IRONMIND®
STRONGER MINDS,
STRONGER BODIES®

IronMind Enterprises, Inc.
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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.
No. 1202-EGC



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	discount	# issues	discount
3 – 11	15%	24– 49	25%
12 – 23	20%	50+	30%



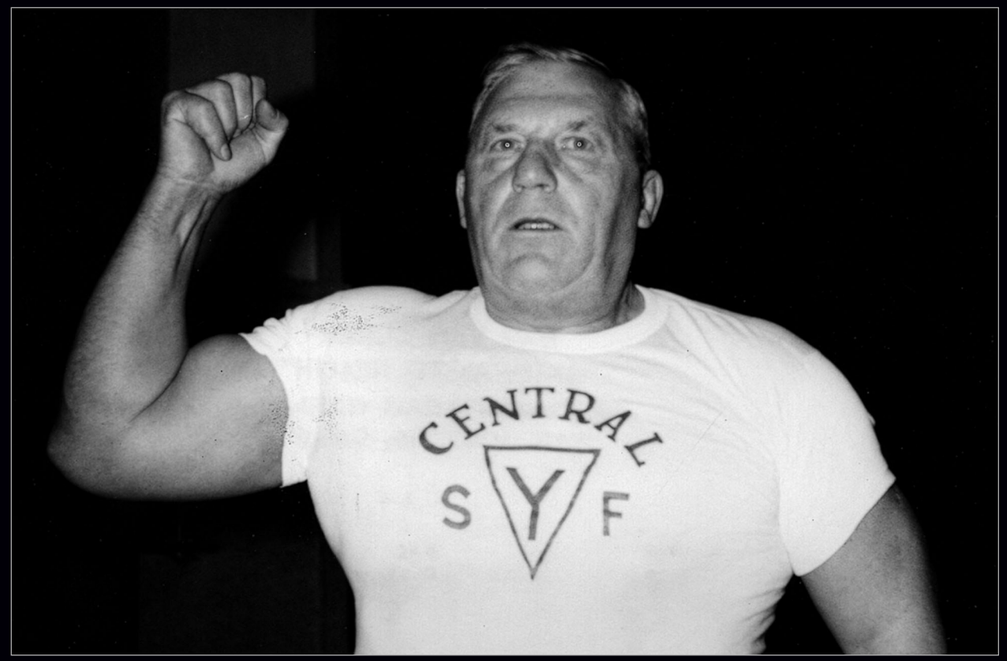
*See the IronMind e-store for available issues.
Questions? E-mail: sales@ironmind.com Order now at www.ironmind.com

Prices and specifications may change at any time; see the IronMind e-store for current prices and shipping rates.
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IRONMIND® 2027

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

"You shouldn't pick on old people!"



When he was about 80, grip-strength legend **Karl Norberg** was walking through a casino when a "young man attempted to pick Karl's pocket. Karl grabbed the guy under his armpits, picked him up, squeezed him hard, shook him, and threw him back to the floor, and said, '*You shouldn't pick on old people!*' The young man was so shaken . . . that he actually peed in his pants and ran away like a scared jack rabbit."

The close relationship between grip strength and independent living as we age is often highlighted, and while you might not need to prepare for anything this extreme, remember Karl Norberg as a model of what can be achieved.

Reprinted with permission from *MILO*, March 2011, Vol. 18, No. 4, "Karl Norberg: World's Strongest Senior" by Jim Schmitz.

Captains of Crush: The Gold Standard of Grippers

The fastest route to the strongest grip

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

Stickers available in the IronMind e-store!
No. 1450-SL $3.00 (.25 lb.)



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 $34.95 (1 lb.)
Get any 3 or more CoC grippers for **$29.95 each**—details online.

All IronMind equipment is made in the USA.

Racked and ready



COC V-CADDY*
Brushed aluminum in two sizes:

- **No. 1433-C-5 (.5 lb.)** for 5 CoC grippers, 5″ x 4″ **$29.95**
- **No. 1433-C-10 (1 lb.)** for 10 CoC grippers, 10″ x 4″ **$36.95**



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**

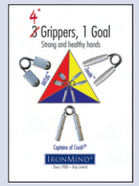
*grippers not included

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

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



COC INSTRUCTION BOOKLET



4 GRIPPERS, 1 GOAL: STRONG AND HEALTHYHANDS



CRUSHED-TO-DUST! CUBE TRAINING BOOKLET

*Free with order or download at ironmind.com

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

Captains of Crush: The route to excellence

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 to measure your progress, if you like.

I would also like to tell you how impressed I am with CoC grippers. I've been using them for over a decade since my initial purchase of a No. 1, 1.5, and 2. I've owned a decent amount of grippers since then, CoCs and other brands. I cannot tell you how many thousands (probably tens of thousands) of reps have been done on that same initial No. 1. And it is still going strong, blows my mind.—T.R., via email

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



COC SEAL OF SUPERIOR GRIP STRENGTH T-SHIRT
Multi on black100% preshrunk cotton Hanes Beefy T-shirt; short sleeves. Sizes: M (38″-40″), L (42″-44″), XL (46″-48″), 2XL (50″-52″), 3XL (54″-56″).
1233-COCSL (.5 lb.) $24.95



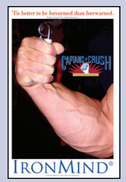
Track your training—it'll keep you honest



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



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



'Tis better to be forearmed than forewarned . . .
let this be your battle cry before your next Captains of Crush grippers workout. 21″ x 32″ poster.
PS-JBF (1 lb.) $17.95

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!

- 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/

You Tube See the IronMind videos on Captains of Crush gripper certification.

IRONMIND®
www.ironmind.com

Want the mirror image of a CoC?

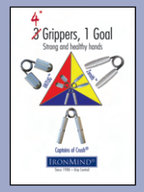
Left-Turn™ Grippers

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 $42.95 (1 lb.)
Get any 3 or more Left-Turn grippers for **$38.95 each**—details online.



Gripper synergy
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

All IronMind equipment is made in the USA.

5 finger power, 1 or 2 fingers at a time

IMTUG™

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



Each $37.95 (1 lb.)
Get any 3 or more IMTUG grippers for **$32.95 each**—details online.

Choose an IMTUG depending on which fingers you are targeting


Thumb and pinch grip


Middle and index fingers


Ring finger and pinkie

You Tube See the IronMind video on training with IMTUG.



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™

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 $47.95 (1 lb.)
Get any 3 or more Zenith grippers for **$42.95 each**—details online.



IRONMIND®
www.ironmind.com

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.

We recommend a set of Expand-Your-Hand Bands for anyone training with IronMind 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.) **$41.95**



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

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.

A tool we especially love

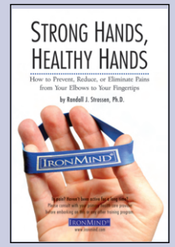
WRIST DEFENDER
Use this friendly tool to gently loosen and stretch your joints, relieve pressure in the wrist, and encourage increased range of motion and flexibility. With the handy strap, take it for a walk! Ergonomic shape, 6" x 2" and 1-1/4 lb.; contains no sand or lead.
No. 1438 (2 lb.) $27.95



Mix and match IronMind's hand health tools for more than a handful of benefits

❑ Strength ❑ Conditioning ❑ Flexibility
❑ Increased blood flow ❑ Manual dexterity
❑ Massage ❑ Muscle balance

Hand health kits—check online!



STRONG HANDS, HEALTHY HANDS BOOKLET
Free with order or download at ironmind.com.



TOOL & TRAVEL KIT
Perfect for keeping grip tools at hand (bag only).
No. 1474 (1 lb.) $64.95

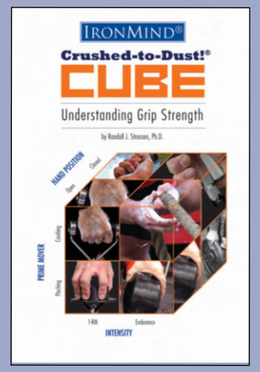


DEXTERITY BALLS
For increased manual dexterity, range of motion, and muscle control. Includes "Dexterity Ball Training for Hands" course by John Brookfield.
No. 1263-I (1 lb.) Level I chrome balls (with chimes) are 1-1/2"in diameter and 4 oz.; set of 3 plus course **$34.95**

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All IronMind equipment is made in the USA.

The structure of grip strength: start here

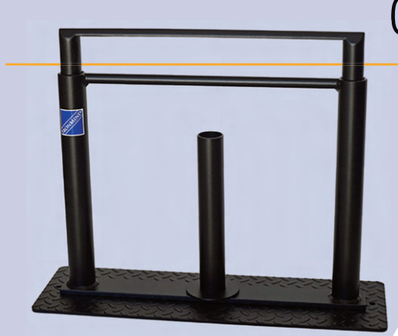


CRUSHED-TO-DUST®! CUBE: UNDERSTANDING GRIP STRENGTH*
Three dimensions: prime mover, hand position and intensity
Understand how grip strength works so you know how to train effectively. CTD Cube: a framework for selecting IronMind's world-record, world-renowned Crushed-to Dust!® grip tools for your entire lower arm.

*Free with order or download at ironmind.com

I have been so pleased with each piece of equipment I have ordered and owned in the past 20 years—IronMind is amazing.—T.A., via Amazon

Cutting edge grip training



GO-REALLY GRIP™ MACHINE
Load up this classic guillotine-style grip machine and chop through your sticking points on 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



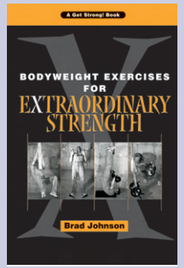
For formidable levels of finger strength

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.) $62.95/pair

All IronMind equipment is made in the USA.



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. 21" x 32" poster.
PS-COCG (1 lb.) $17.95



BODYWEIGHT TRAINING FOR EXTRAORDINARY STRENGTH
By Brad Johnson
Tons of pull-up, push-up and jackknife variations with progressions from the king of bodyweight training. 72 pp.
No. 1396 (.5 lb.) $13.95

POWER PULL-UP SET
1 pair Eagle Loops and Bodyweight book
No. 1237-BW (1 lb.) $67.95

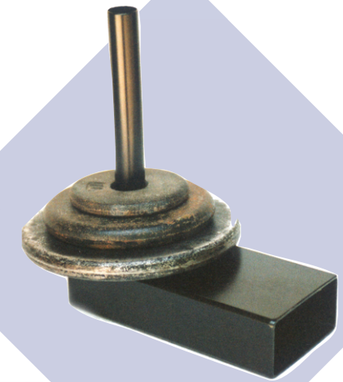
IRONMIND®
www.ironmind.com

Grip strength classics



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.) $134.95

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





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.

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.

IRONMIND®
www.ironmind.com

Grip strength classics



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.



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.(!) **$15.00**





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 this 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.) $151.95



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*

- 110.10 kg/242.73 lb. men
- 76.60 kg/167.55 lb. women

*See ironmind.com for Rules and Records.

RED/GOLD NAIL T-SHIRT
100% preshrunk cotton Hanes Beefy T-shirt, short sleeves, in white.
No. 1233-RGN (.5 lb.) $24.95



*See the IronMind website for details

IRONMIND® RED NAIL | IRONMIND® GOLD NAIL

Get certified—join the Red and Gold Nail rosters!

IRONMIND®
www.ironmind.com

All IronMind equipment is made in the USA.

Hands, wrists and forearms, unite!

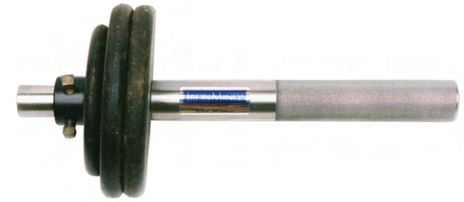
Develop your lower-arm with no weak links, for maximum grip strength and injury prevention



Pronation/Supination

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

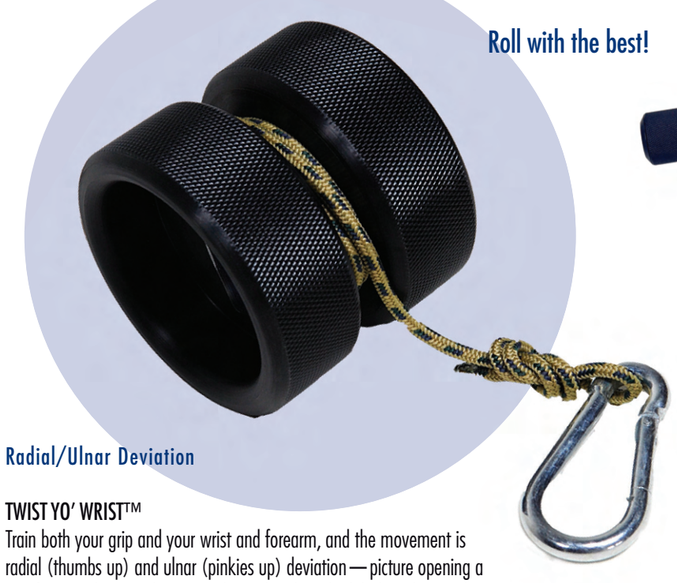
HEAVY HAMMER II™ LEVERAGE BAR
Combine grip and wrist–forearm work: the 2″ diameter handle works your grip as you lever it up and down. Longer and lighter, for lighter weights (made of tubing). Overall length is 18″; loading surface is 1″ in diameter and 4″ long; takes exercise plates (not included) and comes with a spring clip collar.
No. 1255 (3 lb.) $74.95



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

All IronMind equipment is made in the USA.

Roll with the best!



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.) $62.95



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.) $109.95

See p. 21 for the Wrist Roller Axle Setup and Base.



IRONMIND®
www.ironmind.com

A challenge, a sport . . .



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 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.) $129.95

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 – 4; two-arm – 32 men/15 women
- pull-ups for max weight: two-arm – 183.27 kg men; 99.30 kg women; 99.74 kg teenage 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.

Power play

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

All IronMind equipment is made in the USA.



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

COC SILVER BULLET
No. 1467 (.25 lb.) $20.95

Use your own weights at home!

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.

First of all, I cannot tell you how many times the CoC Silver Bullet has served as entertainment on fires and the competitions that we have had. The excuses are almost as entertaining. Thanks! —J.C., via email

IRONMIND®
www.ironmind.com

Crushed-to-Dust!® Challenge

The fun, easy way to test/prove you have excellent/world-class all around grip strength

CTD Challenge



Crushed -to- Dust!®

All IronMind equipment is made in the USA.



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.) $179.95

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

IRONMIND®
www.ironmind.com

CTD+ Challenge**

Crushed -to- Dust!®

CTD+
CHALLENGE





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

Dress for PR success



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.) $39.95
Sizes M (32″–34″); L (35″–37″); XL (38″–40″); 2XL (41″–43″); 3XL (44″–47″).





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) **$37.95 (.5 lb.)**



PT PROVEN CAP
Warm, light, wicking, and quick drying, it will help your body preserve heat in the cold weather. 95/5 poly/spandex R-Tek® stretch fleece for warmth and shape retention. Machine washable in navy. One size fits just about anyone.
No. 1464 (.25 lb.) $22.95



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

Small essentials



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.) $14.50
Set of 3 $38.85 ($12.95 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 **$22.95**



GYM CHALK
Sweaty hands and big weights don't mix—here's the answer. Box of eight 2-oz. blocks.
No. 1268 (2 lb.) $22.95

IRONMIND®
www.ironmind.com

All IronMind equipment is made in the USA.

Wear it proudly

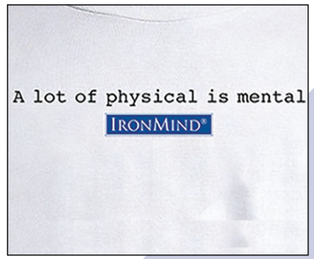
IRONMIND LOGO SOFT-COTTON T-SHIRT
Wear this shirt, stand up straight and feel stronger! Blue on white, short sleeves.*
1233-IMLG (.5 lb.) $19.95

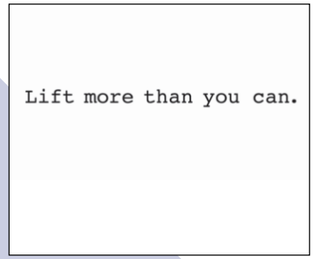




IRONMIND LOGO RINGSPUN LONG SLEEVE T-SHIRT
It's soft but durable, functional but easy to care for. Look sharp in any weather! Navy, long sleeves.*
No. 1233-IMLS (.5 lb.) $27.95

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.) $24.95

*100% ringspun cotton

All IronMind equipment is made in the USA.

Soft wicking blends

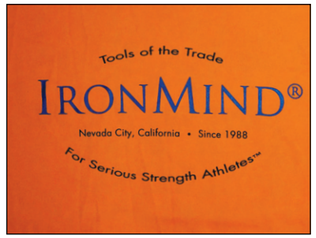
IRONMIND TRI-BLEND T-SHIRT
These shirts feel great! Soft, trim, quick-drying tech blend, equally at home lifting, running, lounging.
No. 1233-IMS (.5 lb.) $27.95





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. Hanes Cool DRI™ wicking blend.
No. 1233-LRT2 (.5 lb.) $29.95

ORANGE YOU GLAD TRAINING T-SHIRT™
Orange You Glad to have this cool, dry T-shirt for training, lounging, and looking great? Hanes Cool DRI™ wicking blend.
No. 1233-HTR (.5 lb.) $29.95



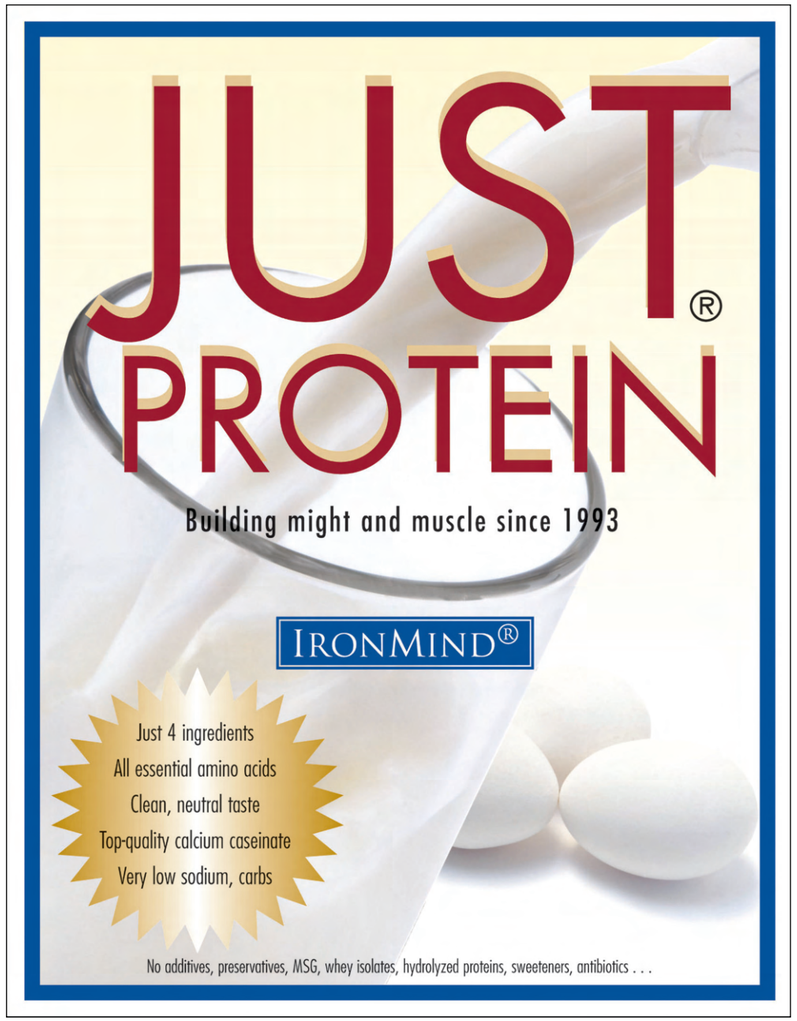


IRONMIND TANK TOP
Retro, real, all cotton. 100% preshrunk cotton; white or heather gray.
No. 1446 (.5 lb.) $17.95

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″).

IRONMIND®
www.ironmind.com

Muscle-Building Goodness



JUST PROTEIN®
Clean and simple concentrated food, with no drug-like claims or packaging, no poly-this or tri-that, just the wonder foods of the protein world. Drink to your strength and health!

IRONMIND®
www.ironmind.com

All IronMind equipment is made in the USA.

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 110 calories, 17 g protein, 7 g carbohydrates, .5 g fat, 5 mg cholesterol, 240 mg potassium, and 80 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 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)

Tough-As-Nails™ Bags: Strong, smart, spacious

100% no-nonsense, abrasion-resistant, super-tough royal blue Cordura® with black trim and YKK® zippers—and all made in the USA.

See ironmind.com for specifications.



"Strong, light, fast"

MINI DUFFLE
Compact—and strong!—for quick missions.
No. 1238 (2 lb.) $79.95

"A pickup truck with handles"

QUARTER-TON TRUCKER
Bring on the cargo—big, heavy and awkward are fine.
No. 1408 (2 lb.) $114.95

"Carry a watermelon . . ."

COMPACT TRUCKER TOTE
Small enough to be handy; big enough to do the job.
No. 1456 (1 lb.) $79.95

"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.) $64.95

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



"World traveler"

LARGE GYM BAG
Tough and versatile—and a frequent flyer.
No. 1235 (2 lb.) $169.95

All IronMind equipment is made in the USA.

IRONMIND®
www.ironmind.com

IronMind Lifting Straps

Load, lock and lift!



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.) $24.95/pair



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

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

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

Neck training: 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



YouTube Watch the IronMind video on how to use the Headstrap Fit for Hercules.

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www.ironmind.com

All IronMind equipment is made in the USA.

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





Red-i-Belt
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 a 3,200-lb. test buckle.
No. 1232-B (.5 lb.) $39.95

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.) $84.95

- Small – 18" x 30" (holds 100 lb. of sand)

No. 1390-E (1 lb.) $69.95

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"

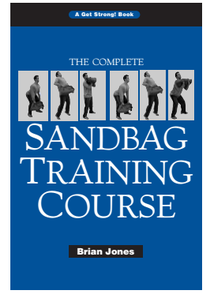
No. 1390-B (.25 lb.) $1.95 each

Sets:
- Large sandbag, 2 large liners, training course
  No. 1390 (3 lb.) $94.95
- Small sandbag, 2 small liners, training course
  No. 1390-S (2 lb.) $77.95



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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

3 BIG Reasons to Squat

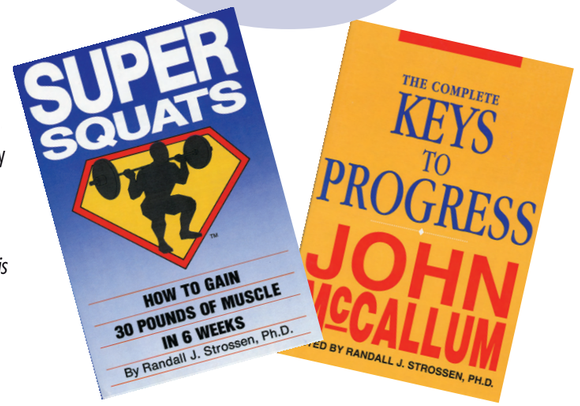
1. They're **the open sesame for muscular size and strength**—by grinding out tough reps, workout after workout
2. They'll **change you from the inside out**: unleash your inner Viking, **develop courage**, a **fighting spirit**, and **mental discipline**
3. Want to **boost endurance, trim down,** fight 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

"About the only drawback to following this routine is that you will outgrow your clothes."

"First, load the bar to what you normally use for 10 reps. Now, do 20 reps —no kidding."



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.) $27.95

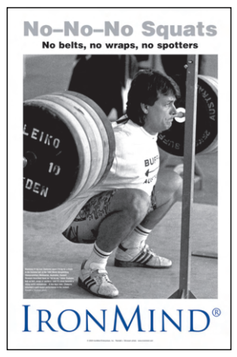


SQUAT MORE THAN YOU CAN T-SHIRT
Strength, power, muscle mass—everyone knows that squats are the driver, but the same is true if your goals are endurance or trimming down. Squats are the *numero uno* movement by so much that second place doesn't matter. Squat more than you can . . . and reap the rewards. 100% preshrunk cotton Hanes Beefy T.
1233-SQM (.5 lb.) $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 cardo 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

No-No-No Squats Poster
IronMind's iconic photo of Ivan Chakarov (Bulgaria), taken in the training hall of the 1993 World Weightlifting Championships (Melbourne, Australia) put squats in a whole new view. Watching the 91-kg Chakarov squat 270 kg for a rock-bottom triple, Randall Strossen dubbed them "no-no-no" since Chakarov had no belt, no wraps, no spotters.



All IronMind equipment is made in the USA.

I'm a big fan of your work; have a copy of the IronMind book on my nightstand which I turn to often! —D.G., via email

ALight™ Training Center

Light as a feather, strong as an ox, stunning as a star

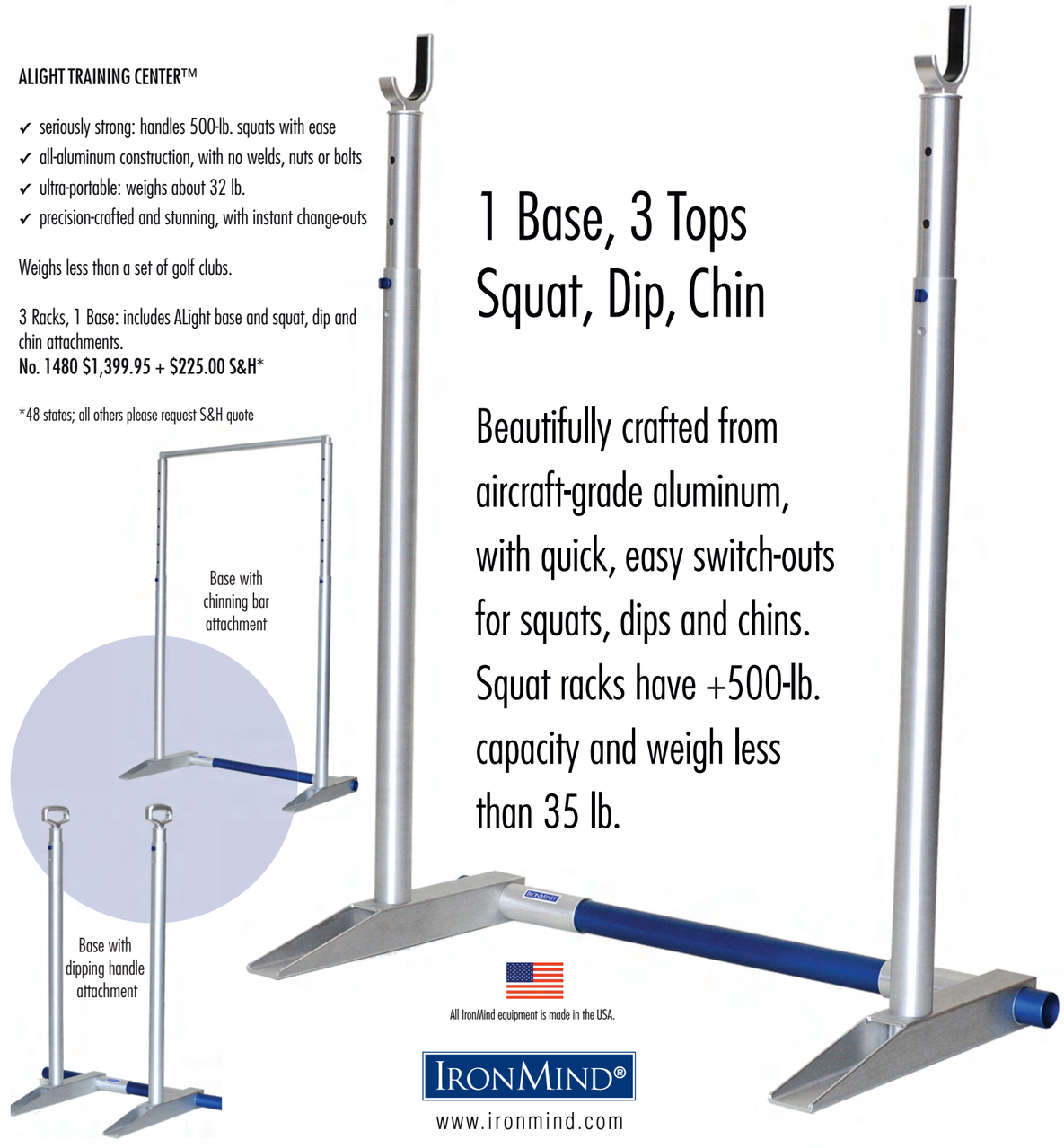
ALIGHT TRAINING CENTER™

- ✓ 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 + $225.00 S&H*

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



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.

All IronMind equipment is made in the USA.

IRONMIND®
www.ironmind.com

The Vulcan Racks III System

The sultan of squat racks: top choice for rock-solid squat racks and no-excuses workouts

Proven for over 30 years!

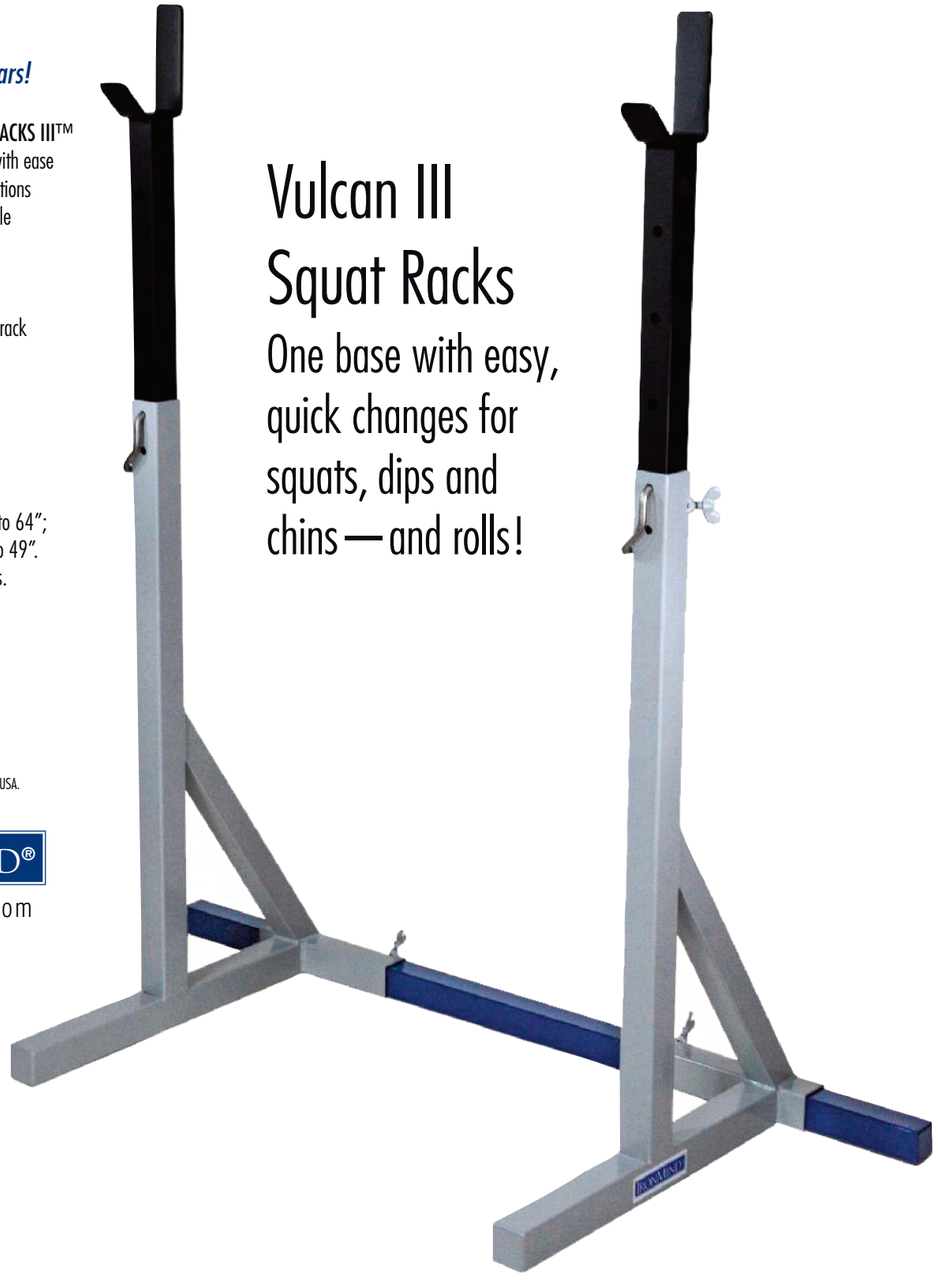
IRONMIND VULCAN SQUAT RACKS III™
- handles 1,000-lb. squats with ease
- dip, chin and wrist roller options
- all-welded: storable, portable

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)
$649.90 + $225.00 S&H*

All IronMind equipment is made in the USA.

IRONMIND®
www.ironmind.com



Vulcan III Squat Racks

One base with easy, quick changes for squats, dips and chins—and rolls!



You Decide Double-Dip Bars & Base

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) **$219.95 + $75.00 S&H***

No. 1217-DB Vulcan Racks Squat Racks with Double-Dip Bar Uprights **$849.90 + $300.00 S&H***

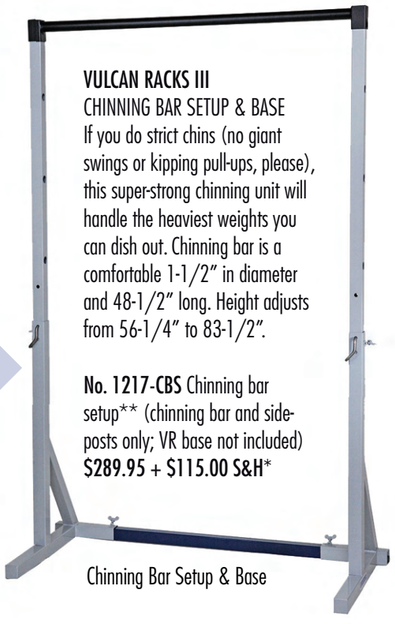
*48 states; all others please request S&H quote
**please note that the uprights and sideposts are made to fit only in an authentic IronMind Vulcan Racks, VR II, II+, or III Base

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

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





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)
$289.95 + $115.00 S&H*

Chinning Bar Setup & Base



Laser torch your forearms

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**
No. 1254 One Wicked Wrist Roller $109.95 (see p. 9)

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All IronMind equipment is made in the USA.

Training partners you can trust

A spotting system for safety's sake

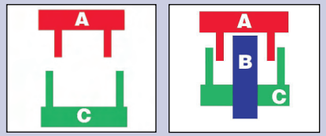


PILLARS OF POWER II+ SPOTTER RACKS™
Portable, storable, and no-nonsense protection on squats and bench presses. Syncs with Vulcan Racks and Five Star Flat Bench. Height adjusts from 22″ to 34″ in 2″ increments; width from 16-1/2″ to 49″ with a 28″ long padded loading surface (landing strip). Weighs 70 lb.
No. 1227 $694.90 + $210.00 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®
www.ironmind.com

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 $409.95 + $200.00 S&H*

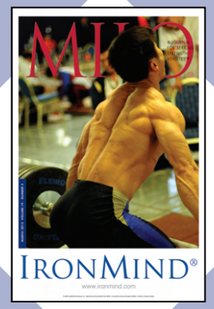


All IronMind equipment is made in the USA.

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.*

PERFORMANCE BOOSTER – Free Poster!

Complimentary MILO® poster—your choice!—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.



Lu Xiaojun Snatch Pulls Poster
An object lesson in the benefits of Olympic-style weightlifting, doing snatch pulls like Lu Xiaojun may contribute to a back, neck, and shoulders that any lifter could want.
PS-LX

Thick-bar training: brawn and beauty

APOLLON'S AXLE
Thick bar of champions
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.

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 + $120.00 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.

IRONMIND®
www.ironmind.com

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 **$519.95**
No. 1249-S (13 lb.) single dumbbell with collars **$269.95**

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.) $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.) $129.95
2 pairs (6 lb.) $239.90