

WELCOME

Dear members of #TEAMGORILLAWEAR

In front of you is the Gorilla Wear Spring/Summer 2021 catalog. In this catalog, you'll find all of our current products and sneak previews of upcoming items. We recommend you to visit our website www.gorillawear.com and follow @gorillawear on Instagram to stay updated about Gorilla Wear news, promotions, giveaways, and new arrivals.

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 sportspeople 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.

Several new arrivals are planned and we're excited to present them to you. Our products are designed to improve your workouts and boost your look. We always listen to feedback from customers and followers to provide you with the best service and products possible. We would love to know your experiences with Gorilla Wear and our products, so please leave a review on the official website or Trustpilot.

Gorilla Wear Worldwide

Gorilla Wear has sole distributors in the following countries:

| Albania | China | Estonia |
|-----------|----------------|-----------|
| Australia | Colombia | Finland |
| Austria | Costa Rica | France |
| Belgium | Cyprus | Germany |
| Bosnia | Czech Republic | Greece |
| Bulgaria | Denmark | Guatemala |
| Canada | Egypt | Hungary |

Hungary

Iceland India Iraa Israel Italy Japan Jordan

Kazakhstan Kirgistan Kosovo Kuwait Libya Lithuania Luxembourg Macedonia Malta Moldavia Monaco Morocco Netherlands Norway

Panama Poland Oatar Saudi Arabia San Marino Serbia

Singapore Slovakia Slovenia South Africa South Korea Surinam Sweden

Switzerland Tunisia Turkey UAE 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.



EXCLUSIVE INTERVIEW WITH BRANDON CURRY, CODY GARBRANDT, DENNIS JAMES, WILLIAM BONAC, KAMARU USMAN

WORKOUT TIPS & TRICK

EXCLUSIVE LIVE ENGAGING INTERVIEWS ON

YOUTUBE

MAKE SURE YOU FOLLOW @GORILLAWEAR & RETHEFIRST TO KNOW! IN RETURN YOU WILL RECEIVE: GREAT INFORMATIVE CONTENT, TIPS AND TRICKS, PRODUCT UPDATES AND MORE...























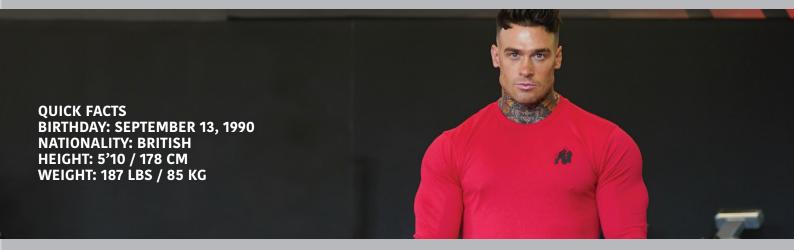






TIP& TRICKS LEWIS HARRISON

Lewis Harrison is a British fitness model and personal trainer. He has been working out for a couple of years which has resulted in an impressive physique. Besides, he has assisted people all over the world as a personal trainer and online coach. Lewis is one of our #TEAMGORILLAWEAR athletes and we spoke to him about his five favorite exercises.



Bench Press

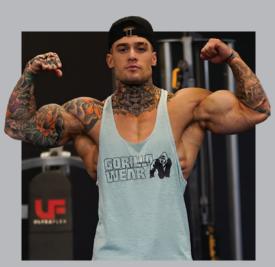
"When it comes to chest workouts, my personal favorite exercise is the Bench Press. I prefer using a barbell over dumbbells during chest workouts because I feel it fits my body and movement patterns more. Bench Press is a functional exercise that helps you with any daily activities that require pushing or carrying. Once you are experienced with this exercise, you can vary the grip on the bar for different effects. A wider grip will increase the use of the pectorals, while a narrower grip will increase the use of the triceps."

Pull-ups

"My favorite back exercise is Pull-ups. I used to perform a lot of Pull-ups when I was in the Marines, so I think that's why I enjoy executing this particular exercise. With Pull-ups, I am really getting the activation that I'm aiming for in my lats. Strengthening your back will help you with everyday tasks and in achieving good posture. If you can perform perfect Pull-ups, you can add a challenge by wearing a weighted vest or weight belt."

Preacher Curls

"Preacher Curls are one of the most underrated exercises for biceps in



my opinion. I enjoy this exercise because I have a full range of motion and get great biceps stretch. By placing your arms at an angle, you really challenge both heads of the biceps muscles."

Rope Pushdowns

"When it comes to triceps workouts, I prefer Rope Pushdowns. I use ropes as it works all three heads of the tricep. For example, using a flat bar only triggers two of the

three heads. Rope Pushdowns also benefit your overall strength and endurance by engaging your core, back, and shoulders. Try to focus on the contraction of the muscles during this exercise. Slowly lower the weight and keep constant tension on the triceps. Pause at the bottom of the move to apply more pressure on the muscles."

Leg Extension

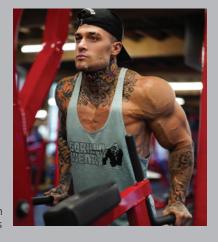
"Leg Extension is my favorite isolation exercise. Isolation exercises are those used to tackle one specific muscle group or joint 'in isolation'. The Leg Extension is excellent for strengthening your quadriceps. Increase the weight as you gain strength, but keep the load moderate. You can do one-leg Leg Extensions to work on each leg individually. Make sure you also mix up your quadriceps workout and do Squats for lower body conditioning."

Tips & Tricks

As a personal trainer and online coach, Lewis guides a lot of people from all over the world. These are a few fitness tips & tricks from the specialist himself.

#1

When it comes to 'cutting', many people think it's just about cardio exercises. But what you're trying to do is create a state of controlled catabolism in order to cut. This means that you need to break



down more energy than you're producing. In order to do this, you need to cause your energy expenditure to be far above the baseline for hours post-exercise.

#2

Once you're lifting two times your body weight, there's a limit to how much strength you can build and how quickly. Optimize your technique by focusing extra on everything being correctly aligned and whether you are correctly positioned, for example by filming yourself during exercises and analyzing this afterward.

#3

Although we will all differ in the way we respond metabolically to food, we will all benefit from eating well and consistently. Determine based on your goals, for example losing weight or building muscle mass, which diet is best for you. Visit www.gorillawear.com/diet for more information!





CLASSIC TANK TOP S - 3XL 100% Cotton









MADERA TANK TOP 72% Polyester, 28% Elastane





BRANSON TANK TOP S - 4XL 100% Polyester











DAKOTA SLEEVELESS T-SHIRT S - 4XL

100% Cotton







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









RICHMOND RIB TANK TOP SM/ - L/XL - 2XL/3XL

92% Polyester 8% Elastane







ROGERS HOODED TANK TOP

S - 4XL 100% Cotton









EVANSVILLE TANK TOP S - 4XL 100% Cotton





ROCK HILL TANK TOP S - 4XL 92% Cotton, 8% Elastane







85% Cotton, 10% Polyester, 5% Elastane





MELBOURNE S/L HOODED T-SHIRT S - 4XL

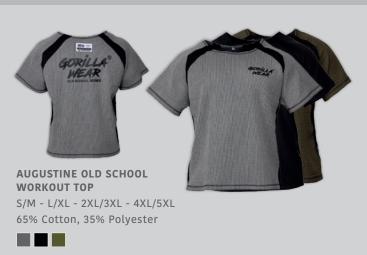
100% Cotton





























CLASSIC T-SHIRT S - 4XL 100% Cotton







DETROIT T-SHIRT S - 5XL 100% Cotton







JOHNSON T-SHIRT S - 5XL 100% Cotton







LEWIS T-SHIRT S - 5XL 90% Polyester, 10% Spandex







TAOS T-SHIRT S - 5XL 72% Polyester, 28% Elastane





ATHLETE T-SHIRT 2.0

- BRANDON CURRY
- DENNIS JAMES
- WILLIAM BONAC GORILLA WEAR



M - 4XL 100% Polyester









CODY T-SHIRT S - 5XL 100% Cotton





USMAN T-SHIRT S - 4XL 100% Cotton









FRESNO T-SHIRT S - 5XL 100% Polyester







ROCK HILL T-SHIRT S - 5XL 92% Cotton, 8% Elastane







DELANO POLO S - 4XL 92% Cotton 8% Spandex







CHESTER T-SHIRT S - 5XL 100% Cotton









INEW



HAMILTON HYBRID LONG SLEEVE

S - 4XL 85% Polyester, 15% Elastane





RENTZ LONG SLEEVE

90% Polyester, 10% Spandex







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





SPRINGFIELD S/L ZIPPED HOODIE

80% Cotton, 20% Polyester







INEW

BANKS OVERSIZED HOODIE S - 4XL

80%Cotton 20%Polyester















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





GLENDALE SOFTSHELL JACKET S - 4XL







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







S - 4XL







WENDEN TRACK JACKET 85% Polyester, 15% Spandex









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









S - 4XL

INEW







S - 4XL 100% Polyester





BANKS PANTS

S - 4XL

80% Cotton 20% Polyester







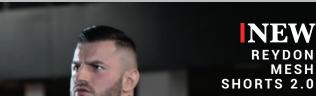
NEWARK PANTS

S - 4XL

80% Cotton 20% Polyester











SAN ANTONIO SHORTS

S - 4XL

92% Cotton, 8% Elastane







NEW

KNOXVILLE 3/4 SWEATPANTS S - 4XL

92% Cotton, 8% Spandex







NEW



CISCO SHORTS

S - 3XL

80% Cotton, 20% Spandex







S - 4XL



AUGUSTINE OLD SCHOOL SHORTS S/M - L/XL - 2XL/3XL

65% Cotton, 35% Polyester





WENDEN TRACK SHORTS S - 3XL 85% Polyester, 15% Spandex







BRANSON SHORTS S - 5XL 100% Polyester







SHELBY SHORTS S - 5XL 100% Polyester











S/M - L/XL - 2XL/3XL 100% Polyester







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





FRANKLIN SHORTS S - 4XL 72% Polyester, 28% Spandex





FRANKLIN MEN'S TIGHTS S - 4XL 72% Polyester, 28% Spandex







MURDO MUAY THAI / **KICKBOXING SHORTS**

XS - 3XL 100% Polyester









S - 3XL

97% Polyester, 3% Spandex





YESO SHIN GUARDS M - XL Quality: Check Website







YESO BOXING GLOVES 8 - 16 oz Quality: Check Website







BOXING HAND WRAPS 2.5M, 3M, 4M Quality: Check Website







ASHTON PRO BOXING GLOVES

8 - 18 oz

Quality: Check Website





MONTELLO BOXING GLOVES

Quality: Check Website





MONTELLO SHIN GUARDS

M - XL

Quality: Check Website















MOSBY SHIN GUARDS

M - 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



20



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% Mesh. Outsole: 100% Rubber













INEW

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









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









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



















DARLINGTON CAP One size 100% Cotton







JULIAN CAP One size 100% Cotton





GORILLA WEAR FILTER FACE MASK

XS/S - M/L 100% Polyester



GORILLA WEAR FACE MASK

XS/S - M/L 100% Polyester







4 INCH PADDED LEATHER BELT

S/M - L/XL - 2XL/3XL 100% leather





FULL LEATHER PADDED BELT

S/M - L/XL - 2XL/3XL 100% leather





4 INCH NYLON BELT

S/M - M/L - L/XL 20% polypropylene, 25% nylon, 45% polypropylene foam, 10% Polyester





WRIST WRAPS BASIC

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





WRIST WRAPS PRO

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





WRIST WRAPS ULTRA

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





WEIGHT LIFTING HOOKS

ONE SIZE 50% nylon, 50% steel supports up till 150 kg/330 lbs maximum





LIFTING GRIPS (ONLY EU)

One size

70% rubber, 30% Polyester





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





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





BRIGHTON CROSSBODY BAG

One size 100% Cotton







PALMGRIP

One size 100% polypreme





KNEE WRAPS

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





TOILETRY BAG

ONE SIZE 70% artificial leather, 30%Polyester





STANLEY FANNY PACK

ONE SIZE

100% Polyester





FUNCTIONAL GYM TOWEL 100x50 cm / 40x20 inches 100% Cotton







NEW



CLASSIC GYM TOWEL

100% Cotton





100x50 cm / 40x20 inches





GRIP SPORTS BOTTLE

Bottle: 100% HDPE, Cap 100% PP, Spout

100% TPR, seal ring 100% silicone

750 ml

CLASSIC SPORTS BOTTLE

750 ml 100% BPA free plastic





500 ml + 1 Powder compartment 100% BPA free plastic





SHAKER XXL

1000 ml 100% BPA free plastic





SHAKER 2 GO

760 ml + 2 Powder compartments 100% BPA free plastic





SHAKER

600 ML or 700 ML 100% BPA free plastic







MULTIFUNCTIONAL DEODORIZER BALLS

Fragrance, Dipropylene. Glycol, Tea Polyphenols and Deodorant













DUNCAN BACKPACK One size 100% Polyester



AKRON BACKPACK One size 100% Polyester







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







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







HILTON SEAMLESS LONG SLEEVE & LEGGING

HILTON

COMFORTABLE YET FASHIONABLE DURING YOUR WORKOUTS, THAT'S WHAT THE HILTON SET OFFERS YOU. THE SET CONSISTS OF A SEAMLESS LONG SLEEVE, A SEAMLESS BRA, AND A SEAMLESS LEGGING. AVAILABLE IN THREE COLORS: BLACK, BLUE, AND FUCHSIA.

BANKS

THE BANKS SET CONSISTS OF AN OVERSIZED HOODIE WITH MATCHING JOGGERS. THIS SET KEEPS YOU WARM BEFORE AND AFTER YOUR WORKOUT. OR HOW ABOUT A COMFORTABLE OUTFIT ON REST DAYS? THE BANKS SET HAS YOU COVERED IN EVERY SITUATION!

ANKS

OVERSIZED HOODIS & SWEATPANTS





YAVA SEAMLESS SPORTS BRA

XS/S - S/M - M/L

54% Nylon, 34 Polyester, 12% Spandex





META SPORTS BRA

XS - L

85% Polyester, 15% Elastane







AURORA BRA

XS- L

78% Polyester, 22% Elastane





HILTON SEAMLESS BRA

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







NEIRO SEAMLESS SPORTS BRA

XS/S - S/M - M/L90% nylon, 10% Spandex







ESTELLE TWISTED CROP TOP

85% Polyester - 15% Spandex







PIXLEY CROP TOP HOODIE

65% Cotton, 35% Polyester







ASPEN TANK TOP

85% Polyester, 15% Elastane









SEATTLE TANK TOP XS - L

100% Polyester

















HOLLY T-SHIRT

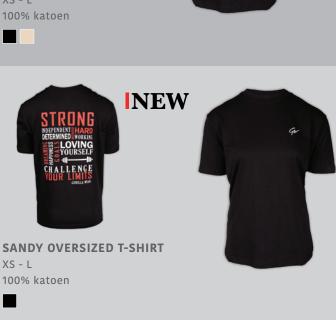






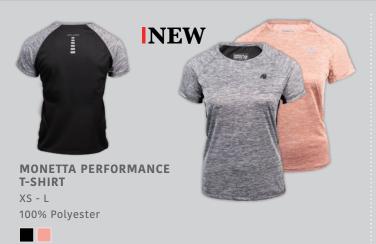
















PIXLEY ZIPPED HOODIE







SELMA SLEEVELESS HOODIE

80% Cotton, 20% Polyester







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





CHARLOTTE HOODIE

80% katoen, 20% Polyester









CLEVELAND TRACK JACKET 72% Polyester, 28% Spandex







CLEVELAND TRACK PANTS 72% Polyester, 28% Spandex









VICI JACKET XS - L 72% Polyester, 28% Spandex







VICI PANTS XS - L 72% Polyester, 28% Spandex













NEIRO SEAMLESS LEGGINGS

XS/S - S/M - M/L90% nylon, 10% Spandex





INEW



HILTON SEAMLESS LEGGINGS

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







78% Polyester, 22% Elastane







KAYCEE TIGHTS

XS - XL 85% Polyester, 15% Elastane







YAVA SEAMLESS LEGGINGS

XS/S - S/M - M/L

54% Nylon, 34% Polyester, 12% Spandex







PIXLEY SWEATPANTS







NEW



PASADENA WOVEN PANTS

90% Polyester - 10% Spandex





NEW COLOR



PIXLEY SWEATSHORTS

65% Cotton, 35% Polyester







ALBIN SHORTS

92% Polyester, 8% Spandex.







