



STRONGER MINDS,
STRONGER BODIES™

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

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IronMind Gift Cards

Gift-giving and contest prizes
made quick and easy, starting
at \$15.00.

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IronMind®/MILO® Posters

Each 21" x 32", in colors as shown. Photos by Randall J. Strossen.
Each **\$17.95** (1 lb.) Save on 3 or more posters*

*See the IronMind e-store for all available posters.
Order now at www.ironmind.com



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%

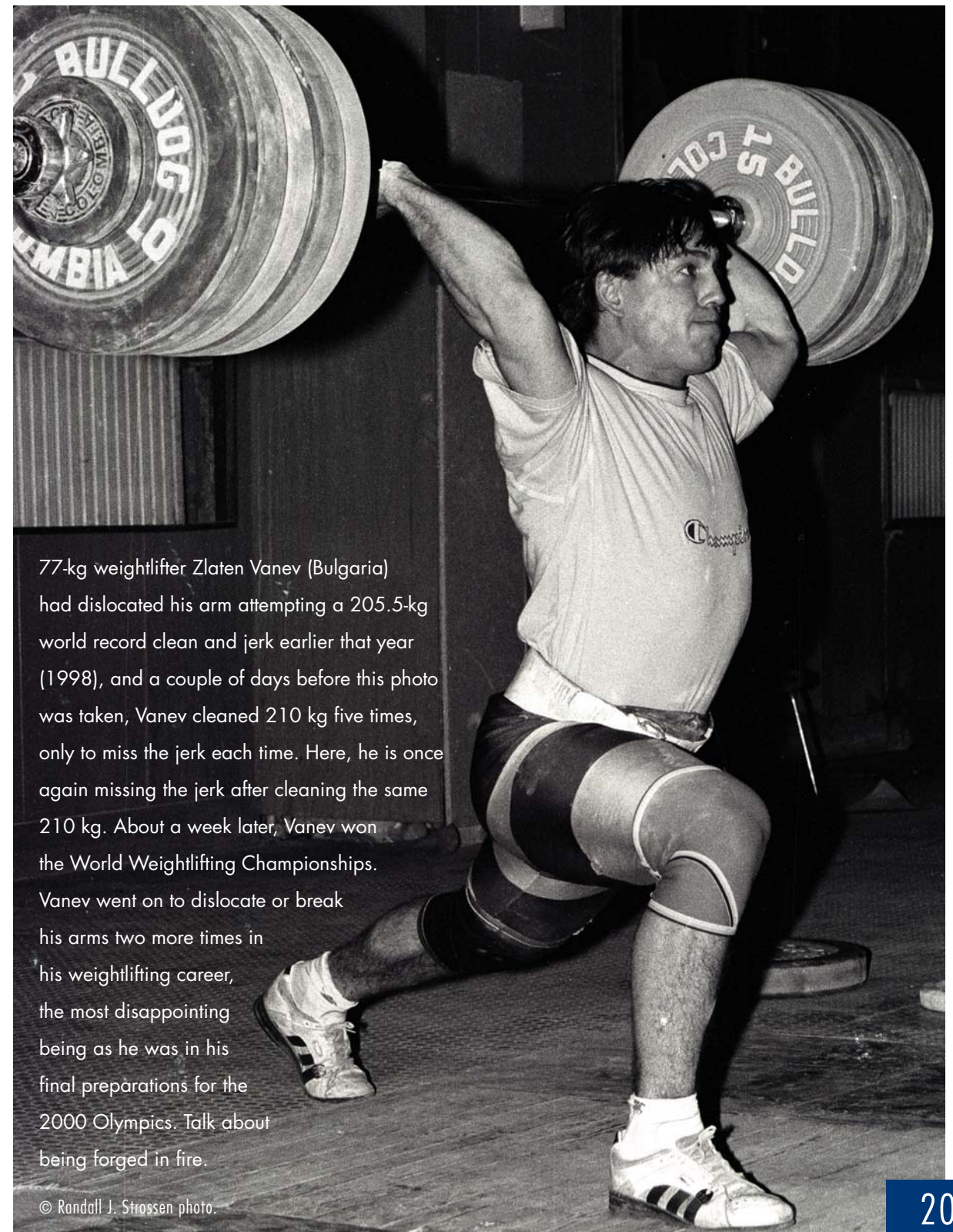
*See the IronMind e-store for available
issues.

Questions? E-mail: sales@ironmind.com
Order now at www.ironmind.com



IRONMIND®

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



77-kg weightlifter Zlatan Vanev (Bulgaria) had dislocated his arm attempting a 205.5-kg world record clean and jerk earlier that year (1998), and a couple of days before this photo was taken, Vanev cleaned 210 kg five times, only to miss the jerk each time. Here, he is once again missing the jerk after cleaning the same 210 kg. About a week later, Vanev won the World Weightlifting Championships. Vanev went on to dislocate or break his arms two more times in his weightlifting career, the most disappointing being as he was in his final preparations for the 2000 Olympics. Talk about being forged in fire.

© Randall J. Strossen photo.



Your CoC gripper seal of approval

For the strongest grip: exponential growth in just a few weeks . . .

The gold standard of grippers

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 \$29.95 (1 lb.)

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

“Captains of Crush: Engineering to last: built like a tank. Satisfying ‘click’ upon compression.”
— D., via Amazon.com



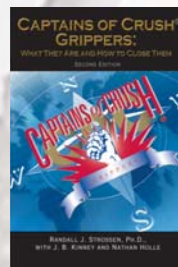
All IronMind equipment is made in the USA.



www.ironmind.com



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



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

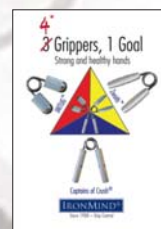


See the IronMind video on Captains of Crush grippers.

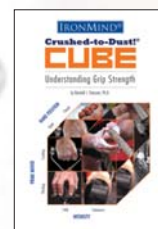
With your Captains of Crush order, you'll receive these booklets*



COC INSTRUCTION BOOKLET



4 GRIPPERS, 1 GOAL: STRONG AND HEALTHY HANDS



CRUSHED-TO-DUST! CUBE TRAINING BOOKLET

*Free with order or download at ironmind.com

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 (below) to measure your progress, if you like

Dynamic duo for strong and healthy hands

We recommend a set of Expand-Your-Hand Bands for anyone training with Captains of Crush grippers: work your flexors and extensors—for strength, muscle balance, and feel-good hands

The ins and outs of grip strength training

CAPTAINS OF CRUSH GRIPPER & EXPAND-YOUR-HAND BANDS

Build hand strength and muscle balance in two moves.

1250-EB CoC Trainer and Expand-Your-Hand Bands (1 lb.) \$37.95

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

“CoC No. 1 and Expand-Your-Hand Bands: great products. If you want to improve your grip, look no further.”
— T. M., via Amazon.com

Track your training—it'll keep you honest



COC KEY: MILES TO MILS
Measure your progress—precisely.
No. 1440 \$16.95



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:

- You're part of a global playing field, a universal effort
- Official certifications are carried out with honesty, integrity, and respect according to the Rules for Closing and Certification*
- It's the pinnacle of grip strength, a life-time honor

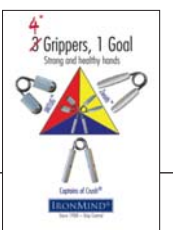
*<https://ironmind.com/product-info/certification/captains-of-crush/rules-for-closing-certification/>

“Every item sold by Iron Mind is the absolute best. . . . It is so cool to feel and see the progress as you continue to train. It will give you a “spring in your step,” and you will find that you hold your head a little higher and carry yourself with confidence. . . .” — TV. M., via Amazon.com

Gripper synergy—meet the whole IronMind family of grippers

Train with the winning team of IronMind's grippers for total grip strength and strong and healthy hands*

*Free booklet available in the IronMind e-store



Racked and ready



COC V-CADDY*

Brushed aluminum in two sizes:

- No. 1433-C-5 (.5 lb.) for 5 CoC grippers, 5" x 4" **\$24.95**
- 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.) \$39.95



COMBO CADDY*

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

*grippers not included

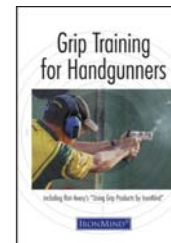
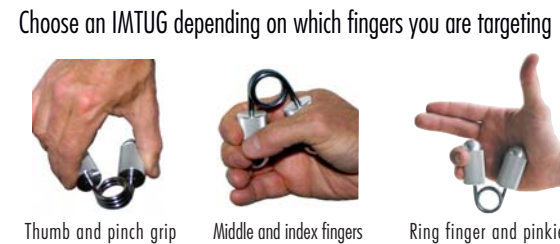
Save with IronMind gripper caddy sets and packages—more online!

5 finger power, 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 \$32.95 (1 lb.)
Get any 3 or more IMTUG grippers for \$28.95 each — details online.



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

*Free with order or download at ironmind.com

The beauty of strength and endurance

Z E N I T H™



Silky-smooth for rehabilitation, strength and conditioning

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

Each \$42.95 (1 lb.)
Get any 3 or more Zenith grippers for \$37.95 each — details online.

Want the mirror image of a CoC?



Left-Turn™  Grippers



All IronMind equipment is made in the USA.



www.ironmind.com

Tailor-made for lefties

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 \$34.95 (1 lb.)
Get any 3 or more Left-Turn grippers for \$30.95 each — details online.

Hand health essentials



Counteract all that crushing with one vital training tool

EXPAND-YOUR-HAND BANDS™
Extensor training for muscle balance

- Prevent/rehab tennis elbow
- Improve range of motion and flexibility
- Superb stress reliever — carry one in your pocket

Color-coded progressive levels of resistance:
set of 10 bands, 2 of each strength.
No. 1376 (.25 lb.) \$14.95/set of 10

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



Squeeze as much as you like

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, perfect for rehab
- No. 1425-B Blue EGG — firmer, stiffer, with a useful amount of give

Each \$24.95 (.5 lb.)

Save on sets — details online.

"[Ref IronMind Green EGG] I just like it. Good fidget. Keeps tendons, muscles loose, exercised. I've found after a long day at the desk, my wrists and hands are not as tight and can get right into tennis, riding bikes, lifting without issue." — B., via Amazon.com

"[Ref. IronMind Green EGG] Whether it's the tackiness, size, consistency/etc., this is the unicorn. Keeping first one at the office and now buying another — it's addictive. — R. P. D. C., via Amazon.com

"[The IronMind Blue EGG] is great — the shape is perfect for the hand, and it doesn't exhaust the muscles like the round or the balloon kind . . . this is awesome. — via Amazon.com

A tool we especially love

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

Hand Health Kits, sets of IronMind hand health tools at special prices — check online! — for more than a handful of benefits:

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



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.) \$58.95



DEXTERITY BALLS

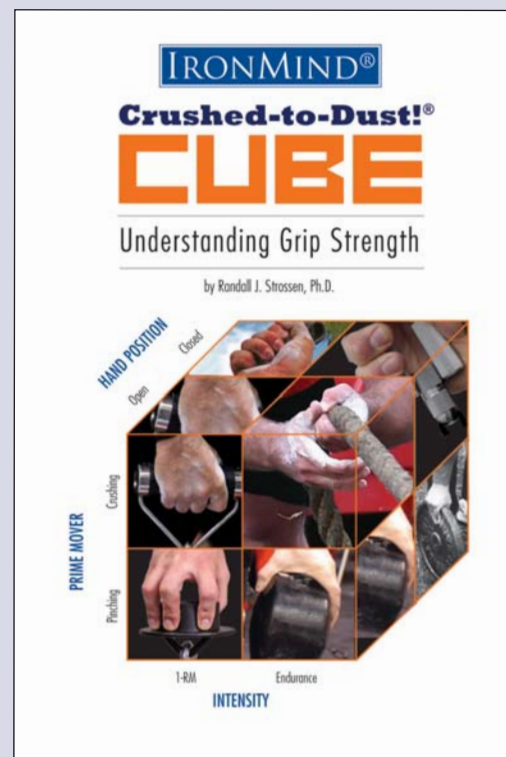
For increased manual dexterity, range of motion, and muscle control. Includes "Dexterity Ball Training for Hands" course by John Brookfield.

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



All IronMind equipment is made in the USA.

The structure of grip strength: start here



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

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



All IronMind equipment is made in the USA.

Get go-rilly strong!

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 \$429.95 + 90.00 S&H*

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

"[The Go-Really Grip Machine] is high quality, it operates smoothly, and it is pinch free."—B. V., Princeton, NJ



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



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.) \$36.95

IronMind Hub world records*

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

*See ironmind.com for Rules and Records.



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.

Grip strength classics



For formidable levels of finger strength

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.) \$58.95/pair

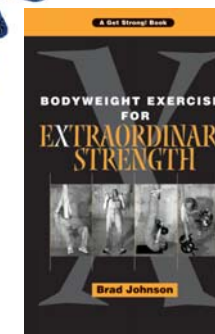
POWER PULL-UP SET

1 pair Eagle Loops and Bodyweight book
No. 1237-BW (1 lb.) \$41.95

BODYWEIGHT TRAINING FOR EXTRAORDINARY STRENGTH

By Brad Johnson
Tons of pull-up and push-up and jackknife variations with progressions from the king of bodyweight training. 72 pp.

No. 1396 (.5 lb.) \$13.95



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" dia. at one end, tapering to 1-1/2".

No. 1257 (8 lb.) \$119.95

Little Big Horn world records*

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

*See ironmind.com for Rules and Records.



All IronMind equipment is made in the USA.

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 \$52.95

IronMind Block world records*

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

*See ironmind.com for Rules and Records.

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.) \$119.95

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.) \$49.95

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 \$49.95; add No. 1313A (.25) small snap clip, holds loads up to 200 lb. \$4.00
- No. 1314 (5 lb.) 15" Olympic Loading Pin is 2" in diameter, takes Olympic plates \$92.95; add No. 1314A (.25 lb.) large carabiner, holds loads up to 6,600 lb. (!) \$12.00



All IronMind equipment is made in the USA.

Strengthen and stabilize the wrist

For maximum grip strength and injury prevention

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

"I was looking for something a little different to spice up my forearm workouts and I came across this little gem [Twist Yo' Wrist]. This thing destroyed (in a good way) my fingers and wrists the first few times I used it. . . . Hugely recommend it for anyone who climbs. — J. R., via Amazon.com

"[Ref Twist Yo' Wrist] A wrist and finger killer, I love it! Awesome grip texture, strong rope, built to last and cause aches for years." — JB. S., via Amazon.com

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.) \$109.95

See p.15 for the Wrist Roller Axle Setup and Base.

Pronation/Supination

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

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 1-1/32" diameter, 4-1/4" long); comes with a Bulldog II Collar. (Plates shown not included.)

No. 1260 (7 lb.) \$122.95

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.) \$74.95

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.

Bag of Nails kit includes:

- 104 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.) \$149.95



IRONMIND®

www.ironmind.com



Get certified — join the Red and Gold Nail rosters!



All IronMind equipment is made in the USA.

The iconic grip tool with an armload of benefits



ROLLING THUNDER® 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 arm-lifters 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 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 Carabiner (No. 1314-C) (p. 8). Use code RTPOSTER.



Combine 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 DISC

2.5 kg calibrated.

No. 1467-DSC (6 lb.) \$199.95



COC SILVER BULLET

No. 1467 (.25 lb.) \$20.95



All IronMind equipment is made in the USA.

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 for Rules and Records.



www.ironmind.com

Crushed-to-Dust!® Challenge is a Plus!

Step up to the CTD or CTD+ Challenge: get strong, get certified!

CTD Challenge



**Crushed
-to-
Dust!®**



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®

See ironmind.com for the Rules for Certification.

CRUSHED-TO-DUST! CHALLENGE KIT

1 each CoC No. 2 gripper*, IronMind Hub, Rolling Thunder DL Handle
No. 1252-CTD (6 lb.) \$165.95

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

CTD+ Challenge**

**Crushed
-to-
Dust!®**

CTD+
C H A L L E N G E

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®

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



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



All IronMind equipment is made in the USA.



www.ironmind.com

Drink to your strength and health

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 in all kinds of shakes
- clean, simple ingredients: 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)



All IronMind equipment is made in the USA.

IRONMIND®

www.ironmind.com

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 . . .

“The best protein on the market. I have been using Just Protein a very long time . . . and it’s not heavy on your stomach.”

— C. F., via Amazon.com

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.) \$23.95/pair

SEW-EASY™

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

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



All IronMind equipment is made in the USA.



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

3 BIG Reasons to Squat

1. They're **the secret to getting stronger** — by grinding out tough reps, workout after workout
2. They'll **change you from the inside out**: unleash your inner Viking, develop courage, a fighting spirit, and mental discipline
3. Want to **boost endurance, trim down, fight flab**? Squats are your go-to exercise for getting lean and mean

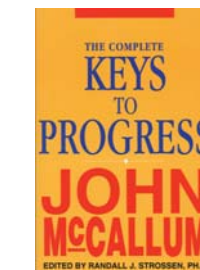
Here are the training programs . . .



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

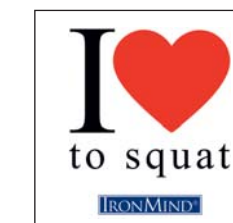


KEYS TO PROGRESS

by John McCallum

Want big arms? Need to bulk up or trim down? Want to combine lifting and running? It's all here in the complete anthology of John McCallum's classic series, "Keys to Progress," from *Strength & Health* magazine in the 1960s. Informative, entertaining, and invaluable — and packed with routines for training from head to toes. 288 pp. No. 1287 (1 lb.) \$19.95

. . . and the inspiration for when you're working out



I LOVE TO SQUAT T-SHIRT

Say it and then do it! Squats are the key to changing your body, whether getting big and strong or lean and mean. Embrace squats and change your mind as well. 100% preshrunk ringspun soft-style cotton. 1233-L2S (.5 lb.) \$24.95



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. 100% preshrunk cotton Hanes Beefy T. 1233-SQM (.5 lb.) \$22.95



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, 100% preshrunk ring spun cotton.

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

#trainathome

The Vulcan Racks III System

One base with easy, quick changes for squats, dips and chins — and rolls!
The sultan of squat racks: top choice for rock-solid squat racks and no-excuses workouts

Proven for over 30 years!

IRONMIND VULCAN SQUAT RACKS III™

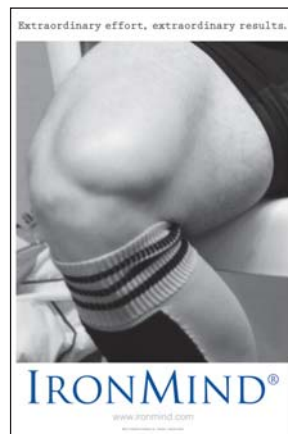
- handles 1,000-lb. squats with ease
- dip, chin and wrist roller options
- all-welded: storable, portable

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***



PERFORMANCE BOOSTER

Complimentary MILO® poster with purchase of any piece of IronMind large gym equipment (weighs 50 lb. or more). Enter POSTER in the keycode box at View Basket in the IronMind e-store.



All IronMind equipment is made in the USA.

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Dip heavy, dip often: add slabs of muscle to your chest, triceps and delts

VR III YOU DECIDE DOUBLE-DIP BARS & BASE

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.



Chinning Bar Setup & Base

Chin!

VULCAN RACKS III

CHINNING BAR SETUP & BASE

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***

You Decide Double-Dip Bars & Base

Light, comfortable, 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**



Want forearms like Popeye?
Here's how to laser torch them

VULCAN RACKS III WRIST ROLLER AXLE

Slide your One Wicked Wrist Roller on the axle and blast your forearms until they are so fried, they have to grow. Height adjusts from 37-1/2" to 69-1/2"; axle is 1-1/16" in diameter. (Wrist roller not included.)

No. 1217-WRB wrist roller axle only \$109.95



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

"The best choice out there is the De Rigueur Dipping Belt from IronMind, and the first time you use it you understand why. . . . Overall I am a bit of a penny pincher so for me to throw down this much on a dip belt, it has to be pretty amazing: I am 100% satisfied . . . a quality product that will last for years and provide great utility in multiple lifts." — L., via Amazon.com



All IronMind equipment is made in the USA.

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ALight™ Training Center

Light as a feather, strong as an ox, stunning as a star
For those who are weight-conscious, concerned with appearance, and train seriously

1 Base, 3 Tops Squat, Dip, Chin

Beautifully crafted from
aircraft-grade aluminum,
with quick, easy switch-outs
for squats, dips and chins.
Squat racks have +500-lb.
capacity and 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.

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Dipping
handle
attachment

Training partners you can trust

A spotting system for safety's sake

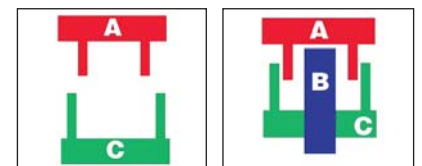
PILLARS OF POWER II+ SPOTTER RACKS™
Portable, storable, and no-nonsense protection on squats and bench presses. Syncs with Vulcan Racks and Five Star Flat Bench. Height adjusts from 22" to 34" in 2" increments; width from 16-1/2" to 49" with a 28" long padded loading surface (landing strip). Weighs 70 lb.
No. 1227 \$642.90 + \$145.00 S&H*

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



Floor plans for squats and bench presses:

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



Squats

Bench press

IRONMIND®

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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*



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.*

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

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"—35" waist
Large/XL 36"—42" waist | 2XL +43" waist
No. 1220 (3 lb.) \$199.95



DAISY CHAINS

The 21st century version of the steel variety, Daisy Chains are mega-useful to bale hitch or clip onto a bar for chins, hip lifts, hip belt squats, etc. Three 4" yellow loops and one 7" red loop, total 19"; 3,000 lb. maximum strength. (Bar and carabiner not included.)
No. 1220A (.5 lb.) \$42.95/pair

Thick-bar training: brawn and beauty

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.) \$15.95



All IronMind equipment is made in the USA.

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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 1-1/8"); 1" width
1 pair (1 lb.) \$74.95
2 pairs (2 lb.) \$139.90

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

Tough-As-Nails™ Sandbags

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



**Build muscle, burn fat —
indoors and out!**

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.) \$81.95

- Small — 18" x 30" (holds 100 lb. of sand)
No. 1390-E (1 lb.) \$67.95

Liners:

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

- Large — 28" x 40"
No. 1390-C (.5 lb.) \$3.00 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.) \$91.95
- Small sandbag, 2 small liners, training course
No. 1390-S (2 lb.) \$74.95



All IronMind equipment is made in the USA.

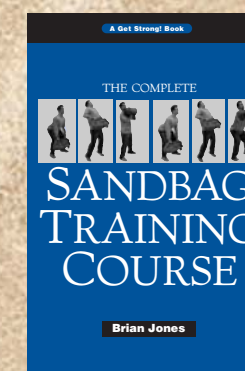
THE COMPLETE SANDBAG TRAINING COURSE

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

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"I love my IronMind sandbag . . . a great option for people who want to do strongman, bulk up, or just increase their physical capacity but don't want to spend a bunch of money. . . . The color is beautiful too." —via Amazon.com

"Greatest sandbag I've ever used . . . and better than making my own. This thing gets dropped, slammed, smashed, squeezed, carried, shouldered, and occasionally thrown. I typically keep it loaded to about 150 lb. So far it shows no signs of wear." —via Amazon.com

"I've had mine [IronMind Sandbag] for over 10 years now. It's up to 230 pounds and gets used 2–3 times a week by myself and 2 other people. It's been picked up, dragged and dropped thousands of times. It's dirty but still going strong with no sign of damage.

—via Amazon.com

The unbeatable neck harness

Look better, feel better — and be better!



HEADSTRAP FIT FOR HERCULES™

Training less than 15 minutes, 3 times a week can transform your neck and add to your well-being. Holds 1,500 lb. with ease, 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.



RED-I-BELT

This belt has a multitude of uses, from rigging up systems for chins, flyes, 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.) \$24.95**

IronMind Pulling Harnesses

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



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**



All IronMind equipment is made in the USA.



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.

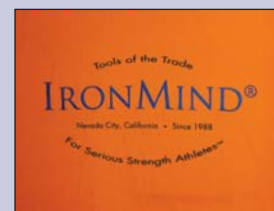
Medium 5'-8"—6'-2", 170–250 lb. Large 5'-10"—7'-0", 250–400 lb.
If you are between two sizes, go for the larger harness because it can be worn very loosely. **No. 1222 (4 lb.) \$329.95**



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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**



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100% ringspun cotton



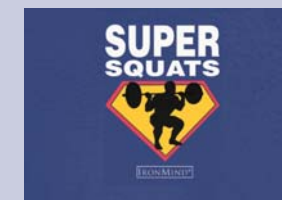
I LOVE TO SQUAT T-SHIRT
Say it and then do it! Squats are the key to changing your body, whether getting big and strong or lean and mean. Embrace squats and change your mind as well. Multi on white, short sleeves. **1233-L2S (.5 lb.) \$24.95**



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**



COC NONPAREIL T-SHIRT
It's an icon, a *sine qua non*, a *nonpareil*, but you can just call it Captains of Crush (CoC, for short). Multi-on white, short sleeves. 100% preshrunk cotton. **1233-COCNP (.5 lb.) \$24.95**



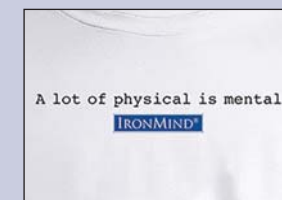
SUPER SQUATS SOFT-STYLE T-SHIRT
Squats rule when it comes to building bulk and power . . . and they are also the movement of first choice for cardio work if you're trimming down and for adding inches to your vertical jump. Multi on royal, short sleeves. **No. 1233-SSB (.5 lb.) \$27.95**



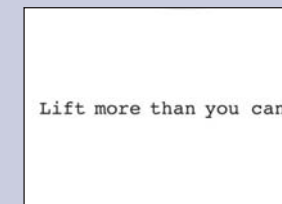
IRONMIND LOGO RINGSPUN LONG SLEEVE T-SHIRT
It's soft but durable, functional but easy to care for. Look sharp in any weather! Navy, long sleeves. **No. 1233-IMLS (.5 lb.) \$27.95**



IRONMIND TANK TOP
Retro, real, all cotton. 100% preshrunk cotton; white or heather gray. **No. 1446 (.5 lb.) \$17.95**



A LOT OF PHYSICAL IS MENTAL SOFT-COTTON T-SHIRT
The secret to getting stronger: think big. Short sleeves. **No. 1233-PM (.5 lb.) \$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**

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.

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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.) \$39.95

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



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").



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



All IronMind equipment is made in the USA.



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 \$32.95 (.5 lb.)

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

Small but necessary

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.) \$21.95

IRONMIND®

www.ironmind.com

More products, more details in the IronMind e-store. www.ironmind.com

Strong, smart, spacious

Tough-As-Nails™ Bags

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 for specifications.



"World traveler"

LARGE GYM BAG

Tough and versatile — and a frequent flyer.

No. 1235 (2 lb.)

\$154.95



All IronMind equipment is made in the USA.



"Strong, light, fast"

MINI DUFFLE

Compact — and strong! — for quick missions.

No. 1238 (2 lb.) \$72.95



"Carry a watermelon . . ."

COMPACT TRUCKER TOTE

Small enough to be handy; big enough to do the job.

No. 1456 (1 lb.) \$74.95



"A pickup truck with handles"

QUARTER-TON TRUCKER

Bring on the cargo — big, heavy and awkward are fine.

No. 1408 (2 lb.) \$109.95



"The go-to for grip kings"

TOOL & TRAVEL KIT

Its multi-tasking design makes it easy to carry your favorite grip tools.

No. 1474 (1 lb.) \$58.95

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

IRONMIND®

www.ironmind.com

Questions? email: sales@ironmind.com | tel: 530-272-3579 | fax: 530-272-3095