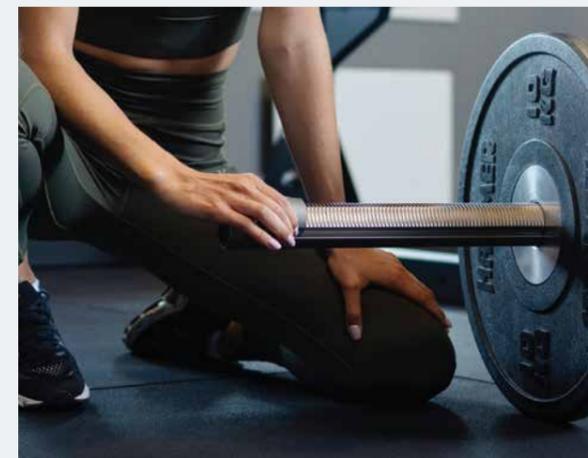
SlideLock A whole array of benefits

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.

Increased safety

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.

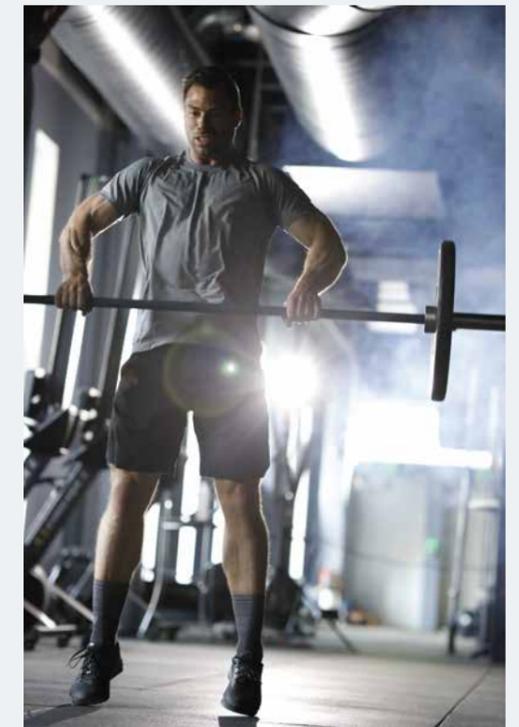


Tidier

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

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.



User-friendly

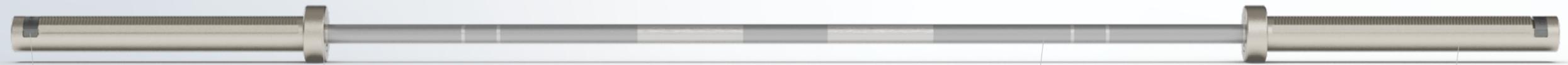
Provides you with the most efficient and user-friendly locking mechanism on the market. Lift, Slide, Lock.

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



red dot winner 2021



The Allrounder

The Gungnir flagship 20KG 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.

Olympic barbell

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
SlideLocks	Titanium
Bar length	220 cm
Loadable Sleeve Length	415 mm
Knurl	Medium
Center Knurl	Mild
Knurl Mark	Dual
Shaft Coating	Satin hard chrome
Sleeve Coating	Electroless nickel deposit
SlideLock Coating	No coating
Bushing/Bearing	Bronze Bushing
Tensile Strength	216KPSI
Whip	Classic
Maximum load	680 kg
Shaft diameter	28 mm
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 to 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.



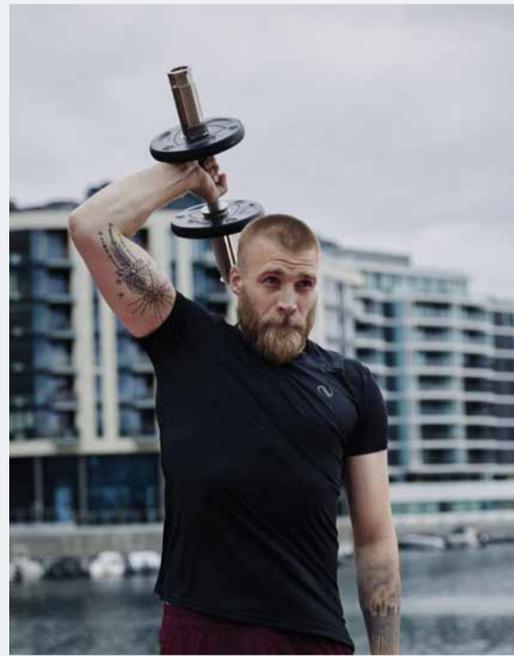
«THIS WILL BE THE LAST
ADJUSTABLE DUMBBELL SET
YOU'LL EVER HAVE TO BUY»

- Coop, Garage Gym Reviews

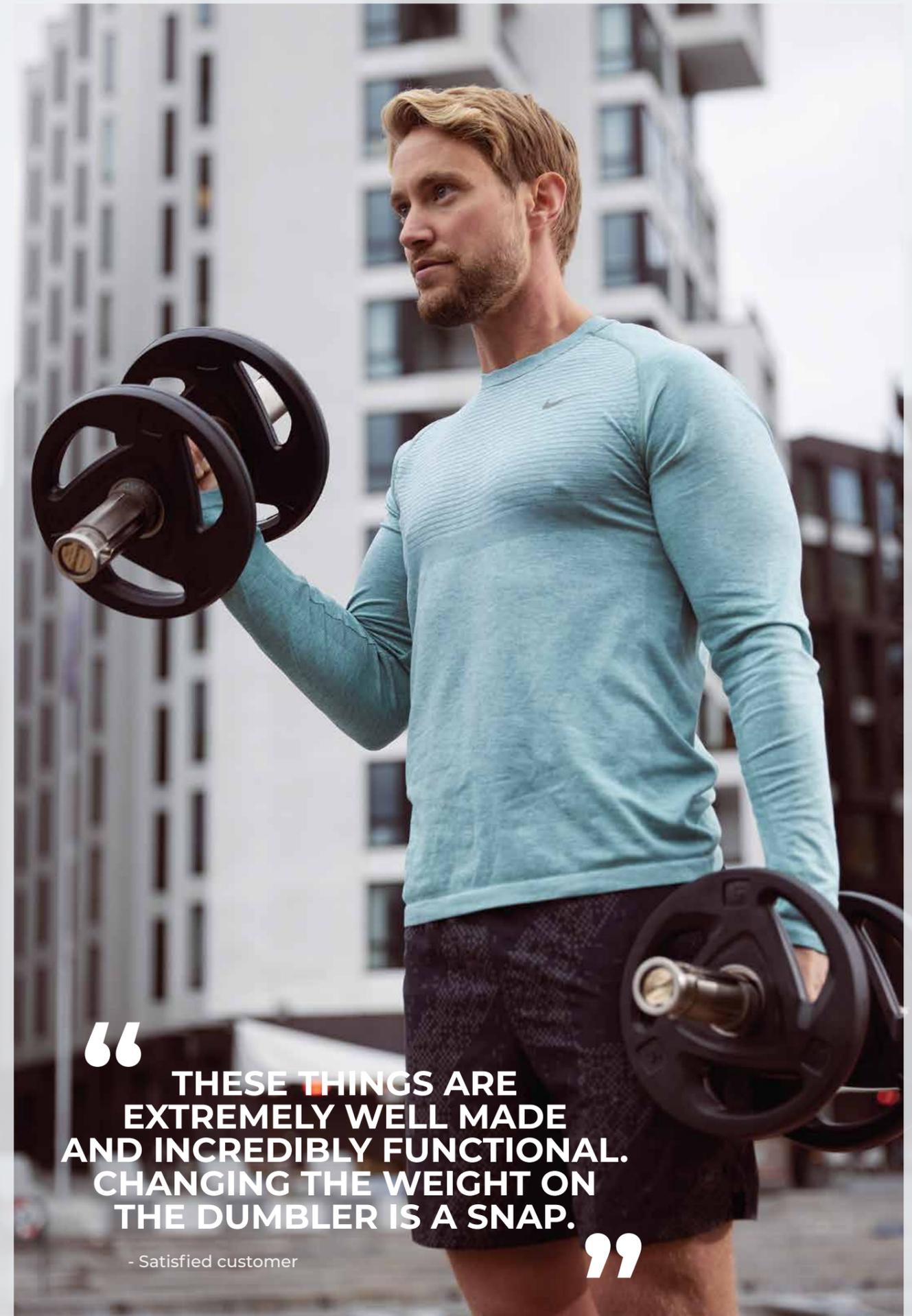
Safety meets functional design

One of the main problems with loadable dumbbells is the fact that you don't get to do your favorite exercises 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 ventures in Lillehammer in Norway, now 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 Spent 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."



“
GUNGNIR OFFERS SOMETHING COMPLETELY UNIQUE FOR OUR CUSTOMERS

Morten Karlsen,
Sales Manager, Fitness brands

Distributor

Fitness Brands is a supplier of premium gym equipment, providing only the best for their customers.

"Gungnir of Norway will make for an unbeatable combination for our customers, together with Life Fitness, Hammer Strength and Escape Fitness."

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!



