



PRODUCT CATALOG 2018





I created these unique elastic battle ropes to enhance high intensity interval training routines. Before, in my coaching sessions, I was missing a tool that would get my body to the highest intensities very quickly to make my training more effective and complex while still being very variable and fun.

COBRA rope is my solution.

Give it a try, it truly is a new dimension of training.

Sam Hauri





GUNNING™

GROUP HIIT BY GUN-EX®

GUNNING™ group training by GUN-EX® is a complete HIIT solution for fitness clubs, chains and gyms for their group and small group sessions. GUNNING™ is also used as a part of specific conditioning program in sport teams like basketball, football, soccer, ice-hockey etc...

GUNNING™ combines athletic performance training with HIIT into one effective training routine.

Start GUNNING™ program in your gym

1 SELECT PRODUCT

Choose product based on your training space's size available for group or small group sessions.

For larger spaces choose **COBRA GUNNING Kit 300**.

For smaller spaces choose **MINI COBRA Kit**.

COBRA GUNNING Kit 300



Min. required space:
10.5 m / 35 ft

MINI COBRA Kit



Min. required space:
6 m / 20 ft

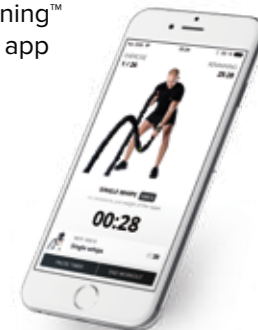


2 EDUCATE TRAINERS

Education courses for trainers are the essential part of GUN-EX® training system. Educated and engaged trainers drive the program forward.

3 START GUNNING™ SESSIONS

Trainers can use free mobile app to lead sessions. New Gunning™ workouts are added to the app on regular basis.



GUNNING™
GROUP HIIT BY GUN-EX®



Group exercise with elastic ropes
Recommended group size:
up to 20 people



Short effective classes
Session is **30 minutes** long
(possible to fit 2 classes within 1 hour)



Team training
More engaging and more fun exercise
High client satisfaction and retention rate

FREE TRAINING APP

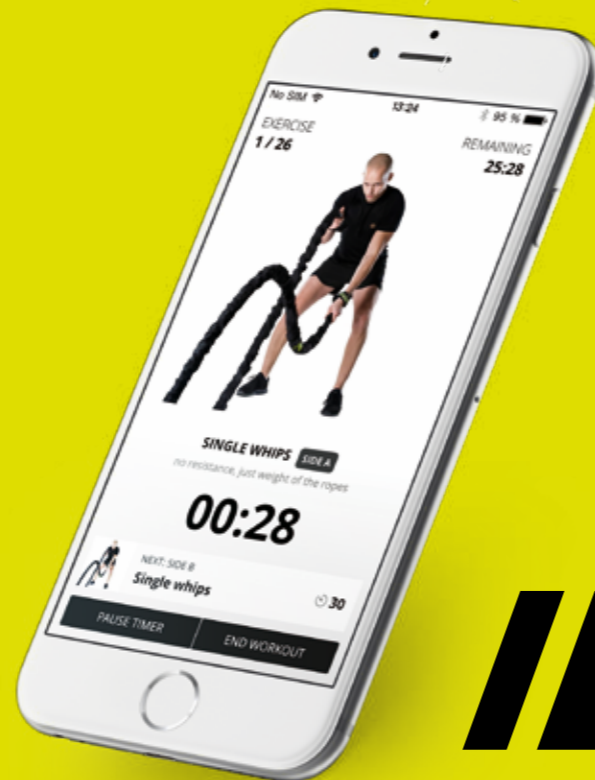
INCLUDES FULL TRAINING MANUAL AND FREE WORKOUT PLANS

Easy for trainer to set up sessions.

Ready-to-use workouts prepared by GUN-EX® master trainers.

Just select one of recommended workouts and start training session.

New workouts are being added on regular basis.



iPhone

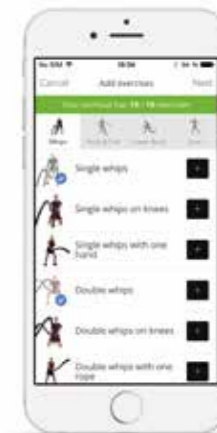
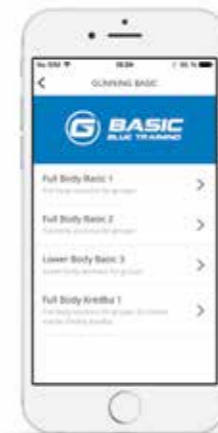


Android

Scan QR code on your phone or visit your app store and search for "gunex"

EASIER LIFE AS A TRAINER

Ready-to-use workouts prepared by GUN-eX® master trainers. Just select one from the list and you are ready to train. Several different workouts for each level of difficulty. Special workouts for individual and group training.



COMPLEX WORKOUTS IN SECONDS

Intuitive user interface for creating your own workouts. Create classic interval timer or design complex ladder or pyramid workouts. Add exercises from GUN-eX® Movement Database or add your own custom ones.

GREAT TRAINING AT YOUR FINGERTIPS



PRODUCTS

Elastic resistance training tools for small group and personal training.

STRENGTH / POWER / SPEED / AGILITY

NEW



FULL BODY WORKOUT FOR SMALL INDOOR SPACES

Shorter version of GUN-eX's the most popular tool for group training, Cobra Gunning Kit. Designed primarily for small indoor spaces to fit in every training zone.



MINI COBRA

Shorter version of GUN-eX's the most popular tool for group training, Cobra Gunning Kit. Designed primarily for small indoor spaces to fit in every training zone.

Go for Mini Cobra Kit if you only have small training zone available where longer Cobra ropes wouldn't fit in. While you can also train alone in PT sessions, each kit is intended for two people training together. You can extend your kit with available accessories to make it even more variable.

CONTAINS

- 2 x MINI COBRA rope
- 2 x hip-belt
- 2 x lockable carabiner
- 1 x anchor extender
- 1 x user manual



Designed for small spaces: 2.7 m (9 ft) long ~ 8 m (26 ft) when fully extended

RECOMMENDED FOR

Small training zones, **small group training**, PT.



Rope resistance:
Optimal resistance (30 kg/66 lbs) for rope of this length. Suitable for all groups - youth, women and men.

COBRA GUNNING

Designed for group classes and small group training. Hard and highly effective HIIT that is fun for all participants. One kit is for two people to train in pair.

Get COBRA GUNNING kit if you are planning to lead GUNNING™ group classes or small group training. One kit is for two people – person on each side of the ropes alternates between exercise and active rest. GUNNING classes are great fun and come highly recommended from all participants.



RECOMMENDED FOR

Group classes in fitness clubs, small group training with personal trainer.

300
LIGHT

700
HEAVY

Rope resistance:

Light (30 kg/66 lbs) - the best choice for fitness.
Heavy (70 kg/155 lbs) - extremely hard workout.

CONTAINS

- 2 × COBRA rope
- 2 × hip-belt
- 2 × climbing carabiner
- 1 × user manual

FULL BODY WORKOUT FOR GROUP CLASSES





COMPLETE KIT FOR FULL BODY WORKOUT



COBRA PRO

Full body workout. Complete set of all available accessories included. Ideal choice for professional athletes and coaches. Great for traveling to training camps.

Get COBRA PRO kit if you want to get the most out of your new elastic battle ropes. PRO kit includes all available accessories thus offering maximum utility. You can perform every exercise imaginable.

CONTAINS

- 2 × COBRA rope
- 1 × hip-belt
- 1 × unisex X-Harness
- 1 × wooden bar
- 1 × heavy duty carry bag
- 1 × anchor extender
- 2 × lockable wire carabiner
- 2 × maillon carabiner
- 1 × training manual

RECOMMENDED FOR

All serious personal trainers, coaches and professional athletes.



Rope
resistance



COBRA BASIC



Elastic battle ropes with higher training effect, exercise variability and durability. Elastic ropes fight back and add resistance to your every move. Develop core and upper body strength and power.

Get COBRA BASIC kit if you want to start with elastic battle rope training and see what it's all about. You can do all battle exercises, swings and whips, and basic core and push/pull exercises.

CONTAINS

- 2 × COBRA rope
- 1 × anchor extender
- 2 × lockable wire carabiner
- 2 × maillon carabiner
- 1 × training manual

RECOMMENDED FOR

Crossfit gyms for battle exercises, functional zones in fitness clubs, home use.



COBRA SPEED



Speed rope for lower body workout. Train starts, sprints, jumps and other lower body movements.

Get COBRA SPEED kit if you need to work on lower body. It's a great tool for athletes who need to build up leg speed and explosive power, improve acceleration and reaction time – track & field athletes, hockey, soccer, rugby and American football players.

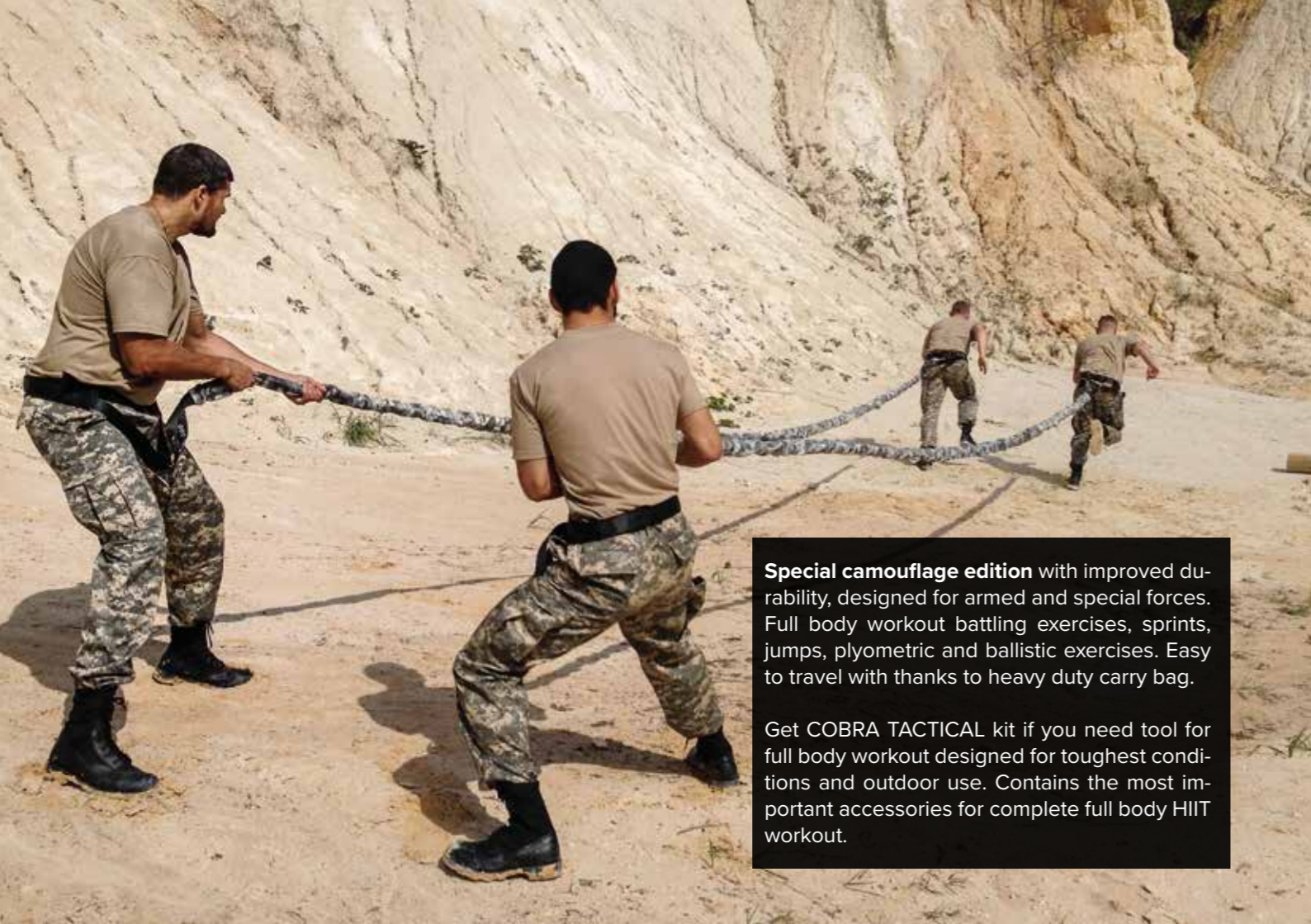
CONTAINS

- 1 × COBRA rope
- 1 × unisex X-Harness
- 1 × anchor extender
- 1 × lockable wire carabiner
- 1 × maillon carabiner
- 1 × training manual

RECOMMENDED FOR

Coaches, trainers and athletes who need lower body speed and power.





Special camouflage edition with improved durability, designed for armed and special forces. Full body workout battling exercises, sprints, jumps, plyometric and ballistic exercises. Easy to travel with thanks to heavy duty carry bag.

Get COBRA TACTICAL kit if you need tool for full body workout designed for toughest conditions and outdoor use. Contains the most important accessories for complete full body HIIT workout.

GUN-EX® COBRA

TACTICAL KIT

300
LIGHT

700
HEAVY

Rope resistance



CONTAINS

- 2 × COBRA rope (camo)
- 1 × hip-belt
- 1 × heavy duty carry bag (camo)
- 1 × anchor extender

- 2 × lockable wire carabiner
- 2 × maillon carabiner
- 1 × dog tags
- 1 × training manual

RECOMMENDED FOR

Armed and special forces, bootcamps, personal trainers for outdoor use, functional zones in fitness clubs.

QUATTRO PRO

Full body workout to improve your dynamic strength, coordination and explosive power. It provides resistance to your every move, be it upper body, legs or core.

RECOMMENDED FOR

Personal trainers, coaches and pro-athletes, sport teams and sport clubs, PT zones within fitness clubs, rehabilitation centers.

CONTAINS

- 4 × long elastic rope
- 2 × short plyometric rope
- 2 × wrist cuff
- 2 × ankle/heel cuff
- 2 × wooden handles
- 1 × agility belt
- 1 × short wooden bar
- 1 × heavy duty backpack
- 2 × ground anchor point
- 2 × anchor extender
- 1 × user manual



Full featured professional kit for full body dynamic movement training

Get QUATTRO PRO to improve your coordination and build up core strength. It's great for athletes who need to train sport specific movements. It is a must have tool for any serious personal trainer or coach.

QUATTRO PRO includes full set of available accessories. Add rotational exercises to your training with **short wooden bar**, plyometric exercises with **short elastic ropes** and new **ground anchor points**, use wooden handles for easy grip, improve your agility and reaction with new **agility belt**. QUATTRO PRO comes in big, stylish and durable backpack.



Rope resistance:

Quattro Pro includes ropes of both light (10 kg/22 lbs) and heavy (16 kg/35 kg) resistance. Adjust training difficulty by using light or heavy ropes only, or combine them both together for even harder workout.

QUATTRO START

Starter kit for full body dynamic training

Get QUATTRO START if you need to improve functional strength in specific body zones. It is a must have tool for personal trainers to get results with their clients and if you cannot invest into QUATTRO PRO tool.

QUATTRO START is also very useful as a tool for injury recovery. QUATTRO START comes in a practical gym sack so it's easy to carry around.



RECOMMENDED FOR

Personal trainers, PT zones within fitness clubs, physical rehabilitation centers.

100
LIGHT

160
HEAVY

Rope
resistance

CONTAINS

- 2 × elastic rope (light or heavy)
- 2 × wrist cuff
- 2 × ankle/heel cuff
- 1 × anchor strap + door stop
- 1 × small carry bag
- 1 × user manual





ACCESSORIES

Add more variability to your training

360° HIP BELT



For lower body exercises with **COBRA & MINI COBRA** ropes. Sprints, jumps, lunges, ...

Free movement in any direction (360°), comfortable neoprene padding, adjustable size. Attach rope to the belt and move against its resistance.



AGILITY BELT



For plyometric and agility exercises with **QUATTRO** ropes. Reaction training, jumps, lateral speed and strength, ...

New agility belt with 3 connection points allows for seamless movement from side to side or back and forth with resistance added to your every move.



X-HARNESS



For lower body exercises with **COBRA** and **MINI COBRA** ropes. Sprints, starts, jumps, ...

Mostly used for sprinting when the point of gravity on shoulders is needed. Padded with neoprene for comfort.



WOODEN BAR



For upper body push and pull exercises with **COBRA**, **MINI COBRA** and **QUATTRO** and for rotational and core exercises with **QUATTRO**.

Bar is made of quality ash wood and comes in 2 sizes: **long** (1 m / 3.3 ft) and **short** (60 cm / 2 ft).



WOODEN HANDLES



For QUATTRO ropes.

Tired of strapping wrist cuffs to your hands? Grab these handles and you are ready to train!

Comfortable grip, handle is made of lightweight, natural and long lasting wood.



ANCHOR EXTENDER



For COBRA, MINI COBRA and QUATTRO ropes.

Use anchor extender to protect your ropes when anchoring outdoors or indoors to rough objects. You can chain anchor extenders to anchor around large objects like trees, etc.

Anchor extender with rubber door stop can be used to anchor ropes indoors into closed doors. For use with QUATTRO ropes only.

BACKPACK



Convenient and lightweight and durable drawstring backpack for carrying your training gear. Made from thick and durable fabric.



HEAVY DUTY BAG



Ideal bag to carry all your GUN-eX® gear with plenty of room for your shirt and sneakers.

The bag is equipped with three special straps so you can carry it as a handbag or wear it as a backpack.

EDUCATION COURSES OVERVIEW

SPF

Strength & Power
Foundation

8 hrs / 1 day

OPS

Operational Physical
Preparation

4 hrs / 1 day

ERT

Elastic Resistance
Trainer

8 hrs / 1 day

GGT

Gunning™ Group
Training

8 hrs / 1 day

EDUCATION

Foundational and advanced education
courses for trainers.



SPF



8 hrs
1 day

STRENGTH & POWER FOUNDATION COURSE

Objective of this course is to learn how to work with COBRA and MINI COBRA ropes. Being able to set-up training tools, correctly execute exercises, being able to scale technical difficulty of exercises to different fitness levels. Understanding standard movements and how to apply different conditions.

By the end of the day being able to wrap it up into whole workout and understanding different training programs/protocols to be independent and work correctly with elastic resistance on daily basis.

It is the most basic and important course to understand foundation of elastic resistance training.



GGT



8 hrs
1 day

GUNNING™ GROUP TRAINING COURSE

Objective of this course is to learn how to set-up and deliver GUNNING™ small group training for different fitness levels. All course is orientated on correct and appropriate training program for different clients. Running and teaching small group training format.

The course is very practical orientated with lots of teach backs and cueings from participants' side. Participant should be able to deliver training session in very high standard and to be able to prepare and scale small group training program seeing long term goals.

Requirement: attend GUN-EX SPF course before signing up for GGT course.



SPF





OPS



**4 hrs
1 day**

OPERATIONAL PHYSICAL PREPARATION COURSE

**Workshop for Military personnel, special forces and law enforcement,
co-authored with two former Navy Seals.**

Very specific exercises and training drills for specific needs. Goal is to be physically ready and prepared for tough every day job. Training is practically oriented with training drills/programs.

The part of the course is physical challenge how to test your overall physical preparation for now and future.



ERT



**8 hrs
1 day**

ELASTIC RESISTANCE TRAINER COURSE

Objective of this course is to learn how to work with elastic resistance tools in general and understanding the base of elastic resistance training. During the course we use elastic resistance tool GUN-EX® QUATTRO PRO with different resistance levels and accessories which can be attached to the tool and creating tons of training options from static to dynamic ones.

Very unique training program and tool for all PTs and strength coaches across the market. The course is very practically orientated with many exercises for different clients.

Exercises are divided into different groups and strong focus is made on standard and most essential exercises from where we can develop and progress to more complicated ones. Symmetrical, asymmetrical movements, rotations, agility drills, specific sport exercises etc. all is very structured to understand training logic.

By the end of the day you should be able to identify clients' needs and understand how to set up correct training routine with excellent technical exercise execution to reach their goals.

Goal is to understand how to apply elastic resistance into your training routines and what benefits it brings to student.



APPAREL

NEW COLLECTION
with national flags design

Be proud of your country!

Lightweight fabric with moisture and heat control
Accelerated drying
Double layer stress zones
Sublimation prints



WOMEN'S NATIONAL FLAGS COLLECTION Tank top & leggings

Custom design for all countries worldwide.

Available in sizes XS, S, M, L, XL



MEN'S NATIONAL FLAGS COLLECTION T-shirt & shorts

Custom design for all countries worldwide.

Available in sizes S, M, L, XL , XXL

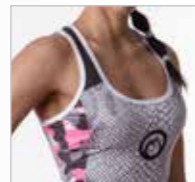


GUN-EX® QUEEN PERFORMANCE TANK TOP

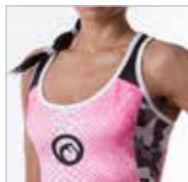
FABRIC: 92% POLYESTER, 8% SPANDEX

Also available
in national
flag designs

COLORS:



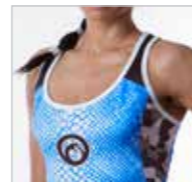
GREY SNAKE
PINK CAMO



PINK SNAKE
GREY CAMO

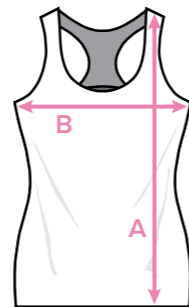


LIME SNAKE
GREY CAMO



BLUE SNAKE
GREY CAMO

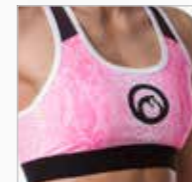
Size	A Height (cm)	B Width (cm)
XS	58	34
S	59.5	38
M	61	42
L	62.5	46
XL	64	50



GUN-EX® QUEEN COMPRESSION SPORTS BRA

FABRIC: 92% POLYESTER, 8% SPANDEX

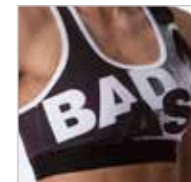
COLORS:



PINK SNAKE

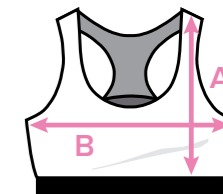


GREY SNAKE



BADASS

Size	A Height (cm)	B Width (cm)
XS	28	31
S	29.5	35
M	31	39
L	32.5	43



GUN-EX® QUEEN COMPRESSION SHORTS

FABRIC: 92% POLYESTER, 8% SPANDEX

COLORS:

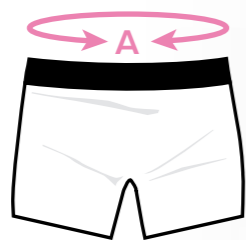


PINK CAMO

GREY CAMO

ZEBRA

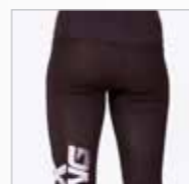
Size	A Waist (cm)
XS	60-67
S	67-74
M	74-81
L	81-88



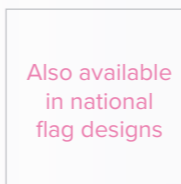
GUN-EX® QUEEN PERFORMANCE LEGGINGS

FABRIC: 84% POLYESTER, 16% SPANDEX

COLORS:



BLACK



Size	A Waist (cm)
XS	60-67
S	67-74
M	74-81
L	81-88



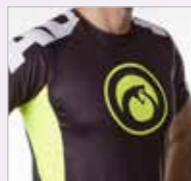


GUN-EX® KING BADASS T-SHIRT

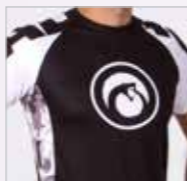
FABRIC: 92% POLYESTER, 8% SPANDEX

Also available
in national
flag designs

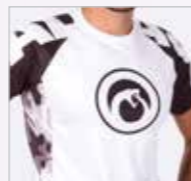
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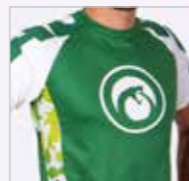
BLACK + LIME



BLACK + GREY
CAMO

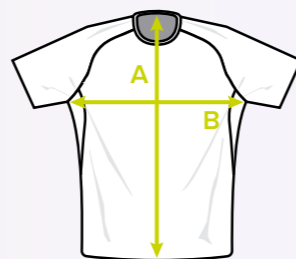


WHITE + GREY
CAMO



GREEN + LIME
CAMO

Size	A Height (cm)	B Width (cm)
XS	62	39
S	64	43
M	67	47
L	69	51
XL	71	55



GUN-EX® KING TRAINER SHORTS

FABRIC: 100% POLYESTER

Also available
in national
flag designs

COLORS:



BLACK + LIME
CAMO



BLACK + GREY
CAMO

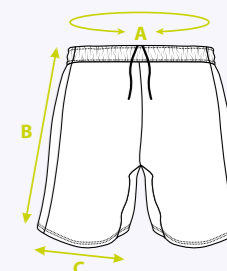


WHITE + GREEN
CAMO



WHITE + GREY
CAMO

Size	A Waist (cm)	B (cm)	C (cm)
S	75 - 85	48	32
M	80 - 95	52	33
L	85 - 100	56	34
XL	95 - 110	61	35
XXL	95 - 125	66	36



GUN-EX® KING BADASS LEGGINGS

FABRIC: 84% POLYESTER, 16% SPANDEX

COLORS:



BLACK

Size	A Waist (cm)
S	82 - 86
M	87 - 91
L	92 - 96
XL	97 - 101
XXL	102 - 106





GUN`eX[®]
training system

WWW.GUN-EX.COM



FACEBOOK

GUNEXTRAININGSYSTEM

INSTAGRAM

GUNEXTRAINING

