

WELCOME

Dear members of #TEAMGORILLAWEAR

In front of you is the Gorilla Wear Product Catalog 2021. In this catalog, you will find an overview of all our products. We have several promotions and product launches planned throughout the year, so keep an eye on our website and social media!

Gorilla Wear has been 'For The Motivated' since 1982. With decades of experience and a team of world-class athletes, we commit ourselves each and every day to people like you! Our goal is to motivate fitness enthusiasts through high-quality gym wear and fight gear. With customers in 150 countries and more than 65 established distributors, we are actively spreading our

gym and lifestyle apparel globally. We always listen to feedback from customers and followers to provide you with the best service and products possible. We would love to know about your experiences with Gorilla Wear and our products. We would greatly appreciate it if you would leave a review on Trustpilot or our official website.

Don't want to miss anything? Follow @gorillawear on social media to stay informed about Gorilla Wear news, promotions, giveaways, and new arrivals. To check if your favorite items are still available in your size or to place an order, please visit www.gorillawear.com!



Gorilla Wear Worldwide

Gorilla Wear has sole distributors in the following countries:

Albania	Canada
Australia	China
Austria	Costa Rica
Belgium	Cyprus
Belarus	Czech Republi
Bosnia	Denmark
Bulgaria	Egypt

Estonia Finland France Germany Greece Guatemala Hungary

Iceland India Iraq Italy Japan Jordan

Kazakhstan Kirqistan Kosovo Kuwait Libya Lithuania Luxembourg

Macedonia Malta Moldavia Monaco Morocco Netherlands Norway

Panama Poland Oatar Russia Saudi Arabia Serbia Singapore

Slovakia Slovenia South Korea Sweden Switzerland Tunisia Turkey

UAF Ukraine United Kingdom United States

Gorilla Wear is currently represented by many sole distributors in over 65 countries. Our goal is to become the global leader in athleisure. Are you ready to become a part of Team Gorilla Wear? If you want to become a distributor in your country simply contact us at info@gorillawear.com for the possibilities.





















DAY IN THE LIFE | LEWIS HARRISON AND MORE!

WORKOUT TIPS & TRICKS INTERVIEWS & FUN CHALLENGES ON

YOUTUBE

MAKE SURE YOU FOLLOW @GORILI WEARUSA & BE THE FIRST TO KNOW! IN RETURN YOU WILL RECEIVE: GREAT INFORMATIVE CONTENT, TIPS AND TRICKS, PRODUCT UPDATES AND MORE...















HOW TO BECOME BOTH STRONG AND FLEXIBLE WITH

ERKO JUN

Erko Jun is a KSW Pro MMA Fighter and one of our #TEAMGORILLAWEAR athletes. He was born in Bosnia and Herzegovina and moved to Belgium at a young age. Erko was a skilled martial artist until he severely injured his leg during a training session and was forced to stop. After switching to bodybuilding, he won several competitions and became a fitness model. He eventually returned to martial arts and made his professional debut in 2018. Erko Jun has been a Gorilla Wear athlete for years and is a true inspiration for many. Because of his past as both a fighter and bodybuilder, many people wonder how he is so flexible and strong at the same time. We asked the man himself.

QUICK FACTS

BIRTHDAY: JUNE 28, 1990
NATIONALITY: BOSNIAN & BELGIAN

HEIGHT: 178 CM / 5'10" WEIGHT: 99.8 KG / 220 LBS





Scan the QR code for more information on the exercises, the perfect form, and more detailed explanations.



STRENGTH

What are your favorite strength exercises that not many people know about?

"The two exercises I like to do that few people know about are the Zercher Squat and Sumo Deadlift. Both are great to improve your overall power and very beneficial for fighters.

What makes the Zercher Squat different is the placement of the barbell. When you perform a Zercher Squat, you hold the bar in the creases of your elbows in a half bicep curl position instead of in your neck as with a Back Squat or on the front of your shoulders as with a Front Squat. The difference between the Sumo Deadlift and the Conventional Deadlift is the position of the feet and hands. During this exercise, you use a wider stance and grip, allowing you to keep your back more upright."

Do you have any tips for getting stronger and building muscle mass? "If you want to get stronger and bigger, my advice is to progressively overload your muscles. You can do this in a variety of ways, but I recommend increasing the weight each week, even if it is a small increase. This may lead to you being able to perform fewer reps, but that's not a bad thing. Go for fewer reps but a solid movement. As you get stronger you will go back to a higher number of reps. Finally, to get stronger I also recommend taking more rest between your sets. Give your body about three minutes to recharge."

FLEXIBILITY

What are your favorite flexibility exercises?

"I always stretch after every workout to stay flexible during my fight training. You have lots of different stretching exercises and you can perform them in different ways. I prefer to do leg stretches after heavy workouts, especially hamstring stretches."

Why would you advise people to focus on flexibility?

"Stretching at the end of your workout can help boost your flexibility, reduce the risk of injury, and decrease muscle tension in your body. It can even help improve your performance the next time you work out. It only takes a few minutes and I'm sure everyone would still like to be able to wipe their ass. So keep stretching guys!"

Do you have any tips for becoming more flexible?

"Take 5 to 10 minutes each day to stretch. This can even be done right after getting up or before going to bed. This will get you into a routine and you will thank me later. Which stretching exercises are good for you varies from person to person. Also, not all muscles need to be stretched post-workout. Focus on hitting only those exceptionally tight areas either from the workout or from the daily posture. If you have injuries, talk to your doctor about which stretches are right for you."







CLASSIC TANK TOP S - 3XL 100% Cotton









EVANSVILLE TANK TOP S - 4XL 100% Cotton





BRANSON TANK TOP 100% Polyester







RICHMOND RIB TANK TOP SM/ - L/XL - 2XL/3XL 92% Polyester, 8% Elastane







STERLING STRINGER TANK TOP S - 4XL 92% Cotton, 8% Elastane







CISCO DROP ARMHOLE TANK TOP S - 3XL 80%Cotton, 20% Spandex









LAWRENCE HOODED TANK TOP S - 4XL

100% Cotton







ROGERS HOODED TANK TOP

S - 4XL 100% Cotton



















FREMONT T-SHIRT S - 4XL 100% polyester







S - 4XL 95% cotton - 5% Elastane





LINCOLN SLEEVELESS HOODIE S - 4XL 92% cotton, 8% spandex







MELBOURNE S/L HOODED T-SHIRT S - 4XL 92% cotton, 8% elasthan

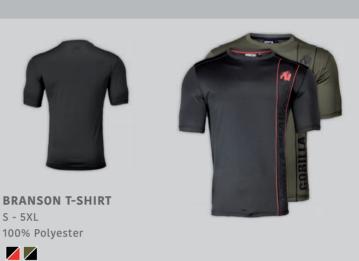


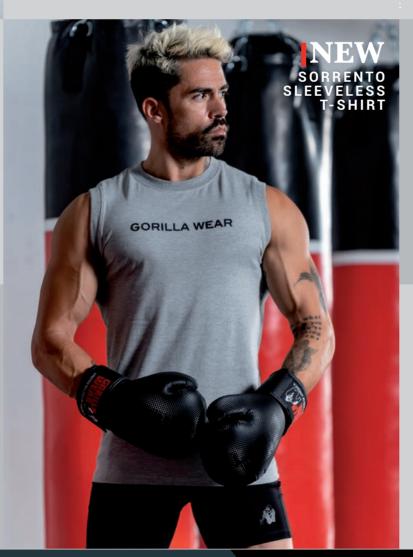




















CLASSIC T-SHIRT S - 4XL 100% Cotton









DETROIT T-SHIRT S - 5XL 100% Cotton





100% Cotton









ATHLETE T-SHIRT 2.0

- BRANDON CURRY
- DENNIS JAMES WILLIAM BONAC
- GORILLA WEAR



M - 4XL 100% Polyester









BRANDON CURRY T-SHIRT S - 4XL

90% cotton, 10% elastane







USMAN T-SHIRT S - 4XL

100% Cotton







SPRINGFIELD S/L ZIPPED HOODIE

S - 4XL

80% Cotton, 20% Polyester







FRESNO T-SHIRT

S - 5XL

100% Polyester







DOVER OVERSIZED T-SHIRT

S - 3XL

85% Cotton, 10% Polyester, 5% Elastane





DELANO POLO

S - 4XL

92% Cotton 8% Spandex













80% Cotton, 20% Polyester





INEW





S - 4XL

92% cotton, 8% spandex

INEW PALMER HOODIE









DELTA HOODIE S - 5XL / Black: S - 4XL 80% Cotton, 20% Polyester





GLENDO JACKET S - 5XL 72% Polyester, 28% Elastane





BANKS OVERSIZED HOODIE 80% Cotton, 20% Polyester



CLASSIC HOODIE

S - 4XL 92% cotton, 8% spandex







NEWARK SWEATER S - 4XL







GLENDALE SOFTSHELL JACKET S - 4XL 100% Polyester







GLENDO PANTS S - 5XL 72% Polyester, 28% Elastane





BANKS PANTS S - 4XL 80% Cotton, 20% Polyester





SULLIVAN TRACK JACKET

85% polyester, 15% spandex







SULLIVAN TRACK PANTS 85% polyester, 15% spandex







WENDEN TRACK PANTS S - 4XL 85% Polyester, 15% Spandex







S - 4XL



AUGUSTINE OLD SCHOOL PANTS S/M - L/XL - 2XL/3XL - 4XL/5XL 65% Cotton, 35% Polyester



MERCURY MESH PANTS S/M - L/XL - 2XL/3XL 100% Polyester





FUNCTIONAL MESH PANTS S/M - L/XL - 2XL/3XL





100% Polyester



BRANSON PANTS S - 5XL 100% Polyester











HAMILTON HYBRID PANTS S - 4XL 85% Polyester, 15% Elastane













S - 4XL 80% Cotton, 20% Polyester



INEW







KNOXVILLE 3/4 SWEATPANTS S - 4XL 92% Cotton, 8% Spandex







BENTON TRACK PANTS 85% polyester, 15% spandex







REYDON MESH SHORTS 2.0 S - 4XL 100% Polyester



BENTON TRACK SHORTS S - 4XL 85% polyester, 15% spandex







AUGUSTINE OLD SCHOOL SHORTS S/M - L/XL - 2XL/3XL 65% Cotton, 35% Polyester







FUNCTIONAL MESH SHORTS S/M - L/XL - 2XL/3XL 100% Polyester







BRANSON SHORTS S - 5XL 100% Polyester







CISCO SHORTS S - 3XL 80% Cotton, 20% Spandex









WENDEN TRACK SHORTS 85% Polyester, 15% Spandex







MERCURY MESH SHORTS S/M - L/XL - 2XL/3XL 100% Polyester









SMART SHORTS

S - 4XL

85% Polyester, 15% Elastane







SMART TIGHTS

S - 4XL

85% Polyester, 15% Elastane







COLUMBUS MEN'S TIGHTS

S - 4XL

85% Polyester, 15% Elastane







DESTIN SWIM SHORTS

S - 4XL

100% polyester







INEW

STRATFORD TRACK SHORTS S - 4XL

85% polyester, 15% spandex









MONTELLO BOXING GLOVES

8 - 16 oz

Quality: Check Website





MONTELLO SHIN GUARDS

M - XL

Quality: Check Website







BOXING HAND WRAPS 2.5M, 3M, 4M

Quality: Check Website







ASHTON PRO BOXING GLOVES

8 - 18 oz Quality: Check Website





YESO SHIN GUARDS M - XL Quality: Check Website





YESO BOXING GLOVES 8 - 16 oz Quality: Check Website







MOSBY BOXING GLOVES 8 - 16 oz Quality: Check Website





MOSBY SHIN GUARDS M - XL Quality: Check Website







GEL GLOVE WRAPS S/M - L/XL Quality: Check Website





ELY MMA SPARRING GLOVES S/M - M/L - L/XL Quality: Check Website





MANTON MMA GLOVES (WITH TUMB) S/M - M/L - L/XL Quality: Check Website





BEREA MMA GLOVES (WITHOUT TUMB) S/M - M/L - L/XL Quality: Check Website



NOT AVAILABLE IN SPAIN







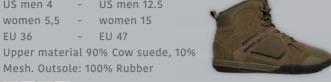
TROY HIGH TOPS

US men 4 - US men 12.5 women 5,5 - women 15 EU 36 - EU 47

Upper material 90% Cow suede, 10%



NOT AVAILABLE IN SPAIN





NEWPORT SNEAKERS

NOT AVAILABLE IN SPAIN

US men 4 - US men 12.5 women 5,5 - women 15 EU 36 - EU 47

80% PU 20% Polyester, Outsole 90% EVA 10% TPR



NOT AVAILABLE IN SPAIN

NEW

NEW





GORILLA WEAR GYM HYBRIDS

US men 4 - US men 13,5 women 5,5 - women 15,5 EU 36 - EU 48

80% PU 20% Polyester, Outsole 90% EVA 10% TPR



KOKOMO FLIP-FLOPS

US men 4 - US men 13,5 women 5,5 - women 15.5 EU 36 - EU 47

Strap 100%, Rubber, sole 100% EVA



NOT AVAILABLE IN SPAIN



PERRY HIGH TOPS

US men 4 US men 13,5 women 5,5 women 15,5 EU 36 EU 48

60% Cow suede, 40% Polyester





NOT AVAILABLE IN SPAIN





GORILLA WEAR HIGH TOPS

US men 4 - US men 12,5 women 5,5 - women 15 EU 36 - EU 48 30% Polyester, 70% PU Leather















100% Cotton













GORILLA WEAR FILTER FACE MASK

XS/S - M/L 100% Polyester





GORILLA WEAR FACE MASK

XS/S - M/L 100% Polyester







CREW SOCKS

EU: 34 - 47 US MEN: up to 9.5 US WOMEN: up to 15 90% Cotton, 10% Spandex





NEW colors

4 INCH PADDED LEATHER LIFTING BELT

S/M - L/XL - 2XL/3XL Quality: Check Website







NEW COLORS

6 INCH PADDED LEATHER LIFTING BELT

S/M - L/XL - 2XL/3XL Quality: Check Website





4 INCH NYLON LIFTING BELT

S/M - L/XL - 2XL/3XL Quality: Check Website





WRIST WRAPS BASIC

ONE SIZE -40% elasthan, 10% Polyester, 50% Cotton





WRIST WRAPS PRO

ONE SIZE - 40% elasthan, 10% Polyester, 50% Cotton





ACCESSORIES





WRIST WRAPS ULTRA

ONE SIZE - 60% Elasthan, 20% Polyester, 20% Cotton





WEIGHT LIFTING HOOKS

ONE SIZE - 50% Nylon, 50% Steelsupports up till 150 kg/330 lbs maximum





NEW COLORS

LIFTING GRIPS (ONLY EU)

ONE SIZE

70% rubber, 30% Polyester





NEW COLORS



DALLAS WRIST WRAP GLOVES

S - 3XL 50% synthetic leather, 50% Polyester







YUMA WEIGHT LIFTING **WORKOUT GLOVES**

S - 3XL 100% Polyester







NON-PADDED STRAPS

One size 100% Cotton





NEW COLORS

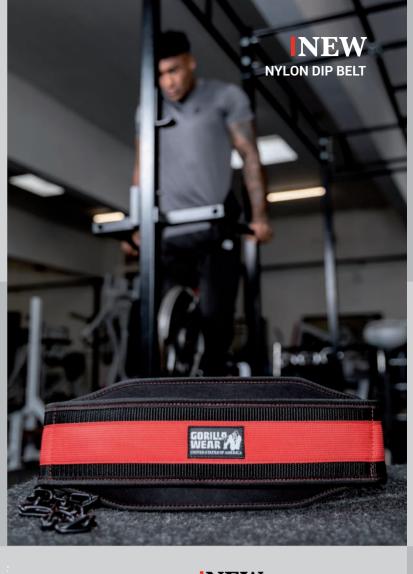
MITCHELL TRAINING **GLOVES**

S - 3XL 40% Leather, 20% Rubber, 20% Nylon, 20% Cotton











HARDCORE LIFTING STRAPS

One size 100% Cotton





PADDED LIFTING STRAPS

One size 100% Cotton





GORILLA WEAR NYLON DIP BELT

ONE SIZE

40% Nylon, 20% Polyester, 10% Rubber, 30% Steel







PALM GRIP PADS

One size 100% Polypreme





KNEE WRAPS

79INCH/2M - 98INCH/2,5M 70% Elasthan, 30% Polyester









CLASSIC GYM TOWEL

100x50 cm 100% Cotton





FUNCTIONAL GYM TOWEL 100x50 cm / 40x20 inches

100% Cotton













SHAKER XXL 1000 ml 100% BPA free plastic



2,2 L



CLASSIC SPORTS BOTTLE

100% BPA free plastic





GRIP SPORTS BOTTLE

Bottle: 100% HDPE, Cap 100% PP, Spout 100% TPR, seal ring 100% silicone







SHAKER 2 GO

760 ml + 2 Powder compartments 100% BPA free plastic





SHAKER

600 ML or 700 ML 100% BPA free plastic





SHAKER COMPACT

500 ml + 1 Powder compartment 100% BPA free plastic





SHAKER XXL

1000 ml 100% BPA free plastic

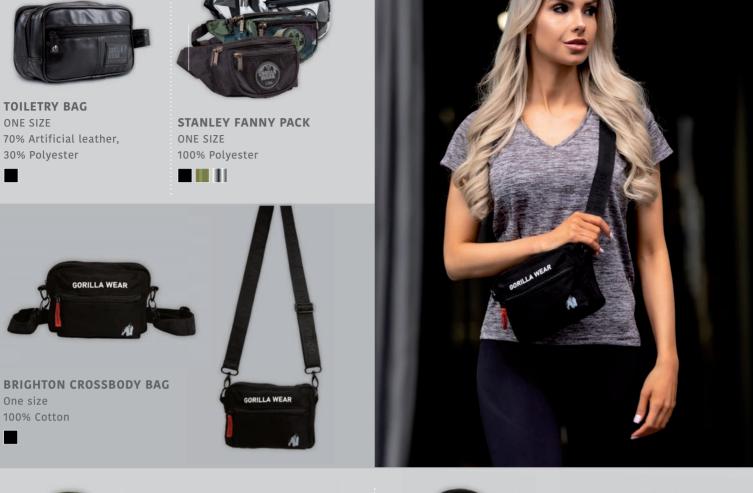






TOILETRY BAG ONE SIZE







DUNCAN BACKPACK One size 100% Polyester











JEROME GYM BAG 2.0 One size (36 l) 100% Polyester



ONE SIZE (36 l) 100% Polyester





NORRIS HYBRID GYM BAG/BACKPACK One size (66 l) 100% Polyester







WATER JUG 2.2L

WE ALL KNOW IT IS IMPORTANT TO STAY HYDRATED DURING YOUR WORKOUTS. OUR WATER JUG HOLDS A WHOPPING 2.2 LITERS TO HELP YOU WITH THAT! IT IS BREAK-PROOF, LEAK-PROOF, DISHWASHERSAFE, AND NON-TOXIC (BPA-FREE & DEHP-FREE).





YAVA SEAMLESS SPORTS BRA

XS/S - S/M - M/L 54% Nylon, 34 Polyester, 12% Spandex





HILTON SEAMLESS SPORTS BRA

XS/S - S/M - M/L 90% Nylon, 10% Spandex







NEIRO SEAMLESS SPORTS BRA

XS/S - S/M - M/L 90% Nylon, 10% Spandex





QUINCY SEAMLESS SPORTS BRA

XS/S - S/M -M/L 90% Nylon, 10% Spande









ADDISON DROP ARMHOLE TANK TOP

XS - L

80% Cotton, 20% Polyester

INEW







ESTELLE TWISTED CROP TOP

XS - I

85% Polyester, 15% Spandex











PIXLEY CROP TOP HOODIE

65% Cotton, 35% Polyester











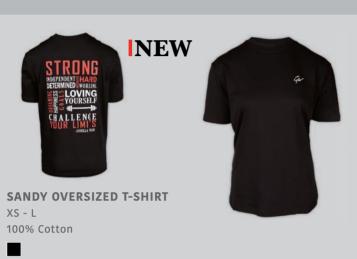






















PIXLEY ZIPPED HOODIE 65% Cotton, 35% Polyester





90% Nylon, 10% Spandex





ALEXANDRIA HOODIE XS/S & M/L 80% Cotton, 20% Polyester









PIXLEY SWEATPANTSXS - L
65% Cotton, 35% Polyester



A

PASADENA WOVEN PANTS XS - L 90% Polyester, 10% Spandex







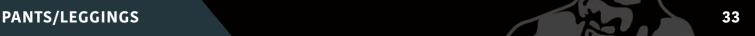
XS/S - S/M - M/L 90% Nylon, 10% Spandex



HILTON SEAMLESS LEGGINGS XS/S - S/M - M/L 90% Nylon, 10% Spandex









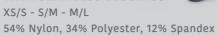
PIXLEY SWEATSHORTSXS - L
65% Cotton, 35% Polyester

NEW





YAVA SEAMLESS LEGGINGS







SALINA 2-IN-1 SHORTS XS - L 100% Polyester





MONROE CROPPED LEGGINGS

XS - L 73% Polyester, 27% Elastane - Rib fabric 75% Polyamide, 25% Elastane



NEW

M O N R O E C R O P P E D L E G G I N G S





QUINCY SEAMLESS LEGGINGS

XS/S - S/M - M/L 90% Nylon, 10% Spandex QUINCY SEAMLESS CYCLING SHORTS
XS/S - S/M - M/L
90% Nylon, 10% Spandex

