

**IRONMIND®**

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®

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

**Poster power**

IRONMIND® / MILO®  
POSTERS  
21" x 32", in colors  
as shown. Photos by  
Randall J. Strossen, Ph.D.  
Each \$17.95 (1 lb.)



PS-PDN1

Pyrrhos Dimas Number 1



PS-IIFV

Ilya Ilin Sequence

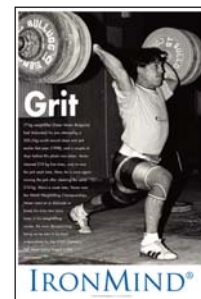


PS-LX

Lu Xiaojun Snatch Pulls



PS-JPS  
Just Plane Strong



PS-ZVGR

Zlatten Vanev Grit



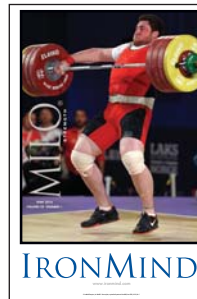
PS-MSOG

Mathias Steiner 258 C&J



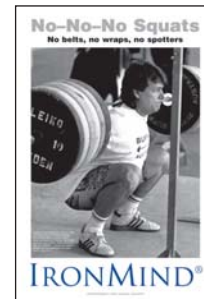
PS-SR

Scott Rider Open Stone



PS-LT212

Lasha Talakhadze 212 Snatch



PS-NOSQ

No-No-No-Squats Chakarov



PS-EE

Extraordinary Effort

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Join the IronMind Forum at [www.ironmind-forum.com](http://www.ironmind-forum.com)

Follow IronMind on Twitter

Like IronMind on Facebook

© Randall J. Strossen

2022

# Squat—Dip—Chin

## Muscle Mantra #1

Want to get big and strong in a hurry? Need a way to train effectively with a minimum of equipment in a confined space? Want the kind of strength that translates into not just looking good?

Then the squat—dip—chin routine is for you.

If you're serious about lifting weights, the first thing you learn is that squats rule when it comes to building bulk and power . . .

Squats are the *numero uno* movement by so much that second place doesn't matter. They are also the movement of first choice for cardio work if you're trimming down and for adding inches to your vertical jump.

Dips are everything good about bench presses with little of the bad — no need for spotters, and rotator cuff injuries seem less prevalent. Count on adding huge slabs on muscles to your chest, triceps, and delts, and building the kind of strength that moves your body, and even bigger weights, with ease.

Chins are the ticket for bulging biceps and batwing lats — they give you commando-like strength for soaring up vertical surfaces and will help you with every sport that involves hanging onto something and pulling or swinging . . . which is just about everything you can name.

Mix and match your reps and sets for variety and meeting different specific goals, but just don't forget the basic mantra, squat—dip—chin: it's the **one, two, three** for big training results.



Vulcan Squat Racks III™

**VULCAN SQUAT RACKS III™**

- compact design and easy breakdown for serious workouts at home
- handles half-ton squats with consummate ease
- proven for more than 25 years

Perfect for squats, presses and jerks from the racks, lunges, benches, inclines, good mornings. 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) \$589.90 + \$145.00 S&H\***



All IronMind equipment made in the USA.



Cover: California incense cedar is a stately tree that can reach almost 200 feet in height, with a trunk about 4 feet in diameter. A beauty to behold, with a spicy fragrance, incense cedars are drought resistant and attract many birds and insects, providing them food and shelter. Randall J. Strossen photo

## Dip!



You Decide Double-Dip Bars & Base

**VR III YOU DECIDE DOUBLE-DIP BARS UPRIGHTS**

The Double-Dip Bar Uprights combine parallel and diagonal handles in one unit, a comfortable 1-1/2" in diameter. Width adjusts from 16-1/2" to 49"; from 48-1/2" to 52-1/2".  
**No. 1311 Double-Dip Bar uprights\*\* (uprights only; VR base not included) \$199.95 + \$65.00 S&H\***

**No. 1217-DB Vulcan Racks Squat Racks with Double-Dip Bar Uprights \$772.90 + \$200.00 S&H\***

Visit the IronMind website for details on all combinations and components of the Vulcan Racks III System.



**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.) \$85.95**

## Chin!



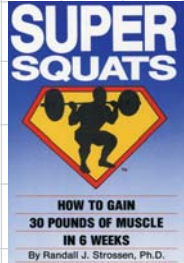
Chinning Bar Setup & Base

**VULCAN RACKS III CHINNING BAR & SIDEPOSTS**

If you do strict chins (no giant swings or kipping pull-ups, please), this super-strong chinning unit will handle the heaviest weights you can dish out. Chinning bar is a comfortable 1-1/2" in diameter and 48-1/2" long. Height adjusts from 56-1/4" to 83-1/2".  
**No. 1217-CBS Chinning bar setup\*\* (chinning bar and sideposts only; VR base not included) \$279.95 + \$65.00 S&H\***

\*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, or VR II, II+, or III Base



**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**



**SQUAT MORE THAN YOU CAN T-SHIRT**  
 100% preshrunk cotton Hanes Beefy T-shirt, short sleeves, in white with blue/black. Sizes L (42"-44"); XL (46"-48"); 2XL (50"-52"); and 3XL (54"-56").  
**1233-SQM (.5 lb.) \$19.95**

Beauty and the beast in one package

ALIGHT TRAINING CENTER

- seriously strong: handles 500-lb. squats with ease
- gorgeous, all-aluminum construction, with no welds, nuts or bolts
- ultra-portable: weighs about 32 lb. (15 kg)
- precision-crafted and stunning, with instant change-outs

3 Racks, 1 Base: includes ALight base and squat, dip and chin attachments.  
No. 1480 \$899.95 + \$130.00 S&H\*

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

Squat!

*"Weighs less than a set of golf clubs."*

ALight Squat Racks

IRONMIND®  
www.ironmind.com



All IronMind equipment made in the USA.

Dip!

ALight Dipping Bars

Chin!

ALight Chinning Bar

PERFORMANCE BOOSTER

Complimentary MILO® poster with purchase of IronMind large gym equipment (weighs 30 lb. or more). Enter POSTER in the keycode box at View Basket in the IronMind e-store.



IRONMIND®  
www.ironmind.com

**Tools for transformation**

**PILLARS OF POWER II+ SPOTTER RACKS™**

Portable, storable and no-nonsense protection on squats and bench presses. Syncs with Vulcan Racks, ALight, 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 \$639.90 + \$135.00 S&H\*

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



**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 \$369.95 + \$135.00 S&H\*



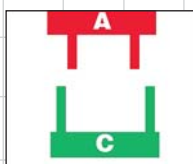
**Bench press alert!**  
For safety's sake, a number of exercises should ALWAYS be performed with a foolproof spotting system in place—and one exercise that maims or kills people with some regularity is the garden-variety bench press. Our safety advice: never ever bench press without a proven spotting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



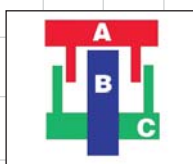
All IronMind equipment made in the USA.

Floor plans for squats and bench presses:

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

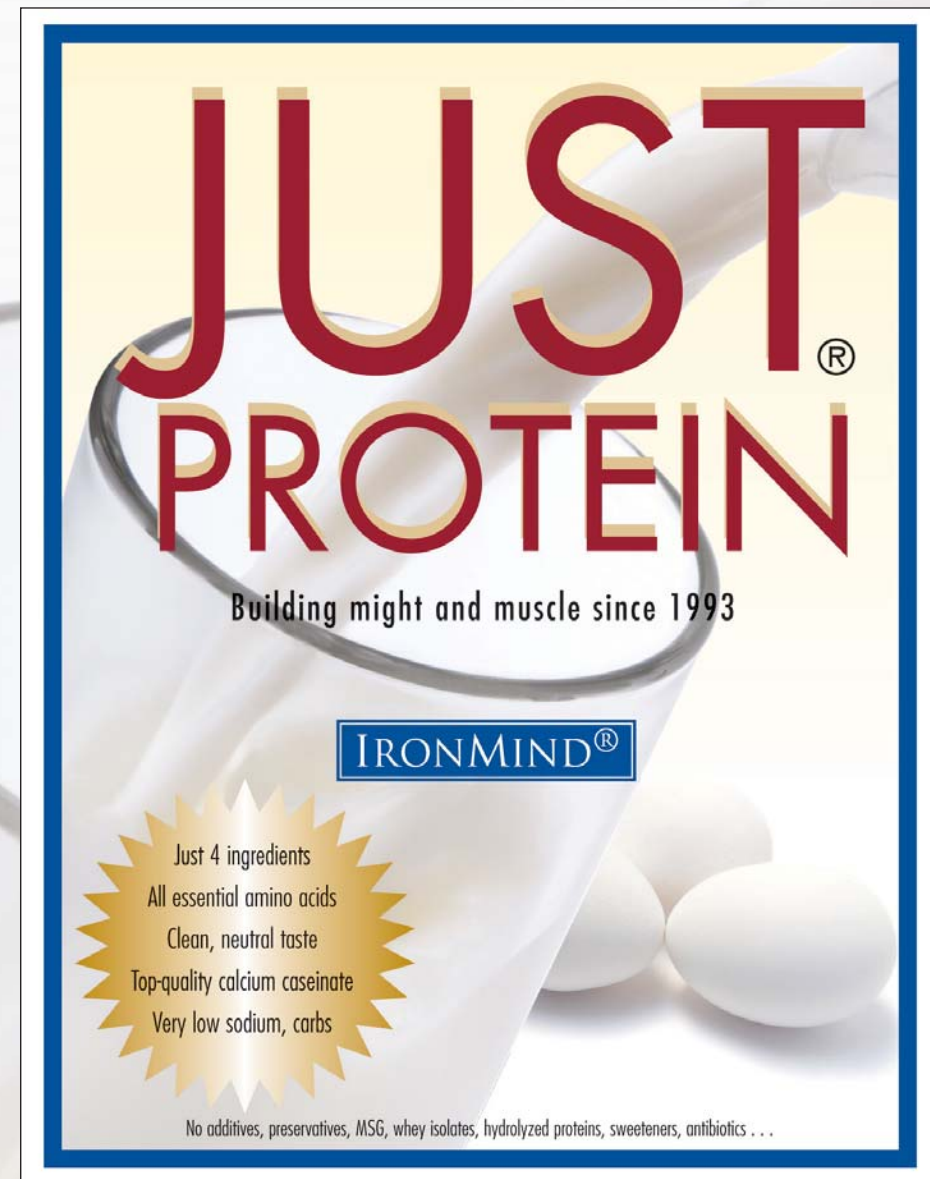


Squats



Bench press

Top fuel for active bodies — you're training hard, eat to gain!



**JUST PROTEIN®**

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

- Post workout muscle builder — and meal replacement, too
- Easy to mix and tastes great
- No antibiotics, preservatives, fillers, additives or artificial sweeteners
- Low sodium and carbs, fewer calories, lower cholesterol

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

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

**No. 1261**

- 5-lb. bag (6 lb.) \$72.95
- 5 — 5-lb. bags (28 lb.) \$349.75 (\$69.95/bag)
- 10 — 5-lb. bags (56 lb.) \$679.50 (\$67.95/bag)

No. 1261-S One half-cup sample \$10.00 postpaid (limit one per customer)



## IronMind® Dumbbells: Strength, power, muscle mass

### BIG BOY DUMBBELL BARS™

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

No. 1224 (16 lb.) pair of dumbbells with collars \$379.95

No. 1224-S (8 lb.) single dumbbell with collars \$194.95



### 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 \$419.95

No. 1249-S (13 lb.) single dumbbell with collars \$214.95



### 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

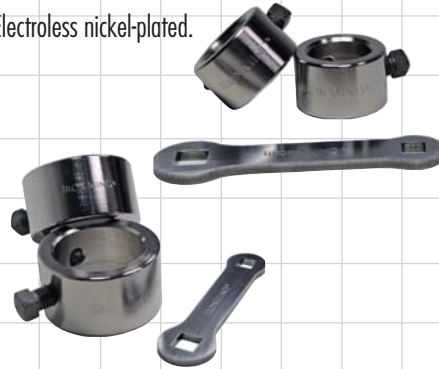
1 pair (1 lb.) \$52.95

2 pairs (2 lb.) \$95.90

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

1 pair (3 lb.) \$76.95

2 pairs (6 lb.) \$144.90



### TUF-CLOTH™

Keep your natural-finish IronMind bars nice and shiny with this multi-purpose dry protectant, for a durable, rust-blocking finish. Tested and used by Navy SEALs.

No. 1285 (.25 lb.) \$13.95

## IRONMIND LIFTING STRAPS

*Anything less is a bust!*



### SHORT & SWEET™

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

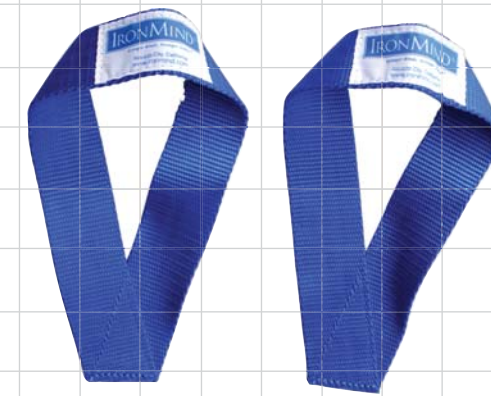
No. 1234 (.25 lb.) \$10.95/pair



### STRONG-ENOUGH™

- 21-1/4" long, loop at one end
- 1-1/2" wide
- top pro strongman choice; best general purpose

No. 1239 (.25 lb.) \$18.95/pair



### SEW-EASY™

- 21-1/4" closed loop
- 1-1/2" wide
- weightlifters of all types; easy to use

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



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

## No More Mr. Pencil Neck

### A HEADSTRAP FIT FOR HERCULES™

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

No. 1232 (2 lb.) \$119.95



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, flies, and pull-ups, to stretching and doing weighted leg raises. 47-1/2" long with 3,200 lb. test buckle.

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

**IRONMIND®**  
www.ironmind.com

## Small but essential



### IRONMIND GYM TOWEL

You'll find it on the field, in the gym, wherever sweat is slung. Use it to train your neck and your grip, too. 100% cotton, 24" x 44".

No. 1231 (.5 lb.) \$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.) \$15.95



### JOHNSON & JOHNSON COACH ATHLETIC TAPE

Tape first, and then hook. 1-1/2" wide and 15 yards long.

No. 1269 (.5 lb.) 3 rolls \$14.95

**Tough-As-Nails Sandbags**



**TOUGH-AS-NAILS™ SANDBAGS**  
 9X 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.) \$59.95
  - Small — 18" x 30" (holds 100 lb. of sand)  
 No. 1390-E (1 lb.) \$49.95

- Liners:
- Fill, fold and secure with duct tape to make sandbag "weights"
- Large — 28" x 40"  
 No. 1390-C (.5 lb.) \$2.00 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.) \$71.95
  - Small sandbag, 2 small liners, training course  
 No. 1390-S (2 lb.) \$61.95

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



**Pulling Harnesses**

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



**IRONMIND DRAFT HORSE PULLING HARNESS™**  
 Well into 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.

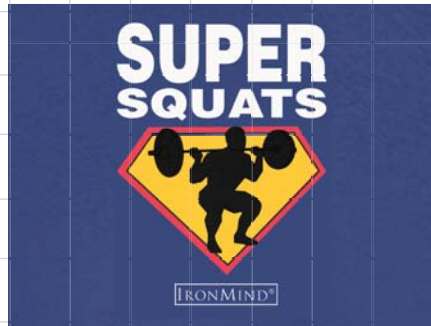
- Small 5'-0"–5'-8", 100–170 lb.
- Medium 5'-8"–6'-2", 170–250 lb.
- Large 5'-10"–7'-0", 250–400 lb.
- X-Large 5'-10"–7'-0", over 400 lb.

If you are between two sizes, go for the larger harness because it can be worn very loosely.  
 No. 1222 (4 lb.) \$289.95



**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





**NEW! SUPER SQUATS T-SHIRT**  
Power yourself through squats.  
No. 1233-SSC (.5 lb.) \$24.95



**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.) \$21.95



**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. Sizes: M (32"-34"); L (35"-37"); XL (38"-40"); 2XL (41"-43"); 3XL (44"-47").  
No. 1455 (1 lb.) \$26.95



**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, side pockets, open-leg bottom, drawstring waist, in navy. Size (flat waist/length): M (28"/29.5"); L (30"/30"); XL (32"/30.5"); 2XL (36"/31").  
No. 1466 (1 lb.) \$29.95



**Z1500 BELT — Three Looks, All Good**  
At an honest-to-goodness 1,500 lb. strong, its uses are limited only by your imagination. 1-1/2" wide webbing belt with anodized aluminum IronMind buckle: stealthily strong goes tasteful and versatile. Sizes: 4-foot (48") and 5-foot (60").  
No. 1462  
N — Navy/Satin, RD — Navy/Red \$22.95 (.5 lb.)  
SG — Olive/Satin (stiffer webbing) \$24.95 (.5 lb.)



**IRONMIND BASEBALL CAP**  
A traditional favorite with "coolest baseball cap" looks. 100% cotton canvas, six-panel unconstructed crown with contrast sandwich bill, stitched eyelets, embroidered IronMind logo. Adjustable in one size.  
No. 1230-IM (.5 lb.) \$24.95

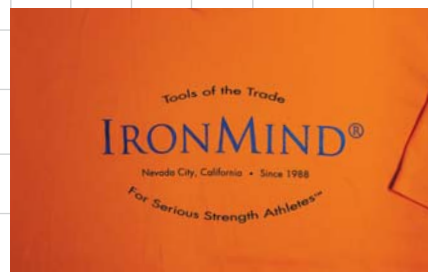
T-shirts: work out, hang out, look good

100% cotton

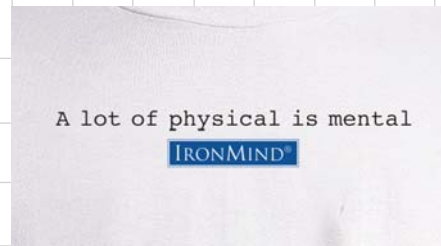


**NEW! IRONMIND LOGO SOFT-COTTON T-SHIRT**  
Wear this shirt, stand up straight and feel stronger!  
1233-IMLG (.5 lb.) \$19.95

Soft wicking blends



**ORANGE YOU GLAD TRAINING T-SHIRT™**  
Orange You Glad to have this new cool, dry T-shirt for training, lounging, and looking great?  
No. 1233-HTR (.5 lb.) \$24.95



**NEW DESIGN! A LOT OF PHYSICAL IS MENTAL T-SHIRT™**  
The secret to getting stronger: think big.  
1233-PM (.5 lb.) \$21.95



**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.) \$22.95

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

Designed for schlepping strong stuff and finding it fast

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 the IronMind website for specifications.



**"World traveler"**  
**LARGE GYM BAG**  
Tough and versatile—and a frequent flyer.  
No. 1235 (2 lb.) \$114.95

IRONMIND®  
www.ironmind.com

**"A pickup truck with handles"**  
**QUARTER-TON TRUCKER**  
Bring on the cargo—big, heavy and awkward are fine.  
No. 1408 (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.) \$56.95



**"Strong, light, fast"**  
**MINI DUFFLE**  
Compact—and strong!—for quick missions.  
No. 1238 (2 lb.) \$54.95



**"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.) \$42.95



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



All IronMind equipment made in the USA.

## The quickest way to the strongest grip

### CAPTAINS OF CRUSH® GRIPPERS

- the gold standard of grippers
- 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 Magnus Samuelsson!)

Each \$25.95 (1 lb.)

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



All IronMind equipment made in the USA.



#### COC COMPASS T-SHIRT

The fastest route to the strongest grip. Multi on white soft-style T-shirt, 100% ring-spun cotton, short sleeves. Sizes: M (38"-40"), L (42"-44"), XL (46"-48"), 2XL (50"-52"), 3XL (54"-56"). No. 1233-CPS (.5 lb.) \$19.95

#### Get Certified:

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 the IronMind website for the Rules for Closing and Certification.

## Amp up your CoC® gripper output

### Poster power! 15% off all 3



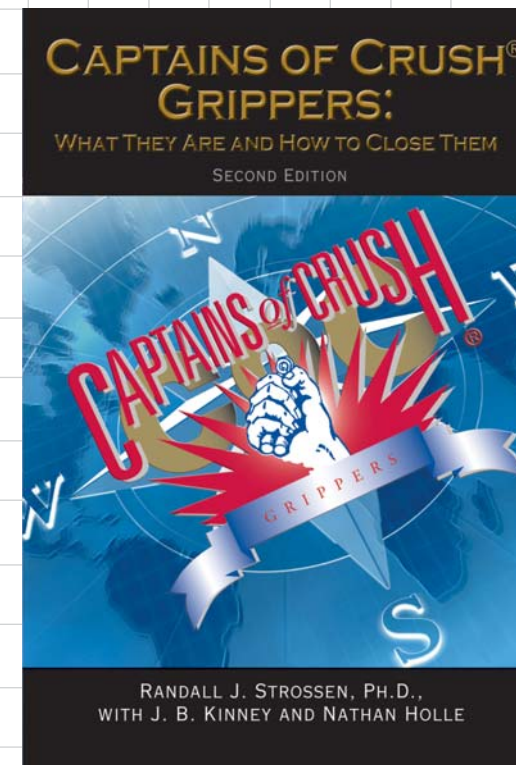
PS-GR Global Reach, Unearthly Quality



PS-COCG Unleash Your Inner Gorilla  
See p. 24 for details.



PS-JBF 'Tis Better to be Forearmed



**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



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

\*Free with order or download on the website

#### CoC Silver Bullet

Hit your grip strength goals with the CoC Silver Bullet — it's magic!

#### CoC Silver Bullet Hold

Endurance, strength, and drama in one potent grip tool

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

#### CoC Silver Bullet Hold world records\*

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

\*see the IronMind website for Rules and Records



COC SILVER BULLET  
No. 1467 (.25 lb.) \$17.95



COC SILVER BULLET DISC  
2.5 kg calibrated.  
No. 1467-DSC (6 lb.) \$172.95



## Open and close for strong and healthy hands

If you're just starting with grip strength training, this is the combo we recommend:



### EXPAND-YOUR-HAND BANDS™

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

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

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



### IRONMIND® EGG

Easy, Grip, Go!

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

- No. 1425-G Green EGG—softer, with a greater dynamic range when squeezed; perfect for rehab
  - No. 1425-B Blue EGG—firmer, stiffer, with a useful amount of give
- Each \$20.95 (.5 lb.)

- No. 1425-2 (1 lb.) set of both strengths \$38.90 (each \$19.95)
- No. 1425-C (2 lb.) set of 4—2 of each strength \$75.80 (each \$18.95)

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

A dynamic duo: build hand strength and balance in two moves.

1250-EB CoC Trainer and Expand-Your-Hand Bands (1 lb.) \$33.95

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

Grippers at your fingertips—battle-ready



### COC COIL CADDY\*

Holds 12+ grippers on top, 12+ IMTUGs below, 5" x 5"  
• No. 1483 (2 lb.) \$27.95



### COC V-CADDY\*

Brushed aluminum in two sizes:

- No. 1433-C-5 (.5 lb.) for 5 CoC grippers, 5" x 4" \$17.95
- No. 1433-C-10 (1 lb.) for 10 CoC grippers, 10" x 4" \$25.95

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

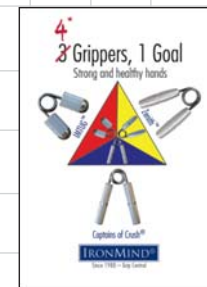


### COMBO CADDY\*

No. 1472 (1 lb.) for 8 grippers, 10" x 4" \$24.95

\*grippers not included

## IronMind's specialty grippers— even more powerful in concert



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

\*Free with order or download on the website



### IMTUG™ GRIPPERS

Think tugboat, 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 \$25.95 (1 lb.)



Ring finger and pinkie



Middle and index fingers

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

See the IronMind website for a handy chart on choosing IMTUG grippers.

### ZENITH™ GRIPPERS

Silky-smooth for 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 \$28.95 (1 lb.)

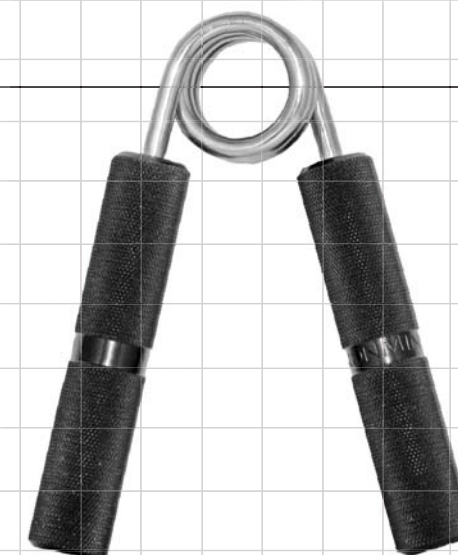
Get any 3 or more Zenith grippers for \$24.95 each—details online.

## Z E N I T H™

The Art of Grip Strength



### Left-Turn™ Grippers



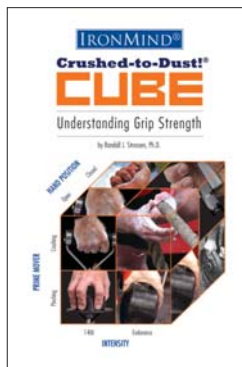
### LEFT-TURN™ GRIPPERS

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

- |          |             |            |
|----------|-------------|------------|
| No. 1485 | L-T Trainer | c. 100 lb. |
| No. 1486 | L-T 1       | c. 140 lb. |
| No. 1487 | L-T 2       | c. 195 lb. |
| No. 1488 | L-T 3       | c. 280 lb. |
- Each \$27.95 (1 lb.)

Get any 3 or more Left-Turn grippers for \$23.95 each—details online.

The world's leading system for building strong and healthy hands



**CRUSHED-TO-DUST®! CUBE: UNDERSTANDING GRIP STRENGTH\***  
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 on the website

Crushing grip



Unleash your inner gorilla

**GO-REALLY GRIP™ MACHINE**

The perfect complement to Captains of Crush grippers: work at any weight you choose to build gorilla-levels of grip strength and to move from one strength gripper to the next. 12" Olympic loading pin (good for as much weight as you can stack on it!); weighs 50 lb. (Olympic plates not included.)

No. 1242 \$369.95 + 70.00 S&H\*

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

**IRONMIND®**  
www.ironmind.com



The IronMind Apollon's Axle was front and center at World's Strongest Man again in 2021, along with an IronMind S-Cubed bar (rear) customized to fit the WSM globes. Photo courtesy of Gregor Edmunds/IMG.

**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, the one that 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 \$299.95 + \$75.00 S&H\*

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

Thick Bar of Champions



Crushing grip — open hand



**ROLLING THUNDER® REVOLVING DEADLIFT HANDLE**

One of the world's premier tests of grip strength, 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.) \$106.95

IronMind 15" Olympic Loading Pin & Carabiner (No. 1314-C) (see p. 20)



**ROLLING THUNDER SIMPLE SCORING DISC**

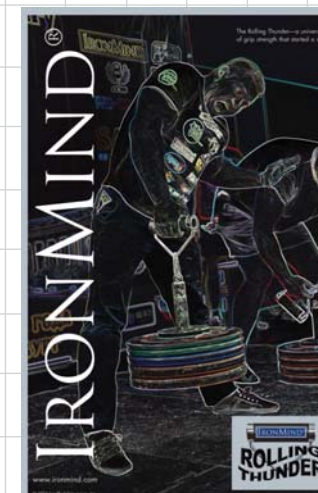
Competition scoring made simple on the Rolling Thunder: machined aluminum calibrated disc. A Rolling Thunder (No. 1246), IronMind Olympic Loading Pin and Carabiner (No. 1314-C), and this disc equal 5 kg. Talk about simple math. No. 1246-DSC (3 lb.) \$89.95



**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 — 1; two-arm — 27 men/10 women
- pull-ups for max weight: two-arm — 166.92 kg men

\*see the IronMind website for Rules and Records



**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). Use code RTPOSTER.

**IRONMIND®**  
www.ironmind.com

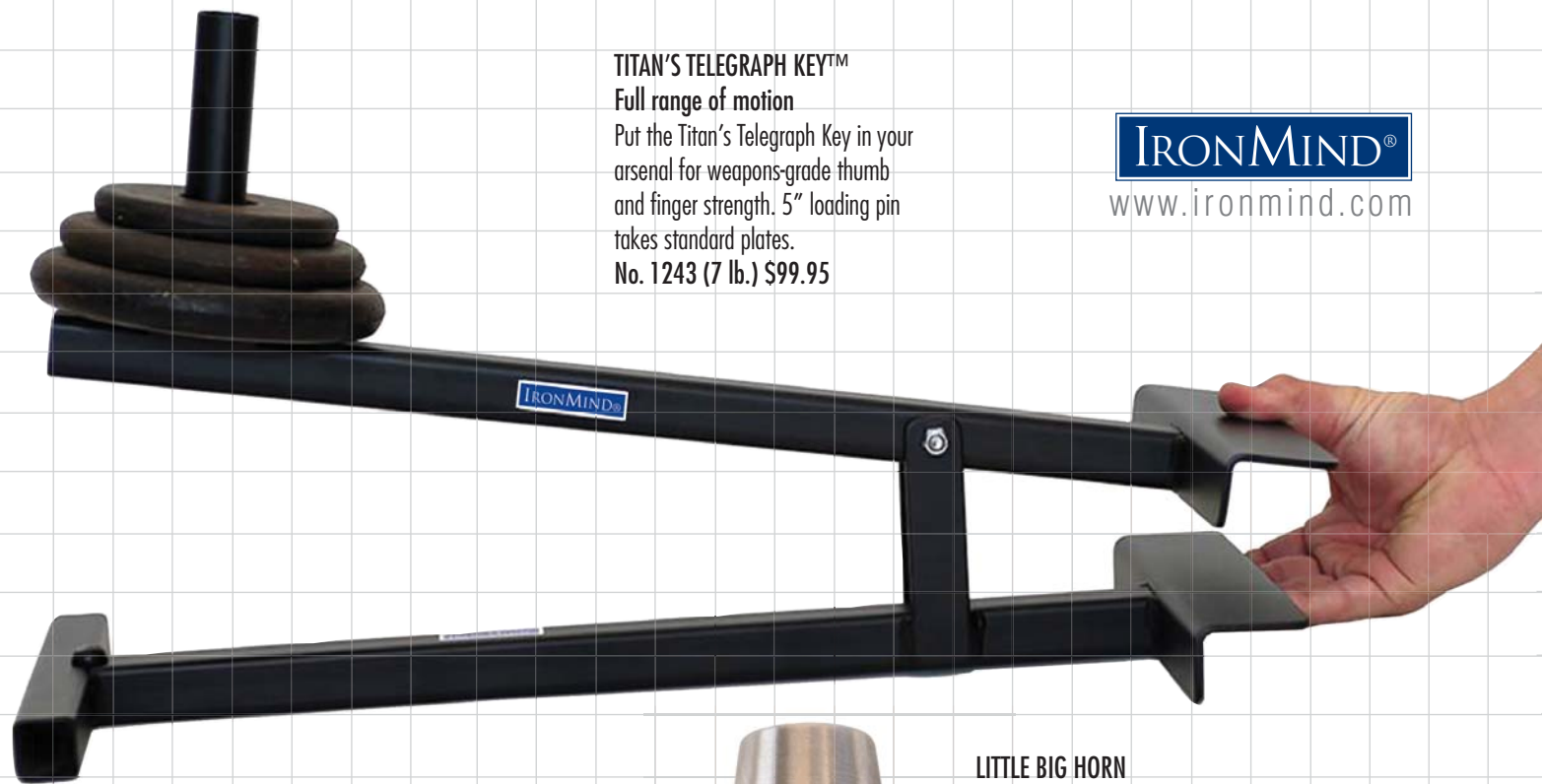
Pinching grip—closed hand

**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.

No. 1243 (7 lb.) \$99.95



**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" in diameter at one end, tapering down to 1-1/2".

No. 1257 (8 lb.) \$107.95

**Little Big Horn world records\***

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

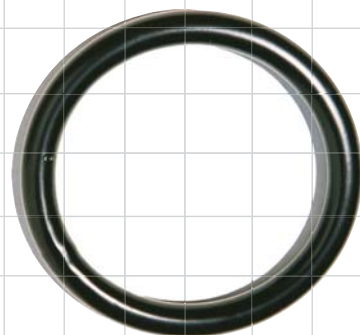
\*see the IronMind website for Rules and Records



**R-RING™**

Use this ring weight handle for finger lifts, throwing, or even making your own Dinnie-style stones. 6" OD x 5/8" steel. You'll need the Large Carabiner (No. 1314A) as a connecting link to the loading pin; the Small Snap Clip (No. 1313A) will not work.

No. 1258 (2 lb.) \$31.95



**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 \$39.95; add No. 1313A (.25) small snap clip, holds loads up to 200 lb. \$2.00

• No. 1314 (5 lb.) 15" Olympic Loading Pin is 2" in diameter, takes Olympic plates \$74.95; add No. 1314A (.25 lb.) large carabiner, holds loads up to 6,600 lb. (!) \$10.00



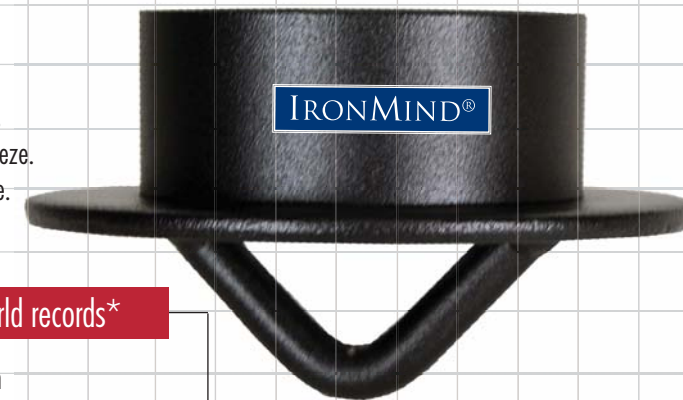
All IronMind equipment made in the USA.

Pinching grip—open hand

**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.) \$29.95



**IronMind Hub world records\***

- 44.8 kg/98.96 lb. men
- 26.36 kg/58.11 lb. women

\*see the IronMind website for Rules and Records

**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 \$42.95



**IronMind Block world records\***

- 51.4 kg/113.31 lb. men
- 31.55 kg/69.4 lb. women

\*see the IronMind website for Rules and Records

**EAGLE LOOPS**

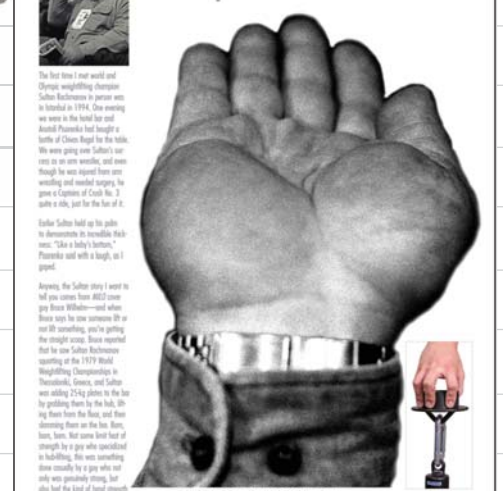
**Turn your fingers into talons**

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.) \$39.95/pair



**The Story of the Sultan's Squeeze** by Randall L. Strouss, Ph.D.



**IRONMIND®**

**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.

**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.) \$36.95

**IRONMIND®**  
www.ironmind.com

**Supporting roles — lower arm strength**

Wrists and forearms stabilize the hand for maximum grip strength

**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.) \$54.95



**Flexion/Extension**

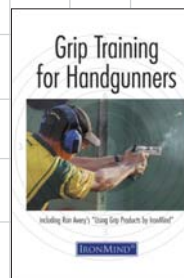
**ONE WICKED WRIST ROLLER™**

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.) \$97.95

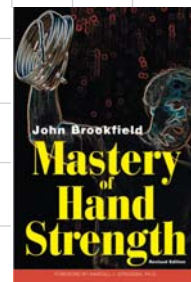


Vulcan Racks III Wrist Roller  
Axle—details online.



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

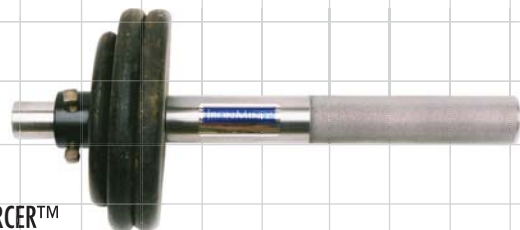
Free with order or download on the IronMind website



**MASTERY OF HAND STRENGTH, REVISED EDITION**  
by John Brookfield  
THE book on grip and lower-arm training, it is bulging with exercises for building strength from your elbows to your fingertips. 112 pp.  
No. 1273 (.5 lb.) \$19.95

**Pronation/Supination, Radial/Ulnar Deviation**

Do full range-of-motion exercises in all directions: lever, do hold-outs 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 1-1/16" diameter, 4-1/4" long); comes with a Bulldog II Collar. (Plates shown not included.)

No. 1260 (7 lb.) \$87.95



**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.) \$62.95

**Steel is for bending**

**BAG OF NAILS™**

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

Bag of Nails kit includes:

- 103 pieces of uniform, graduated "nails" (steel bar) up to and beyond the equivalent of a medium-tough 60-penny nail: 25 each of Levels 1, 2, 3, and 4; 3 of the fearsome Red Nails; and 1 Challenge Gold Nail
  - one pair of official IronMind bending pads, along with instructions for bending
  - Tool & Travel Bag
- No. 1236 (9 lb.) \$119.95

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



**IRONMIND®**  
www.ironmind.com

Get certified — join the Red and Gold Nail rosters!



**IronMind Strong & Healthy Hands Kits**

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

**HAND/WRIST COMBO**

Target hand and wrist, eliminate pain  
No. 1428 (3 lb.) IronMind Green EGG, Expand-Your-Hand Bands, Wrist Defender, training booklet \$53.95



Expand-Your-Hand Bands (p. 16)

**GRIPPER & BANDS KIT**

Ins and outs of healthy hands  
No. 1428-GB (1 lb.) Zenith Agility gripper, Expand-Your-Hand Bands, training booklet \$36.95

**ZENITH™**



Zenith™ Agility Grippers (p. 17)



IronMind EGG (p. 16)



**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.

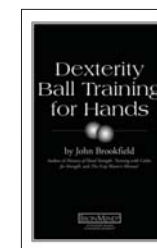
No. 1438 (2 lb.) \$24.95

Check online for more Strong & Healthy Hands Kits and save!



**TOOL & TRAVEL KIT**

Perfect for keeping grip tools at hand (bag only).  
No. 1474 (1 lb.) \$42.95



**Dexterity Ball Training for Hands**  
by John Brookfield

No. 1263-1 (1 lb.) Level I chrome balls (with chimes) are 1-1/2" in diameter and 4 oz.; set of 3 plus course \$22.95



**DEXTERITY BALLS**

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



**STRONG HANDS, HEALTHY HANDS BOOKLET\***

\*Free with purchase or download on the IronMind website