

**IRONMIND®**

STRONGER MINDS,  
STRONGER BODIES™

IronMind Enterprises, Inc.  
P.O. Box 1228  
Nevada City, California 95959  
U.S.A.

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at \$15.00.

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# IRONMIND®

*Tools of the trade for serious strength athletes™ . . . since 1988*

## MILO® Strength

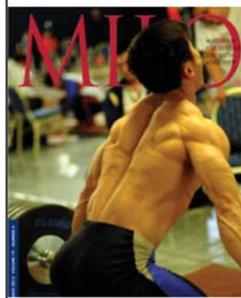
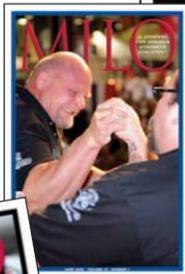
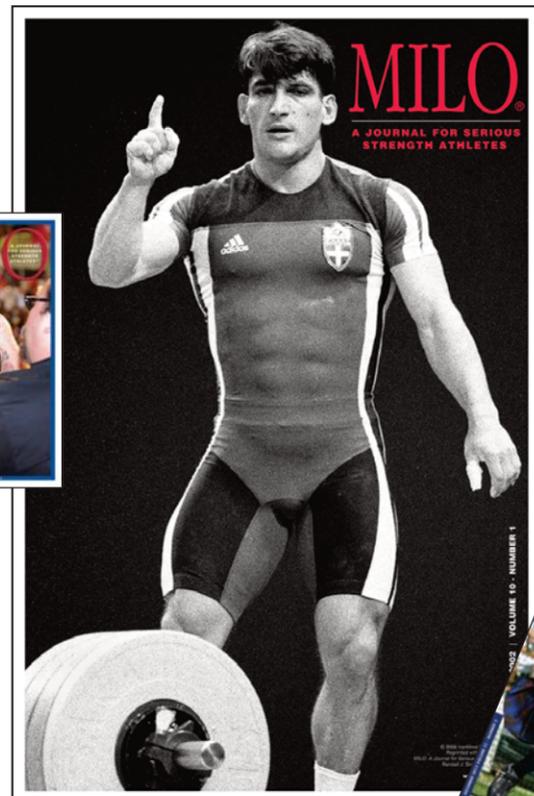
A quarter-century at the apex of the strength world

Over 90 issues available, from 1993 to 2018\*.

Single issues (.5 lb.) \$7.95 each

# issues	15–25% discount
3 – 11	15%
12 – 23	20%
24 – 49	25%
50+	50%

\*See the IronMind e-store for available issues.



Questions? E-mail: [sales@ironmind.com](mailto:sales@ironmind.com) | Order now at [www.ironmind.com](http://www.ironmind.com)

Prices and specifications may change at any time; see the IronMind e-store for current prices and shipping rates.

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2025



## The gold standard of grippers

and quite possibly the most copied product in the strength world... accept no substitutes

### CAPTAINS OF CRUSH® GRIPPERS

- single best grip training tool
- gorgeous, durable, and precise
- proprietary GR8™ springs
- aircraft-grade aluminum handles

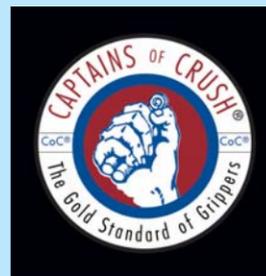
Made in the USA, by IronMind: Grip Central Since 1988

### 11 strengths for a perfect fit

No. 1401	Guide	c. 60 lb. (novice, rehab)
No. 1402	Sport	c. 80 lb. (warm-up, conditioning)
No. 1250	Trainer	c. 100 lb. (strong guys start here)
No. 1250.5	Point Five	c. 120 lb. (bridge to the No. 1)
No. 1251	No. 1	c. 140 lb. (already gripping, start here)
No. 1251.5	No. 1.5	c. 167.5 lb. (bridge to the No. 2)
No. 1252	No. 2	c. 195 lb. (life-saving levels of grip strength)
No. 1252.5	No. 2.5	c. 237.5 lb. (bridge to the No. 3)
No. 1253	No. 3	c. 280 lb. (world-class, get certified)
No. 1253.5	No. 3.5	c. 322.5 lb. (bridge to the No. 4)
No. 1272	No. 4	c. 365 lb. (be like Carl Myerscough!)

Each \$25.95 (1 lb.)

Get any 3 or more CoC grippers for \$21.95 each — details online.



### COC SEAL OF SUPERIOR GRIP STRENGTH T-SHIRT

Multi on black 100% preshrunk cotton Hanes Beefy T-shirt; short sleeves. Sizes: L (42"-44"), XL (46"-48"), 2XL (50"-52"), 3XL (54"-56"). 1233-COCSL (.5 lb.) \$24.95



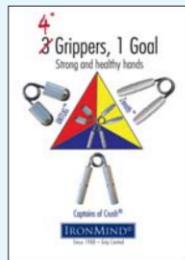
All IronMind equipment is made in the USA.

## [ Need more information? ]

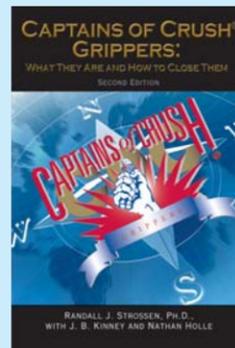
With your Captains of Crush order, you'll receive these booklets:



**CAPTAINS OF CRUSH GRIPPERS INSTRUCTION BOOKLET\***



**4 GRIPPERS, 1 GOAL: STRONG AND HEALTHY HANDS\***



**CAPTAINS OF CRUSH GRIPPERS: WHAT THEY ARE AND HOW TO CLOSE THEM**  
by Randall J. Strossen, Ph.D.  
Grip strength training know-how — cut through the clutter. 192 pp.  
No. 1354 (.5 lb.) \$19.95

**You Tube** See the IronMind video on Captains of Crush grippers.

## Captains of Crush grippers: training brief

You can start with one CoC gripper, especially if you're on a budget. Be sure to warm up with a lighter gripper or by squeezing a rubber ball or an IronMind EGG (p. 5).

However, if grip strength is your goal, you'll want to have three different grippers to work with:

**Warm-up gripper:** do 1 or 2 fairly easy sets of 10 to 12 reps; these prepare you physically and mentally

**Working gripper:** using a gripper that you can do 5 to 10 reps with, this is where you make progress; depending on your own level, do 1 to 3 sets of 5 to 7 reps to all-out failure

**Challenge gripper:** this is the gripper you are trying to close next; after 6 weeks or so of consistent, progressive training with the working gripper, start doing partial reps, negatives, or holds for time with this gripper, and use a CoC Key (see below) to measure your progress, if you like

## [ Tag team for strong and healthy hands ]

The ins and outs of grip training: working your flexors and extensors — for strength, muscle balance, and feel-good hands

This is the combo we recommend:

### CAPTAINS OF CRUSH GRIPPER & EXPAND-YOUR-HAND BANDS

A dynamic duo: build hand strength and muscle balance in two moves. 1250-EB CoC Trainer and Expand-Your-Hand Bands (1 lb.) \$33.95



Sets available online for all strengths of CoC grippers, also IMTUG, Zenith, and Left-Turn grippers.



**COC KEY: MILES TO MILS**  
Measure your progress — precisely.  
No. 1440 \$12.95

## [ Racked and ready ]



### COC V-CADDY\*

Brushed aluminum in two sizes:

- No. 1433-C-5 (.5 lb.) for 5 CoC grippers, 5" x 4" \$22.95
- No. 1433-C-10 (1 lb.) for 10 CoC grippers, 10" x 4" \$29.95



### COC COIL CADDY\*

Holds 12+ grippers on top, 12+ IMTUGs below, 5" x 5"  
No. 1483 (2 lb.) \$36.95



### COMBO CADDY\*

No. 1472 (1 lb.) for 8 grippers, 10" x 4" \$27.95

\*grippers not included



Save with IronMind gripper caddy sets and packages — more online!

All IronMind equipment is made in the USA.

## Captains of Crush Certification

Get Certified and  
Join the Grip Strength Elite Worldwide



Close a Captains of Crush No. 3, No. 3.5, or No. 4 gripper (Nos. 2 and 2.5 for women) according to the official rules and get certified on this benchmark feat of grip excellence. See ironmind.com for the Rules for Closing and Certification.\*

Since 1991, getting certified on a Captains of Crush gripper is recognized not just by grip specialists as an elite accomplishment, but also by a wide range of strength athletes around the planet. It just might be the single most widely-known feat of world class strength! We love it when someone officially meets the challenge and tells us how much it means to them.

And that's really the crux of this challenge:

1) CoC certification is played on a global field, not just your backyard, your town, even your country — you are competing with gripsters in places far-flung from your home, joining you in a universal effort.

2) IronMind strives to ensure that all official certifications are carried out with honesty, integrity, and respect for fellow grip sport aficionados according to the Rules for Closing and Certification (see the IronMind website\*) — and that includes good sportsmanship.

When you are certified, you know that you have truly achieved the pinnacle of grip strength and you will carry this honor for the rest of your life.

\*<https://www.ironmind.com/product-info/certification/captains-of-crush/rules-for-closing-certification/>

We continually strive to eliminate loopholes to keep everyone honest — and are grateful for the watchful eyes of the grip community: we know you scrutinize every certification! We welcome your input and regularly request feedback from select members of the international grip community, but the final call is always made by IronMind president Randall Strossen and his team of judges.

## Gripper synergy

### IMTUG™ GRIPPERS

Target 1 or 2 fingers at a time

- No. 1411 IMTUG1 (easiest)
- No. 1412 IMTUG2
- No. 1413 IMTUG3
- No. 1414 IMTUG4
- No. 1415 IMTUG5
- No. 1416 IMTUG6
- No. 1417 IMTUG7 (toughest)

Each \$29.95 (1 lb.)

Get any 3 or more IMTUG grippers for \$25.95 each—details online.

See ironmind.com for a handy chart on choosing IMTUG grippers.



# IMTUG™



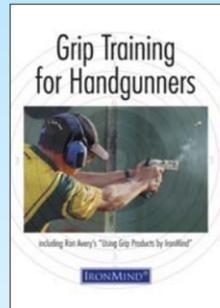
Thumb and pinch grip



Middle and index fingers



Ring finger and pinkie



**GRIP TRAINING FOR HANDGUNNERS\***  
including Ron Avery's "Using Grip Products by IronMind"

\*Free with order or download at ironmind.com.

## Focus on hand health



### EXPAND-YOUR-HAND BANDS™

Focus on the extensors for muscle balance—a magic wand when it comes to preventing or rehabilitating tennis elbow and other lower-arm maladies. Helps improve range of motion and flexibility and doubles as a superb stress reliever, so carry one or two in your pocket at all times. Set of 10 bands includes two each of 5 different strength bands (color-coded for ease of use).

No. 1376 (.25 lb.) \$13.95/set of 10

**You Tube** See the IronMind video on training with Expand-Your-Hand Bands.

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www.ironmind.com



### IRONMIND® EGG Easy, Grip, Go!

Warm-ups, active rest and recovery, stress-relief, repping out, or max efforts, squeeze as gently or as ferociously as you'd like. Egg-shaped polymer is easy on the soft tissue of your hand and retains its shape. 4" long and 7-1/4" around the widest part, in two strengths:

- No. 1425-G Green EGG — softer, with a greater dynamic range when squeezed; perfect for rehab
- No. 1425-B Blue EGG — firmer, stiffer, with a useful amount of give

Each \$22.95 (.5 lb.)

Save on sets—details online.



### Dexterity Ball Training for Hands

by John Brookfield

### DEXTERITY BALLS

For increased manual dexterity, range of motion, and muscle control. Includes "Dexterity Ball Training for Hands" course by John Brookfield.

No. 1263-1 (1 lb.) Level 1 chrome balls (with chimes) are 1-1/2" in diameter and 4 oz.; set of 3 plus course \$34.95

### WRIST DEFENDER

Use this friendly tool to gently loosen and stretch your joints, relieve pressure in the wrist, and encourage increased range of motion and flexibility. With the handy strap, take it for a walk! Ergonomic shape, 6" x 2" and 1-1/4 lb.; contains no sand or lead.

No. 1438 (2 lb.) \$27.95



## The Art of Grip Strength

### ZENITH™ GRIPPERS

Silky-smooth for rehabilitation, strength and endurance

- |                              |                               |
|------------------------------|-------------------------------|
| No. 1471 Agility (very easy) | No. 1477 Zenith 2             |
| No. 1475 Zenith Trainer      | No. 1478 Zenith 3             |
| No. 1476 Zenith 1            | No. 1479 Zenith 4 (very hard) |

Each \$39.95 (1 lb.)

Get any 3 or more Zenith grippers for \$34.95 each—details online.



# Z E N I T H™

## Left-Turn™ Grippers



**IRONMIND®**  
www.ironmind.com



### LEFT-TURN™ GRIPPERS

Tailor-made for lefties and all those who want the mirror image of a CoC

- No. 1485 L-T Trainer c. 100 lb.
- No. 1486 L-T 1 c. 140 lb.
- No. 1487 L-T 2 c. 195 lb.
- No. 1488 L-T 3 c. 280 lb.

Each \$31.95 (1 lb.)

Get any 3 or more Left-Turn grippers for \$27.95 each—details online.



All IronMind equipment is made in the USA.

## [ Hand health packages ]

These IronMind tools deliver more than a handful of benefits:

Strength | conditioning | flexibility | range of motion | increased blood flow | manual dexterity massage | muscle balance

**EGG & BANDS** — Massage and muscle balance.  
No. 1428-EB (1 lb.) \$35.95

**GRIPPER & BANDS** — Ins and outs of healthy hands.  
No. 1428-GB (1 lb.) \$46.95

**DESK TOOLS** — Digital fitness from elbows to fingertips (all five hand health tools).  
No. 1428-5 (4 lb.) \$94.95



### STRONG HANDS, HEALTHY HANDS

### STRONG HANDS, HEALTHY HANDS BOOKLET

Free with order or download at ironmind.com.

More IronMind Hand Health packages available online.



### TOOL & TRAVEL KIT

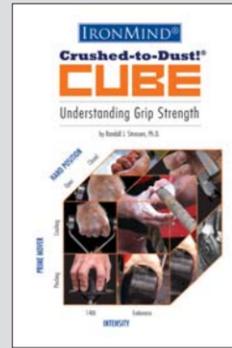
Perfect for keeping grip tools at hand (bag only).

No. 1474 (1 lb.) \$56.95



All IronMind equipment is made in the USA.

## The structure of grip strength



**CRUSHED-TO-DUST®! CUBE: UNDERSTANDING GRIP STRENGTH\***  
Forget crushing—pinching—supporting: understand how grip strength works so you know how to train effectively. CTD Cube: a framework for selecting IronMind's world-record, world-renowned Crushed-to-Dust!® grip tools for your entire lower arm.

\*Free with order or download at [ironmind.com](http://ironmind.com).

## Get go-rilly strong!

## Thick bar of champions



### APOLLON'S AXLE

The Apollon's Axle Double Overhand Deadlift is an armlifting mainstay—but you can use it for grip, strongman and functional strength. Not just the original—it debuted in 1994—but the best and the strongest thick bar with the most cred: it probably has more world records set on it than all the others combined.

Non-revolving, polished steel with natural finish; weighs about 33 lb. (15 kg). Two-inch diameter bar between the inside collars; takes Olympic plates and is the same length (7 ft.) as an official weightlifting or powerlifting bar; loading surface on sleeve is 17".

No. 1271 \$399.95 + \$85.00 S&H\*

\*48 states; all others please request S&H quote

### GO-REALLY GRIP™ MACHINE

One sweet grip machine that is comfortable to use—and the perfect complement to Captains of Crush grippers: work at any weight and range of motion you choose to build gorilla levels of grip strength and to move from one strength gripper to the next. 12" loading pin for Olympic plates (good for as much weight as you can stack on it!); weighs 50 lb.  
No. 1242 \$369.95 + 90.00 S&H\*

\*48 states; all others please request S&H quote

### Unleash Your Inner Gorilla Poster

Even if you're not swinging from vines, the primal pull of grip strength is irresistible—train with Captains of Crush grippers and become king of your jungle.  
PS-COCG (1 lb.) \$17.95



All IronMind equipment is made in the USA.

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[www.ironmind.com](http://www.ironmind.com)

## Legendary grip tools for world-record training

### IRONMIND BLOCK

Classic block lift for maximum lifts and holds, lateral raises, even strolls. 6" x 3" x 6".  
No. 1248 (5 lb.) Block only \$49.95

#### IronMind Block world records\*

- 51.40 kg/113.31 lb. men
- 31.55 kg/69.40 lb. women

\*See [ironmind.com](http://ironmind.com) for Rules and Records.

**IRONMIND®**  
[www.ironmind.com](http://www.ironmind.com)



### LITTLE BIG HORN

Blacksmiths demonstrated their superior grip strength by lifting an anvil by the horn, and now you can train progressively on this test of grip strength. 6" long x 3" in diameter at one end, tapering down to 1-1/2".  
No. 1257 (8 lb.) \$112.95

#### Little Big Horn world records\*

- 108.30 kg/238 lb. men
- 76.60 kg/167.55 lb. women

\*See [ironmind.com](http://ironmind.com) for Rules and Records.



### IRONMIND HUB

Classic hub lift, for maximum lifts and holds, à la the Sultan's Squeeze. 2-7/8" diameter gripping surface.  
No. 1244 (2 lb.) \$34.95

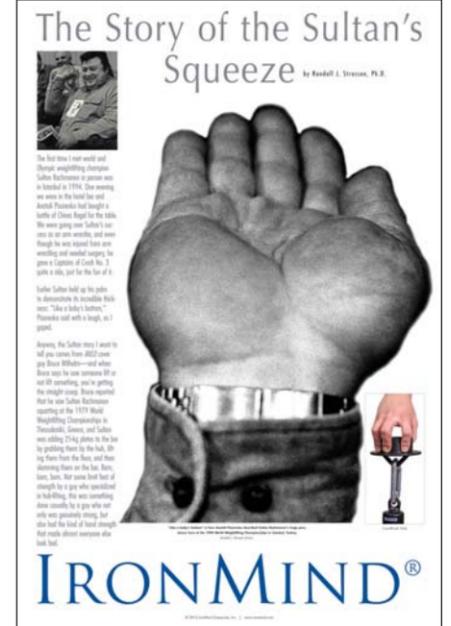
#### IronMind Hub world records\*

- 44.80 kg/98.96 lb. men
- 28.51 kg/62.85 lb. women

\*See [ironmind.com](http://ironmind.com) for Rules and Records.



All IronMind equipment is made in the USA.



### Free poster!

The Story of the Sultan's Squeeze poster, featuring Sultan Rachmanov, an Olympic gold medalist in weightlifting with an extraordinary hand and a pinch grip to match, free with purchase of an IronMind Hub (No. 1244) and 15" Olympic Loading Pin and Large Carabiner (No. 1314-C); use code SQUEEZE.

## EAGLE LOOPS

### Turn your fingers into talons

For four fiercely strong fingers . . . do chins, hangs for time, deadlifts, rows, sled pulls, and more. Train any combination of your fingers, except the thumbs. Use with bar or loading pin. No. 1237 (.5 lb.) \$54.95/pair



## LOADING PINS AND CLIPS/CARABINERS

An easy way to hold a stack of barbell plates that you want to attach to anything from an IronMind Hub to a De Rigueur Dipping Belt. Two sizes:

- No. 1313 (2 lb.) 12" Exercise Loading Pin is 1" in diameter, takes standard plates \$44.95; add No. 1313A (.25) small snap clip, holds loads up to 200 lb. \$3.00
- No. 1314 (5 lb.) 15" Olympic Loading Pin is 2" in diameter, takes Olympic plates \$86.95; add No. 1314A (.25 lb.) large carabiner, holds loads up to 6,600 lb. (!) \$12.00



## THE STACKER

This plate-loading grip—wrist—forearm challenger allows you to simulate Hermann Goerner's brick lifts (estimated at 40 kg/88 lb.). Uses standard plates only (not included); loading surface is 8". No. 1256 (4 lb.) \$44.95



## TITAN'S TELEGRAPH KEY™

### Full range of motion

Put the Titan's Telegraph Key in your arsenal for weapons-grade thumb and finger strength. 5" loading pin takes standard plates (not included). No. 1243 (7 lb.) \$109.95



All IronMind equipment is made in the USA.

# Strengthen and stabilize the wrist for maximum grip strength and injury prevention

## Pronation/Supination

Do full range-of-motion exercises in all directions: lever, do holds for time, try circles and figure-eights. Two choices.

## Radial/Ulnar Deviation

### TWIST YO' WRIST™

Train both your grip and your wrist and forearm, and the movement is radial (thumbs up) and ulnar (pinkies up) deviation — picture opening a jar of peanut butter sideways with one hand on the lid, the other on the bottom of the jar and twisting. Train both concentrically (winding up the cord) and eccentrically (unwinding under control). 4" diameter roller comes with a 4-ft. 1,000-lb.-test rope and a small snap clip; use with or without a loading pin (not included). No. 1369 (2 lb.) \$56.95

## Flexion/Extension

### ONE WICKED WRIST ROLLER™

Train your grip, wrist, and forearm in a flexion/extension movement, as when doing wrist curls (regular and reverse), working concentrically and eccentrically. 2" diameter knurled high-strength steel; comes with a 1,000-lb.-test rope and a small carabiner; add a loading pin (not included) for easy weight changes. No. 1254 (5 lb.) \$99.95



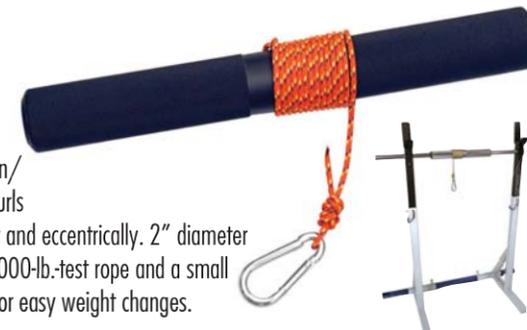
### WRIST REINFORCER™

Work your wrists and forearms into one very strong and very solid unit. 14" long with a 1-3/8" diameter knurled handle; takes exercise plates (plate-loading end is 1-1/16" diameter, 4-1/4" long); comes with a Bulldog II Collar. (Plates shown not included.) No. 1260 (7 lb.) \$112.95



### HEAVY HAMMER II™ LEVERAGE BAR

Combine grip and wrist—forearm work: the 2" diameter handle works your grip as you lever it up and down. Longer and lighter, for lighter weights (made of tubing). Overall length is 18"; loading surface is 1" in diameter and 4" long; takes exercise plates (not included) and comes with a spring clip collar. No. 1255 (3 lb.) \$69.95



See the online store for the Wrist Roller Axle Setup and Base.



## Steel is for bending

### BAG OF NAILS™

Bending short steel is a time-honored way to build wrist strength and since 1993, IronMind's Bag of Nails has provided a graduated and standardized way to master the classic feat of strength.



Extra hand pads and bundles of nails available in the online store.

### Bag of Nails kit includes:

- 103 pieces of uniform, graduated "nails" (steel bar) up to and beyond the equivalent of a medium-tough 60-penny nail: 25 each of Levels 1, 2, 3, and 4; 3 of the fearsome Red Nails; and 1 Challenge Gold Nail
  - one pair of official IronMind bending pads, along with instructions for bending
  - Tool & Travel Bag
- No. 1236 (9 lb.) \$147.95



All IronMind equipment is made in the USA.



Get certified—join the Red and Gold Nail rosters!

# Crushed-to-Dust!<sup>®</sup> Challenge is a Plus!



Take the CTD or  
CTD+ Challenge:  
Get strong, get certified

[ CTD Challenge ]

## Crushed-to-Dust!<sup>®</sup>



Close a No. 2  
Captains of Crush gripper | Lift 20 kg/45 lb.  
on an IronMind Hub | Lift 90 kg/200 lb.  
on a Rolling Thunder<sup>®</sup>

See [ironmind.com](http://ironmind.com) for the Rules for Certification.



**CTD/CTD+ CHALLENGE T-SHIRT**  
We challenge you — get strong, get certified.  
Multi on white 100% preshrunk cotton  
Hanes Beefy T-shirt; short sleeves.  
Sizes: L (42"-44"), XL (46"-48"),  
2XL (50"-52"), 3XL (54"-56").  
1233-CTDPL (.5 lb.) \$24.95

### CRUSHED-TO-DUST! CHALLENGE KIT

1 each CoC No. 2 gripper\*, IronMind Hub, Rolling Thunder DL Handle  
No. 1252-CTD (6 lb.) \$162.95

\*For the CTD+ Challenge, request a CoC No. 3 in the Special Instructions Box at Check-out.



All IronMind equipment is made in the USA.

[ CTD+ Challenge\* ]

## Introducing an elite version: the Crushed-To-Dust! Plus

Close a No. 3  
Captains of Crush gripper | Lift 35 kg/77 lb.  
on an IronMind Hub | Lift 115 kg/254 lb.  
on a Rolling Thunder<sup>®</sup>

\*\*You must be certified on the Captains of Crush No. 3 gripper to be eligible



Nikita Yurkovets (Belarus) added to his elite status in the grip strength world by certifying on the IronMind Crushed-To-Dust Plus Challenge (CTD+), a test of all-around world-class grip strength that includes lifting 115 kg/254 lb. on a Rolling Thunder, lifting 35 kg/77 lb. on an IronMind Hub, and although the CTD+ "only" requires closing a Captains of Crush (CoC) No. 3 gripper as one of its elements, Yurkovets did it with a CoC No. 3.5!\*

Image courtesy of Nikita Yurkovets.

\*See the IronMind News: <https://www.ironmind.com/news/Nikita-Yurkovets-Certifies-on-the-Crushed-To-Dust-Plus-Challenge/>



All IronMind equipment is made in the USA.

## Training and competition



### CoC Silver Bullet Hold

Endurance, strength, and drama in one potent grip tool

- superb training for CoC grippers
- perfect for hands of all sizes
- cornerstone of grip, armlifting contests worldwide

### CoC Silver Bullet Hold world records\*

- CoC No. 3 gripper — 58.53 sec. men
- CoC No. 4 gripper — 30.98 sec. men
- CoC No. 2 gripper — 45.42 sec. women

\*See [ironmind.com](http://ironmind.com) for Rules and Records.

**CoC SILVER BULLET DISC**  
2.5 kg calibrated.  
No. 1467-DSC (6 lb.) \$199.95

**CoC SILVER BULLET**  
No. 1467 (.25 lb.) \$18.95

## The iconic grip tool that launched a sport

### ROLLING THUNDER<sup>®</sup> REVOLVING DEADLIFT HANDLE

One of the world's premier tests of grip strength, introduced by IronMind in 1993, the Rolling Thunder is a training tool of first choice for everyone from armlifters to rock climbers. Hook it up to a loading pin and clip (not included), for one-hand deadlifts, doing either reps or holds.

What about combining its grip challenges with a universal test of upper body strength? Meet Rolling Thunder pull-ups.

7-1/2" in length (rotating portion is 6" in length); 2-3/8" in diameter.  
No. 1246 (3 lb.) \$119.95

### Rolling Thunder world records\*

- one-hand deadlift: 130.5 kg/287 lb. men; 77.2 kg/170.2 lb. women
- pull-ups for reps: one-arm — 3; two-arm — 32 men/15 women
- pull-ups for max weight: two-arm — 175.18 kg men

\*See [ironmind.com](http://ironmind.com) for Rules and Records.



### ROLLING THUNDER SIMPLE SCORING DISC

Competition scoring made simple on the Rolling Thunder: machined aluminum calibrated disc. A Rolling Thunder (No. 1246), IronMind Olympic Loading Pin and Carabiner (No. 1314-C) (p. 8), and this disc together equal 5 kg. Talk about simple math.  
No. 1246-DSC (3 lb.) \$89.95

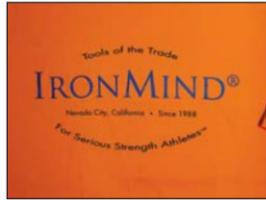
### Free poster!

Rolling Thunder poster with our compliments with purchase of a Rolling Thunder DL Handle (No. 1246) and 15" Olympic Loading Pin and Large Large Carabiner (No. 1314-C) (p. 8). Use code RTPOSTER.



# PR clothing: work out, hang out, look good

## [ Soft wicking blends ]



### ORANGE YOU GLAD TRAINING T-SHIRT™

Orange You Glad to have this cool, dry T-shirt for training, lounging, and looking great?

No. 1233-HTR (.5 lb.) \$29.95



### IRONMIND: GRIP CENTRAL T-SHIRT™

Designed for active use, but also perfectly at home when you're taking it easy, tasteful when you're out and about.

No. 1233-LRT2 (.5 lb.) \$29.95

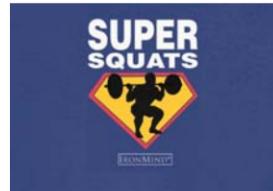


### IRONMIND TRI-BLEND T-SHIRT

These shirts feel great! Soft, trim, quick-drying tech blend, equally at home lifting, running, lounging.

No. 1233-IMS (.5 lb.) \$24.95

## [ 100% cotton ]



### SUPER SQUATS SOFT-STYLE T-SHIRT

Squats rule when it comes to building bulk and power . . . and they are also the movement of first choice for cardio work if you're trimming down and for adding inches to your vertical jump.

Multi on royal, short sleeves.

No. 1233-SSB (.5 lb.) \$27.95



### IRONMIND LOGO SOFT-COTTON T-SHIRT

Wear this shirt, stand up straight and feel stronger! Blue on white, short sleeves.

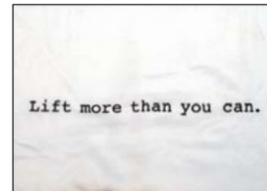
1233-IMLG (.5 lb.) \$19.95



### IRONMIND LOGO RINGSPUN LONG SLEEVE T-SHIRT

It's soft but durable, functional but easy to care for. Look sharp in any weather!

Navy, long sleeves.  
No. 1233-IMLS (.5 lb.) \$24.95



### LIFT MORE THAN YOU CAN SOFT-COTTON T-SHIRT

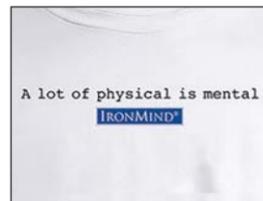
Not just for 20-rep squats, it's the way to approach all your goals. Short sleeves.

No. 1233-LM (.5 lb.) \$22.95

### A LOT OF PHYSICAL IS MENTAL SOFT-COTTON T-SHIRT

The secret to getting stronger: think big. Short sleeves

No. 1233-PM (.5 lb.) \$22.95



### IRONMIND TANK TOP

Retro, real, all cotton. 100% preshrunk cotton; white or heather gray.

No. 1446 (.5 lb.) \$17.95

T-shirt sizes M (38-40"); L (42-44"); XL (46-48"); 2XL (50-52"); 3XL (54-56"). Tank top sizes M (40"); L (44"); XL (48"); 2XL (52").



All IronMind equipment is made in the USA.

### GOOD-OLD-BASIC SWEATPANTS

Just right for working out: roomy for squats, well-insulated for cold weather, comfortable and easy on/off. 50% cotton 50% poly in medium-weight, side pockets, closed-leg bottom, sturdy drawstring waist, in navy.

No. 1466 (1 lb.) \$39.95

Sizes (flat waist/length): M (28"/29.5"); L (30"/30"); XL (32"/30.5"); 2XL (36"/31").



### GOOD-OLD-BASIC SHORTS

Ready to squat, throw . . . or lounge in roomy comfort. 60%/40% cotton/poly, side pockets, drawstring waist, 9" inseam; in navy.

No. 1455 (1 lb.) \$32.95

Sizes M (32"-34"); L (35"-37"); XL (38"-40"); 2XL (41"-43"); 3XL (44"-47").

### IRONMIND BASEBALL CAP

A traditional favorite with coolest baseball cap looks. 100% cotton canvas, embroidered IronMind logo. Adjustable in one size.

No. 1230-IM (.5 lb.) \$27.95



### PT PROVEN CAP

It has its roots in the U.S. Army and it's made in the USA. Warm, light, wicking, and quick drying, it will help your body preserve heat in the cold weather. A proven favorite! Polartec® Classic Micro fleece. Machine washable in navy. One size fits just about anyone.

No. 1464 (.25 lb.) \$24.95



### Z1500 BELT — Three Looks, All Good

At an honest-to-goodness 1,500 lb. strong, its uses are limited only by your imagination. 1-1/2" wide webbing belt with anodized aluminum IronMind buckle: stealthily strong goes tasteful and versatile. Sizes: 4-foot (48") and 5-foot (60").

No. 1462 N — Navy/Satin, RD — Navy/Red \$29.95 (.5 lb.)

SG — Olive/Satin (stiffer webbing) \$34.95 (.5 lb.)

IRONMIND®  
www.ironmind.com

## [ Small but essential ]



### BLUE IRONMIND GYM TOWEL

Small but mighty, this compact towel is ready for the gym and field. Keep one in your truck — great dog toy, too. Royal blue with white IronMind logo.

100% cotton, 16" x 27".

No. 1231 (.5 lb.) \$11.50

Set of 3 \$29.85 (\$9.95 each)



### ALERT CLASSIC COTTON ATHLETIC TAPE

Tape first, and then hook. We offer Classic Cotton tape (similar to the old industry standard, J&J Coach Athletic tape): tacky, conforming, easy-tear.

1-1/2" wide and 15 yards long and made in the USA.

No. 1269 (.5 lb.) 3 rolls \$18.95



### GYM CHALK

Sweaty hands and big weights don't mix — here's the answer. Box of eight 2-oz. blocks.

No. 1268 (2 lb.) \$19.95



All IronMind equipment is made in the USA.

# IronMind Pulling Harnesses

Hook up and pull — fill your lungs and fire up your legs: build muscle, burn calories, get tough

Official harness of the  
World's Strongest Man contest  
since 2002

## A. DRAFT HORSE PULLING HARNESS™

Well past its second decade as the official pulling harness of the World's Strongest Man contest, it lets you train for muscular strength, cardiovascular endurance, fat loss, and just plain fun.

Medium 5'-8"–6'-2", 170–250 lb.  
Large 5'-10"–7'-0", 250–400 lb.

If you are between two sizes, go for the larger harness because it can be worn very loosely.  
No. 1222 (4 lb.) \$329.95

## B. PULL-EASE HARNESS

This good-looking, pared-down harness also features IronMind's signature Wicked-Strong™ construction and comes in a one-size (fits most), super easy-to-use configuration.

No. 1482 (2 lb.) \$109.95

## C. A HEADSTRAP FIT FOR HERCULES™

Training less than 15 minutes, 3 times a week can transform your neck and add to your well-being: you'll look and feel better — and be better. Holds 1,500 lb. with ease, more than strong enough for your needs, and works the front, back, and sides of the neck. Adjusts to fit heads from 20" to 26"; hang the weight from the red strap or use a loading pin and carabiner.

No. 1232 (2 lb.) \$119.95

**You Tube** Watch the IronMind video on how to use the Headstrap Fit for Hercules.

## D. RED-I-BELT

This belt has a multitude of uses, from rigging up systems for chins, flies, and pull-ups, to stretching and doing weighted leg raises. 47-1/2" long with 3,200 lb. test buckle.

No. 1232-B (.5 lb.) \$21.95



All IronMind equipment is made in the USA.



**IRONMIND®**  
www.ironmind.com

It may  
save your  
life!

# Tough-As-Nails™ Sandbags

Functional training at its best — 10X World's Strongest Man Veteran

## TOUGH-AS-NAILS™ SANDBAGS

10X World's Strongest Man veteran and proven in competitions, garages, and gyms worldwide, IronMind's Tough-As-Nails Sandbags are a strength-world staple. Use these classic, proven sandbags for strength, conditioning, and grip work — indoors and out.

Fill with sand (straw or rags work well if you want something lighter) and have at it: lift, load, carry and get stronger and fitter . . . build muscle, burn fat.

Cordura® sandbags:

- Large — 24" x 36" (holds 300 lb. of sand)  
No. 1390-A (3 lb.) \$78.95
- Small — 18" x 30" (holds 100 lb. of sand)  
No. 1390-E (1 lb.) \$65.95

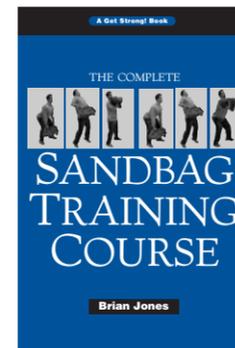
Liners:

Fill, fold and secure with duct tape to make sandbag "weights"

- Large — 28" x 40"  
No. 1390-C (.5 lb.) \$2.50 each
- Small — 20" x 36"  
No. 1390-B (.25 lb.) \$1.95 each

Sets:

- Large sandbag, 2 large liners, training course  
No. 1390 (3 lb.) \$88.95
- Small sandbag, 2 small liners, training course  
No. 1390-S (2 lb.) \$74.95



## THE COMPLETE SANDBAG TRAINING COURSE

by Brian Jones  
Build strength and stamina in a whole bunch of moves that go beyond the basic lifts and carries for head-to-toe training. 48 pp.  
No. 1400 (.25 lb.) \$13.95



Build muscle, burn fat —  
indoors and out!

**IRONMIND®**  
www.ironmind.com



All IronMind equipment is made in the USA.

## Tough-As-Nails™ Bags: Strength on the go

DNA as good as it gets. If you speak Cordura® and YKK® and know more than a little about industrial-strength sewing, you'll appreciate the details.

See [ironmind.com](http://ironmind.com) for specifications.

*"World traveler"*

### A. LARGE GYM BAG

Tough and versatile—and a frequent flyer.  
No. 1235 (2 lb.) \$149.95

*"Strong, light, fast"*

### B. MINI DUFFLE

Compact—and strong!—for quick missions.  
No. 1238 (2 lb.) \$72.95

*"Carry a watermelon . . ."*

### C. COMPACT TRUCKER TOTE

Small enough to be handy; big enough to do the job.  
No. 1456 (1 lb.) \$72.95

*"A pickup truck with handles"*

### D. QUARTER-TON TRUCKER

Bring on the cargo—big, heavy and awkward are fine.  
No. 1408 (2 lb.) \$99.95

*"The go-to for grip kings"*

### E. TOOL & TRAVEL KIT

Its multi-tasking design makes it easy to carry your favorite grip tools.  
No. 1474 (1 lb.) \$56.95



E.

CoC ID Card included with all Tough-As-Nails Bags.



All IronMind equipment is made in the USA.



A.



B.



C.



D.



[www.ironmind.com](http://www.ironmind.com)

## Drink to your strength and health—clean and simple

**JUST PROTEIN®**  
Building might and muscle since 1993

**IRONMIND®**

Just 4 ingredients  
All essential amino acids  
Clean, neutral taste  
Top-quality calcium caseinate  
Very low sodium, carbs

No additives, preservatives, MSG, whey isolates, hydrolyzed proteins, sweeteners, antibiotics . . .

### JUST PROTEIN®

Classic milk and egg protein with just 4 top-quality ingredients\*

- post-workout muscle builder—and meal replacement, too
- easy to mix and tastes great
- no antibiotics, preservatives, fillers, additives, or artificial sweeteners
- low sodium and carbs, fewer calories, lower cholesterol

A 28-g serving (one dry oz. or about one-quarter measuring cup) contains 112 calories, 18 g protein, 7 g carbohydrates, 1 g fat, .1 mg cholesterol, 264 mg potassium, and 63 mg sodium; plus all essential amino acids. 80 one-quarter cup servings per 5-lb. bag.

\*calcium caseinate (milk protein), instant non-fat dry milk, whole egg powder, natural vanilla-almond flavor, and including essential amino acids

### No. 1261

5-lb. bag (6 lb.) \$99.95  
5—5-lb. bags (28 lb.) \$484.75 (\$96.95/bag)  
10—5-lb. bags (56 lb.) \$939.50 (\$93.95/bag)

No. 1261-S One half-cup sample \$15.00 postpaid (limit one per customer)

### Just Protein®: Grow Power

*Ain't in chain stores—top floor or basement  
Don't promise fake stuff like steroid replacement*

*Got no girlie models or men with 24-inch arms  
Has a nice steady taste, not one that sets off alarms*

*Not a pile of chemicals plus the kitchen sink  
Concentrated milk and eggs are best, we think*

*So we mixed it up and put it in a bag  
The perfect size and easy to grab*

*Blend it up however you'd like  
Carry it with you, even on your bike*

*But this is it now, all you really need to know  
Listen up, take notes, we'll go nice and slow*

*Instead of eating junk, switch to Just Protein  
Train hard, log your miles and you'll get lean*

*Or do squats, power cleans and maybe row  
Drink your Just Protein, sit back and grow!*



[www.ironmind.com](http://www.ironmind.com)



All IronMind equipment is made in the USA.

# #trainathome

## Squats: The cornerstone of strength

- Want to gain muscle mass and strength? **SQUAT**
- Want to increase your power? **SQUAT**
- Want to boost endurance, trim fat? **SQUAT**

## IronMind Lifting Straps

No blow-outs . . . just big lifts!

### SHORT & SWEET™

- 18" long, no loop
- 1-1/2" wide
- classic style for Olympic weightlifters; short for sure bailouts

No. 1234 (.25 lb.) \$12.95/pair

### STRONG-ENOUGH™

- 21-1/4" long, loop at one end
- 1-1/2" wide
- the strength world's go-to lifting straps

No. 1239 (.25 lb.) \$22.95/pair

### SEW-EASY™

- 21-1/4" closed loop
- 1-1/2" wide
- super-easy to use

No. 1437 (.25 lb.) \$16.95/pair

**You Tube** See IronMind's video for choosing and using IronMind Lifting Straps.

**IRONMIND®**

www.ironmind.com



All IronMind equipment is made in the USA.

If you plan to keep pushing yourself and understand that quality is the only real bargain, you'll want Vulcan Squat Racks — for over 25 years, the world's go-to squat racks for serious strength athletes.



### VULCAN SQUAT RACKS III™

- handles half-ton squats with ease
- dip, chin and wrist roller options
- all-welded: storable, portable

Vulcan Racks are the top choice for rock-solid squat racks and the no-excuses workouts that go with them, perfect for:

- squats
- presses and jerks from the rack
- lunges
- good mornings
- benches
- inclines
- wrist roller work

Height adjusts from 37-1/2" to 64"; width adjusts from 16-1/2" to 49". Weighs 65 lb.; padded saddles.

No. 1217 VR III Squat Racks (base unit and squat uprights) \$599.90 + \$135.00 S&H\*



### VR III YOU DECIDE DOUBLE-DIP BAR UPRIGHTS

The Double-Dip Bar Uprights combine parallel and diagonal handles in one unit, a comfortable 1-1/2" in diameter. Width adjusts from 16-1/2" to 49"; height from 48-1/2" to 52-1/2". Weighs 67 lb.

No. 1311 Double-Dip Bar uprights\*\* (uprights only; VR base not included) \$199.95 + \$60.00 S&H\*

No. 1217-DB Vulcan Racks Squat Racks with Double-Dip Bar Uprights \$782.90 + \$185.00 S&H\*

\*48 states; all others please request S&H quote

\*\*please note that the uprights and sideposts are made to fit only in an authentic IronMind Vulcan Racks, VR II, II+, or III Base

Visit ironmind.com for details on all combinations and components of the Vulcan Racks III System.

**IRONMIND®**  
www.ironmind.com



All IronMind equipment is made in the USA.

### Comfortable, looks sharp, super-strong

### DE RIGUEUR DIPPING BELT

1,000-lb. loads are no sweat; works well for weighted chins and for basic pulling and dragging. Attach weight directly to belt or use a loading pin and carabiner for quick, easy weight changes.  
No. 1310 (2 lb.) \$109.95



### VULCAN RACKS III CHINNING BAR & SIDEPOSTS

If you do strict chins (no giant swings or kipping pull-ups, please), this super-strong chinning unit will handle the heaviest weights you can dish out. Chinning bar is a comfortable 1-1/2" in diameter and 48-1/2" long. Height adjusts from 56-1/4" to 83-1/2".

No. 1217-CBS Chinning bar setup\*\* (chinning bar and sideposts only; VR base not included) \$279.95 + \$65.00 S&H\*

Chinning Bar Setup & Base

# ALight™ Training Center

Light as a feather, strong as an ox

Never before have the big 3 — squat, dip, chin — been so accessible. If you want a portable gym, one you can set up and take down in a snap, ALight is for you.

1 Base, 3 Tops  
Squat, dip, chin anywhere

Stunning, all-aluminum, +500-lb. capacity squat racks weigh less than 35 lb.

## ALIGHT TRAINING CENTER™

- seriously strong: handles 500-lb. squats with ease
- all-aluminum construction, with no welds, nuts or bolts
- ultra-portable: weighs about 32 lb.
- precision-crafted and stunning, with instant change-outs

Weighs less than a set of golf clubs.

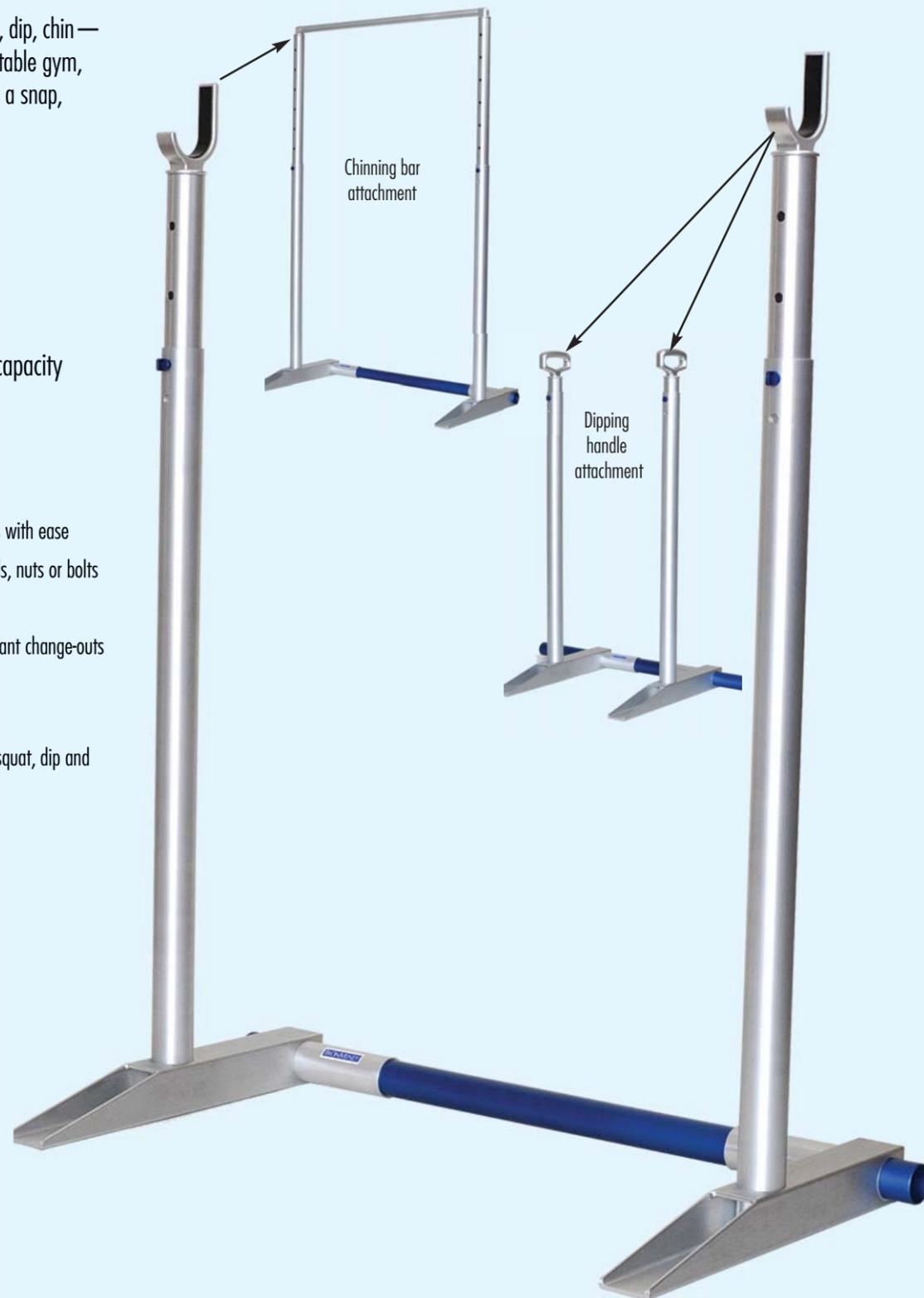
3 Racks, 1 Base: includes ALight base and squat, dip and chin attachments.

No. 1480 \$1,399.95 + \$125.00 S&H\*

\*48 states; all others please request S&H quote



All IronMind equipment is made in the USA.



# Training partners you can trust



## PILLARS OF POWER II+ SPOTTER RACKS™

Portable, storable, and no-nonsense protection on squats and bench presses. Syncs with Vulcan Racks and Five Star Flat Bench. Height adjusts from 22" to 34" in 2" increments; width from 16-1/2" to 49" with a 28" long padded loading surface (landing strip). Weighs 70 lb.

No. 1227 \$642.90 + \$145.00 S&H\*

\*48 states; all others please request S&H quote



All IronMind equipment is made in the USA.



## FIVE STAR FLAT BENCH™

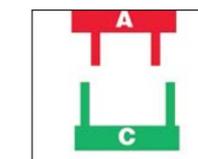
Perfect for:

- neck work
- presses and curls
- flyes
- bench presses
- leg raises
- deadlifts
- psyching up
- taking a rest . . . and more

Trim, MOMA-ready, and with the structural integrity of a bridge, its all-steel construction has been tested with static loads in the tons, not pounds. Removable high-density, closed-cell top, so it can go fully dressed or naked, as you choose.

48" x 12" x 17", weighs 60 lb.

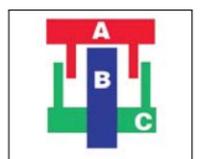
No. 1228 \$389.95 + \$125.00 S&H\*



Squats

Floor plans for squats and bench presses:

- A. Vulcan Squat Racks
- B. Five Star Flat Bench
- C. Pillars of Power Spotter Racks



Bench press

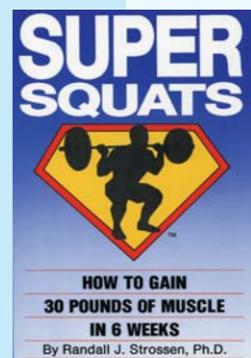


### Bench press alert!

For safety's sake, a number of exercises should ALWAYS be performed with a foolproof spotting system in place — and one exercise that maims or kills people with some regularity is the garden-variety bench press. Our safety advice: never **ever** bench press without a proven spotting system. Never. Ever.

# IronMind® Bars: Strength, power, muscle mass

Squat more | Bench more | Deadlift more



## SUPER SQUATS: HOW TO GAIN 30 POUNDS OF MUSCLE IN 6 WEEKS

by Randall J. Strossen, Ph.D.

The book you love to hate has one clear message: step up to the challenge of getting bigger and stronger, sans drugs, fancy equipment, or food fads.

112 pp.

No. 1200 (.5 lb.) \$16.95

## APOLLON'S AXLE

Perfect for all types of pulling movements — deadlifts, rows, cleans, etc. — and wait until you try reverse curls! Many also like the Axle for presses and squats, and it's been hailed as a secret weapon for the modern bench press.

Non-revolving, polished steel with natural finish; weighs about 33 lb. (15 kg). Two-inch diameter bar between the inside collars; takes Olympic plates and is the same length (7 ft.) as an official weightlifting or powerlifting bar; loading surface on sleeve is 17".

No. 1271 \$399.95 + \$85.00 S&H\*

\*48 states; all others please request S&H quote

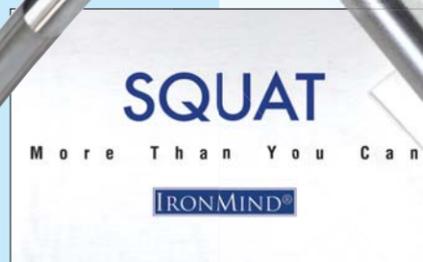


## SENTRY MARINE TUF-CLOTH™

Keep your natural-finish IronMind bars and grip tools nice and shiny by wiping

them down as needed with this multi-purpose dry protectant, for a dry, durable finish. It's also perfect for the springs on Captains of Crush and other IronMind grippers.

No. 1285-M (.25 lb.) \$16.95



## SQUAT MORE THAN YOU CAN T-SHIRT

Strength, power, muscle mass — everyone knows that squats are the driver, but the same is true if your goals are endurance or trimming down.

Squats are the *numero uno* movement by so much that second place doesn't matter. Squat more than you can . . . and reap the rewards.

1233-SQM (.5 lb.) \$22.95.

T-shirt sizes M (38-40"); L (42-44"); XL (46-48"); 2XL (50-52"); 3XL (54-56").

## BUFFALO BAR®

IronMind has been selling cambered squat bars since 1990 and in 1993, we introduced the Buffalo Bar. Extra-long at 92" and with its gentle, classic camber, it's perfect for squats, good mornings, lunges, Hise shrugs, and all the other get-big-and-strong movements you do with a heavy bar on your shoulders. Handles 1,200-lb. squats like warm-up weights and has been used for partials in the range of one ton.

Shaped from massive 1-3/8" (35 mm) diameter U.S. prime alloy steel, with revolving sleeves and an overall length of 92" (58-1/2" inside collar to inside collar). Knurled per IPF measurements; weighs 52 lb., natural finish.

No. 1270 \$1099.95 + \$110.00 S&H\*



All IronMind equipment is made in the USA.

# IronMind® dumbbells for outsized lifting



## OLYMPIC HUSKY HANDLE DUMBBELL BARS

The Apollon's Axle's little brothers, these beauties bring the advantages and challenges of thick bar training to dumbbells. A full 22" long, with knurled 2" diameter handles 5-5/8" long and machined-down ends to fit Olympic-style plates; inside collars pressed in place. Made from very thick-walled tubing; natural finish. Includes Large Bulldog II Collars and a wrench.

No. 1249 (25 lb.) pair of dumbbells with collars \$499.95

No. 1249-S (13 lb.) single dumbbell with collars \$259.95



## BULLDOG II™ COLLARS

These retro-tech collars hang on so tight that they bite into the bar. Electroless nickel-plated. Comes with an IronMind wrench (also made in the USA, of course).

No. 1226-S Small for exercise bars (1" or 1-1/6"); 1" width

1 pair (1 lb.) \$62.95

2 pairs (2 lb.) \$114.90

No. 1226-L Large for Olympic bars (approx. 1.97"); 1-1/2" width

1 pair (3 lb.) \$119.95

2 pairs (6 lb.) \$217.90

## BIG BOY DUMBBELL BARS™

Use these extra-long, extra-strong, prime American steel dumbbell bars to do one-arm presses rows, deadlifts, and farmer's walks. Natural finish, 24" long overall, with knurled 1-3/8" diameter handles. Ends are turned down to 1-1/16" for exercise plates; 9-1/4" on each end. Includes Small Bulldog II Collars and a wrench.

No. 1224 (16 lb.) pair of dumbbells with collars \$489.95

No. 1224-S (8 lb.) single dumbbell with collars \$249.95



All IronMind equipment is made in the USA.

# Back-saver, leg blaster



## SUPER SQUATS® HIP BELT

Great investment, many uses

- squat with zero load on your lower back or spine
- boosts sheer leg strength, increases your vertical jump
- wide range of lifts: squats, weighted chins, weighted dips, calf exercises, hip lifts, pulling and dragging

- Wicked-Strong™ construction; holds 3,500 lb. with ease
- proven since 1990

Comes with a pair of Daisy Chains and two large carabiners. Adjustable in 3 sizes based on actual waist (not pants) size:

Small/Medium 26"–34" waist | Large/XL 35"–42" waist | 2XL +43" waist

No. 1220 (3 lb.) \$199.95



www.ironmind.com