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  Floor 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. (Breaking 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. 1255  No. 3.5  c. 322.5 lb. (Bridge to the No. 4)
No. 1272  No. 4  c. 365 lb. (Be like Magnus Samuelsson!)
Each $24.95 (1 lb.)

Any 3 CoC grippers: No. 1233-3 (3 lb.) $59.85 ($19.95 each)
Any 4 CoC grippers: No. 1230-4 (4 lb.) $79.80 ($19.95 each)
Any 5 CoC grippers: No. 1230-5 (5 lb.) $99.75 ($19.95 each)

Keep your IronMind grippers close at hand, ready to use

Use these Captains of Crush Compatible grip tools to amp up your gripper output

CAPTAINS OF CRUSH® GRIPPERS
The fastest route to the strongest grip

CAPTAINS OF CRUSH® GRIPPERS: WHAT THEY ARE AND HOW TO CLOSE THEM 192 pp.
No. 1374 (5 lb.) $19.95

Confirmation.

www.ironmind.com

Questions? email: sales@ironmind.com | tel: 530-272-3579 | fax: 530-272-3095
More products, more details in the IronMind e-store. www.ironmind.com
Target your training with IronMind’s specialty grippers

**IMTUG™ GRIPPERS**

Targeted training, 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 $52.95 (1 lb.)

- Any 3 IMTUG grippers: $1412-3 (3 lb.) $59.85 ($19.95 each)
- Any 4 IMTUG grippers: $1412-4 (3 lb.) $59.80 ($15.95 each)
- Any 5 IMTUG grippers: $1412-5 (4 lb.) $99.75 ($19.95 each)

**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 $52.95 (1 lb.)

- Any 3 Zenith grippers: $1475-3 (3 lb.) $58.85 ($19.95 each)
- Any 4 Zenith grippers: $1475-4 (4 lb.) $91.80 ($22.95 each)
- Any 5 Zenith grippers: $1475-5 (4 lb.) $114.75 ($22.95 each)

**LEFT-TURN™ GRIPPERS**

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

- **No. 1485** L-1 Finger c. 100 lb.
- **No. 1486** L-1/4 c. 140 lb.
- **No. 1487** L-1/2 c. 195 lb.
- **No. 1488** L-3/4 c. 280 lb.

Each $52.95 (1 lb.)

- Any 3 Left-turn grippers: $1485-3 (3 lb.) $58.85 ($19.95 each)
- All 4 Left-turn grippers: $1485-4 (4 lb.) $89.95 ($22.95 each)

---

**Armlifting: Grand Prix of Grip**

No need for anything exotic, a pit crew or a major sponsor because staging a Grand Prix of Grip is as easy as 1 – 2 – 3 . . .

NEW! ROLLING THUNDER® SIMPLE SCORING

**COMPETITION 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), this disc aided 5 kg. Talk about simple math.

No. 1246-DSC (3 lb.) $59.95

Although he missed this 117.5-kg attempt taken after he’d already won, Russia’s Roman Penkovskiy ruled in the 2019 Rolling Thunder® World Championships (St. Petersburg, Russia) with an effortless 117.5-kg second attempt. Tyukalov holds the world record at 130.5 kg (2017)!

Not pushed to his limit, Alexey Tyukalov (Russia) won the Rolling Thunder at the 2019 APL Armlifting World Championsh (St. Petersburg, Russia) with an effortless 110 kg second attempt. Tyukalov holds the world record at 130.5 kg (2017!)

Although he missed this 117.5-kg attempt taken after he’d already won, Russia’s Roman Penkovskiy ruled in the 2019 Rolling Thunder® World Championships (St. Petersburg, Russia) with an effortless 117.5-kg second attempt. Tyukalov holds the world record at 130.5 kg (2017)!

No. 1246-DSC (3 lb.) $59.95

Although he missed this 117.5-kg attempt taken after he’d already won, Russia’s Roman Penkovskiy ruled in the 2019 Rolling Thunder® World Championships (St. Petersburg, Russia) with an effortless 117.5-kg second attempt. Tyukalov holds the world record at 130.5 kg (2017)!

Not pushed to his limit, Alexey Tyukalov (Russia) won the Rolling Thunder at the 2019 APL Armlifting World Championsh (St. Petersburg, Russia) with an effortless 117.5-kg second attempt. Tyukalov holds the world record at 130.5 kg (2017)!

Not pushed to his limit, Alexey Tyukalov (Russia) won the Rolling Thunder at the 2019 APL Armlifting World Championsh (St. Petersburg, Russia) with an effortless 117.5-kg second attempt. Tyukalov holds the world record at 130.5 kg (2017)!

Not pushed to his limit, Alexey Tyukalov (Russia) won the Rolling Thunder at the 2019 APL Armlifting World Championsh (St. Petersburg, Russia) with an effortless 117.5-kg second attempt. Tyukalov holds the world record at 130.5 kg (2017)!

Not pushed to his limit, Alexey Tyukalov (Russia) won the Rolling Thunder at the 2019 APL Armlifting World Championsh (St. Petersburg, Russia) with an effortless 117.5-kg second attempt. Tyukalov holds the world record at 130.5 kg (2017)!

Not pushed to his limit, Alexey Tyukalov (Russia) won the Rolling Thunder at the 2019 APL Armlifting World Championsh (St. Petersburg, Russia) with an effortless 117.5-kg second attempt. Tyukalov holds the world record at 130.5 kg (2017)!

Not pushed to his limit, Alexey Tyukalov (Russia) won the Rolling Thunder at the 2019 APL Armlifting World Championsh (St. Petersburg, Russia) with an effortless 117.5-kg second attempt. Tyukalov holds the world record at 130.5 kg (2017)!

Not pushed to his limit, Alexey Tyukalov (Russia) won the Rolling Thunder at the 2019 APL Armlifting World Championsh (St. Petersburg, Russia) with an effortless 117.5-kg second attempt. Tyukalov holds the world record at 130.5 kg (2017)!
CoC Silver Bullet Hold
Endurance, strength, and drama in one potent grip tool

Alexander Apostolyev (Belarus), CoC3 ‘13, on the CoC Silver Bullet Hold at the 2019 APL Armlifting World Championships (St. Petersburg, Russia). Apostolyev's visibility and success in the grip world has inspired others, including fellow Belarusian Nikita Yurkovets (inset), who officially closed the Captains of Crush No. 3 gripper at the 2019 APL Armlifting European Cup (Minsk, Belarus).

Randall J. Strossen photos

CRUSHED-TO-DUST!
The Story of the Sultan’s Squares poster with our compliments with purchase of an IronMind Hub (No. 1244), and 15” Olympic Locking Pin and Large Container (No. 1314-C). It tells the story of Sultan Rachmanov, an Olympic gold medalist in weightlifting with an extraordinary hand and a pinch grip to match.

Use code SQUEEZE.

IronMind Hub
Classic hub lift, for maximum lifts and holds, à la the Sultan’s Squares. 2-7/8” diameter gripping surface.

No. 1244 (2 lb.) $29.95

The current world record is 44.8 kg/98.96 lb. men; 26.36 kg/58.11 lb. women. What can you lift?

Crushed-to-Dust! Challenge Kit
1 each CoC No. 2 gripper, IronMind Hub, Rolling Thunder DL Handle
No. 1252-CTD (6 lb.) $124.95

Free poster!
The Story of the Sultan’s Squares poster with our compliments with purchase of an IronMind Hub (No. 1244), and 15” Olympic Locking Pin and Large Container (No. 1314-C). It tells the story of Sultan Rachmanov, an Olympic gold medalist in weightlifting with an extraordinary hand and a pinch grip to match.

Use code SQUEEZE.

From the APL Armlifting World Championships to World’s Strongest Man!

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

Crushed-to-Dust!®
Grip tools, educational materials, competition format—from IronMind: Grip Central Since 1988

IRONMAN BLOCK
Classic block lift for maximum lift and holds, latest news, even strolls. 6” x 2” x 6”.
No. 1248 ($) Black only $41.95
Add
1” in diameter, takes standard plates
No. 1243 ($) $59.95
2” in diameter, takes Olympic plates
No. 1247 ($) $89.95
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 ($6) $59.95
Break the world record (1080 lb/2410 lb. men and 75.15 kg/165.67 lb. women) on the Little Big Horn and now you’re name will go on the official list!

LOADING PINS AND CLIPS/CARABINERS
An easy way to hold a stack of loaded plates that you want to attach to anything from a hangar for weapons-grade thumb and finger strength. Turn your fingers into talons
EAGLE LOOPS
Your fingers into talons. When your fingers need to be superstrong, Eagle Loops are a training tool of first choice. Do chin-ups, hang for time, deadlifts, rows, sled pulls, and more. Train any combination of your fingers, except the thumbs. Use with bar or locking pin.
No. 1227 ($) $53.65/pair

MASTERY OF HAND STRENGTH, REVISED EDITION
by John Brookfield
The book on grip and lower-arm exercises for building strength from the classic feat of strength. IronMind’s Bag of Nails has provided a graduated and standardized way to master short steel is a time-honored way to build wrist strength and since 1993, the classic feat of strength.

Flaugh keepers when you want to go to Palm City. Here’s your next stop in grip-gains—it’s eye-opening, complete, effective.

Want to set a world record? It’s got to be IronMind.

No. 1236 ($) $104.95
Add
No. 1236-EX25 (5 lb.) $54.95
Extra nails:
No. 1236-EX50 (10 lb.) $89.95

CRUSHED-TO-DUST!® CUBE
Understanding Grip Strength
Don’t get up in Flaugh keepers when you want to go to Palm City. Here’s your next stop in grip-gains—it’s eye-opening, complete, effective.

*Free with order or download on the IronMind website

Focus on wrist and forearm—for complete lower-arm strength, endurance and muscle mass

Promotion/Suspension, Radial/Ulnar Deviation
The development of the muscles involved in suspension—pronation is important in all sports, as well as for injury prevention. Throwing a baseball, for example, involves pronation (hands palms down), while swinging a baseball bat or golf club involves supination (hands palms up). The IronMind Wrist Reinforcer and Heavy Hammer II Leverage Bar take the wrist through full-range-of-motion exercises in all directions to develop your wrists and forearms into one very strong and very solid unit. Lower, do both sides at the same, by circles and figure-eights.

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 1” in diameter and 4” long, takes exercise plates (not included); and comes with a spring clip collar.
No. 1253 ($) $54.95

Make short-steel bending act of passion
Get certified—join the Red and Gold Nail Roster!

WREST 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 1-3/4” diameter, 4-1/4” long), comes with a Building II Collar. Plates shown not included.
No. 12620 ($7) $57.95

If you’ve got a set of nails, you’re already on the path to wrist and forearm strength.

Flexible/Extension
One Wicked Wrist Roller®
Train your grip, wrist and forearm in a flexion/extension movement, like when doing wrist curls (regular and reverse). It is designed so that you train both concentrically (sending up the cord) and eccentrically (allowing it to unwind under control). This plate-loading grip–wrist–forearm challenger allows you to simulate the classic feat of strength.
No. 1254 ($5) $59.95
See p. 16 for the Yukon Jacks II Wrist Roller Axle.

GRIP TRAINING FOR HANDGUNNERS
including Ron Avery’s “Wiping Grip Products by IronMind™
Free with order or download on the IronMind website

R-ROLL®
Use this ring weight handle for finger lifts, throwing, or even making your own Dinnie-style stones. 6” OD x 5/8” steel.
No. 1258 ($2) $29.95

The winner of TacOps in men’s division was Daniel Jirasek and in the top woman was Reanna Kadic competing in the 2019 Hard Knocks’ infamous “Ladies’ competition. Photograh Jason Sallen wrote, “It’s difficult to dictate exactly how the shooters will carry an object—this case, an IronMind Rolling Thunder and a Little Big Horn—and that is part of the fun of the game. You can see by the pictures they got creative with holding the items while all getting into a real shaking position.” All block shots.

Crushed-to-Dust!®
Understanding Grip Strength
Don’t get up in Flaugh keepers when you want to go to Palm City. Here’s your next stop in grip-gains—it’s eye-opening, complete, effective.

Eagle Loops
Turn your fingers into talons. When your fingers need to be superstrong, Eagle Loops are a training tool of first choice. Do chin-ups, hang for time, deadlifts, rows, sled pulls, and more. Train any combination of your fingers, except the thumbs. Use with bar or locking pin.
No. 1227 ($) $53.65/pair

Mastery of Hand Strength, Revised Edition
by John Brookfield
The book on grip and lower-arm exercises for building strength from the classic feat of strength.

More products, more details in the IronMind e-store. www.ironmind.com
Questions? email: sales@ironmind.com | tel: 530-272-3579 | fax: 530-272-3095
IronMind® EGG Easy, Grip, Go! Warmups, active rest and recovery, stress-relieved, rapping 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 1-1/4” 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 $19.95 (5 lb.)

Egg-shaped polymer is easy on the soft tissue of your hand and retains its shape. 4” long and 1-1/4” 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 $19.95 (5 lb.)

IronMind Strong and Healthy Hands Kits
Strength — conditioning — flexibility — range of motion — increased blood flow — manual dexterity — massage — muscle balance

Select the Strong & Healthy Hands Kit that’s just right for you

EXPAND-YOUR-HAND BANDS™
Dynamic range of motion and overall hand health. Focuses on the extensors for muscle balance and stress reduction—a magic wand when it comes to preventing or rehabilitating tennis elbow and other hand, wrist and elbow maladies. Portable, easy to use. 2 complete sets of 5 different strength bands for progressive training.

- No. 1379 (5 lb.) $139.95/set of 10 (2 of each level)
- No. 1425-G Blue EGG (1 lb.) $37.90 (each $18.95)
- No. 1425-C Green EGG (2 lb.) $37.90 (each $18.95)

Build muscle, burn fat

JUST PROTEIN®
4-star bill of health
- Classic milk and egg protein with just 4 top-quality ingredients
- Perfect for post-workout rebuilding and meal replacement
- Tastes great and mixes easily
- No antibiotics, preservatives, fillers, additives or artificial sweeteners

A 28-g serving (one dry oz. or about one-quarter measuring cup) contains 112 calories, 11g protein, 1g carbohydrates, 1g fat, 1mg cholesterol, 274mg sodium, plus all essential amino acids. 80 one-quarter cup servings per 5-lb. bag.

- No. 1260 5-lb. bag (6 lb.) $52.95
- 5-5-lb. bags (28 lb.) $549.75 (56.95/bag)
- 10-5-lb. bags (56 lb.) $5679.50 (56.75/bag)

Build and maintain muscle while nourishing your entire body.

Questions? email: sales@ironmind.com | tel: 530-272-3579 | fax: 530-272-3095
More products, more details in the IronMind e-store. www.ironmind.com
Hafthor (aka Mountain) Julius Bjornsson loads up on the Monster Truck Pull at the 2019 World’s Strongest Man contest, where the IronMind Draft Horse Pulling Harness has starred since 2002. It’s pulled planes, trucks, buses, and trains so let your imagination run wild, knowing that you’re equipped with the right tool for the job. Photo courtesy of IMG Media.

**IRONMIND TRI-BLEND T-SHIRT**
These shirts feel great! Soft, trim, quick-drying tech blend, equally at home lifting, running, lounging. Heather gray or blue heather; 50% poly/25% cotton/25% rayon; short sleeves.
Sizes: S (36”–38”); M (38”–40”); L (40”–42”); XL (42”–44”); 2XL (44”–46”); 3XL (46”–48”).
No. 1303 (1 lb.) $29.95

**IRONMIND TANK TOP**
Retro, real all cotton. 100% pima cotton, white or heather gray.
Sizes: M (40”); L (44”); XL (48”); 2XL (52”).
No. 1446 (1 lb.) $52.95

**LIFT WORKOUT T-SHIRT™**
Whether hot or cold, lifting heavy or running for fun, this is your go-to T. Double-layer Dri-Mesh®, short sleeves, in steel gray or navy. M (42”); L (46”); XL (50”); 2XL (54”); 3XL (58”).
No. 1333-LT (1 lb.) $32.95

**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. Navy/white; adjustable in one size.
No. 1230-IM (.5 lb.) $22.95

**IRONMIND TANK TOP**
Retro, real all cotton. 100% pima cotton, white or heather gray.
Sizes: M (40”); L (44”); XL (48”); 2XL (52”).
No. 1446 (1 lb.) $52.95

**GOOD-OLD-BASIC SHORTS**
Ready to squat, throw . . . or lounge in comfy 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”–46”).
No. 1455 (1 lb.) $24.95

**IRONMIND GYM TOWEL**
You’ll find it on the field, in the gym, wherever sweat is slung. 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.) $14.95

**SSg.t Matthew Harding, USAF at the Osan Air Base, Republic of Korea, making headway with an IronMind Pull-Ease Harness on a 36,000-lb. C-300 ground refueling truck while in training to pull an A-10 Thunderbolt II. Photo by SSgt Tucker Irish, USAF, @theirishstrongman**

**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, regular webbing
No. 1462-RD Navy/Red, regular webbing
No. 1462-SG Olive/Satin, a little stiffer webbing
$22.95 (.5 lb.)

**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. Sizes (flat waist/length): M (28”/29.5”); L (30”/30”); XL (32”/30.5”); 2XL (36”/31”).
No. 1466 (1 lb.) $29.95

**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. Sizes (flat waist/length): M (32”–34”); L (35”–37”); XL (38”–40”); 2XL (41”–43”); 3XL (44”–46”).
No. 1455 (1 lb.) $24.95

**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. Sizes (flat waist/length): M (32”–34”); L (35”–37”); XL (38”–40”); 2XL (41”–43”); 3XL (44”–46”).
No. 1455 (1 lb.) $24.95

**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. Sizes (flat waist/length): M (32”–34”); L (35”–37”); XL (38”–40”); 2XL (41”–43”); 3XL (44”–46”).
No. 1455 (1 lb.) $24.95

**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. Navy/white; adjustable in one size.
No. 1230-IM (.5 lb.) $22.95

**IRONMIND TANK TOP**
Retro, real all cotton. 100% pima cotton, white or heather gray.
Sizes: M (40”); L (44”); XL (48”); 2XL (52”).
No. 1446 (1 lb.) $52.95

**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.

Sizes: 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.) $524.95

**ROAD TESTED AT THE HIGHEST LEVELS**

**PULL-EASE HARNESS**
This good-looking, pared-down harness has the high-strength capacity to pull and drag whatever you choose. IronMind tough, it packs small and pulls big for conditioning and endurance workouts in a yard, in a field, or on the beach—easier to pull-wine. One size fits just about anyone.
No. 1482 (2 lb.) $59.95

**10-FOOT STRONG TOW STRAP**
Super-strong, it’s just what you need for towing a sled, a log or a tire. 10’ webbing with loops on each end, 5,000-lb. capacity.
No. 1461 (.5 lb.) $29.95

**MORE PRODUCTS, MORE DETAILS**
More products, more details in the IronMind e-store. www.ironmind.com

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

**Hafthor (aka Mountain) Julius Bjornsson heads up on the Monster Truck Pull at the 2019 World’s Strongest Man contest, where the IronMind Draft Horse Pulling Harness has starred since 2002. It’s pulled planes, trucks, buses, and trains so let your imagination run wild, knowing that you’re equipped with the right tool for the job. Photo courtesy of IMG Media.**
TOUGH-AS-NAILS™ SANDBAGS
Proven at World’s Strongest Man, as well as in garages and gyms worldwide
Rock on, indoors or outside, they’re made for tough stuff, like lifting, carrying, and loading—
and unlike a stone, they allow urban dwellers to do caveman-centric training anywhere.

Cordura® sandbags:
 Large – 24” x 36” (holds 300 lb. of sand)
  No. 1390-A (3 lb.) $54.95
 Small – 18” x 30” (holds 100 lb. of sand)
  No. 1390-E (1 lb.) $44.95

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.) $64.95
 Small sandbag, 2 small liners, training course
  No. 1390-S (2 lb.) $54.95

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

A HEADSTRAP FIT FOR HERCULES™
Holds 1,500 lb. with ease; objects to fit heads from 20” to 26”, hang the weight from the red strap or use a loading pin and container. Unique design allows you to train the sides as well as the front and back of the neck.
No. 1232 (2 lb.) $109.95

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. 1222 (5 lb.) $29.95

RED-I-BELT AND HANDY HANDLE
Pair of poly carb handles, 5” long, 1-1/4” ID, 1” OD.
No. 1220-PCU (5 lb.) $20.00/pair

HANDY HANDLES
No. 1222 BH (1 lb.) $28.95

QUARTER-TON TRUCKER
Think of it as a pickup truck for your hand or shoulder. Bring on the cargo (big, heavy and awkward are fine).
 Holds 500 lb. with ease, again and again—it’s load-rated for continual usage
 Cordura fabric is 4 times stronger than conventional canvas tarp material
 Highly resistant to tears, scuffs, abrasion
 26” wide, open top makes loading easy
 Generous capacity: 16” x 9-1/2” x 20” handles. No. 1456 (1 lb.) $47.95

LARGE GYM BAG
Tough and versatile—and a frequent flyer.
 Easy to pack with a huge appetite
  20” long x 11” high x 10” wide, reinforced seams
  Detachable shoulder strap, handles with cover
  1 zippered side pocket, zippered pockets at ends, 1 zippered interior pocket
  No. 1235 (2 lb.) 599.95

TOOL & TRAVEL KIT
Its multi-tasking design makes it easy to carry your favorite grip tools.
 10” x 7” x 3”; webbing handle
 Two inside pockets on each side
 Secure zipper goes around three sides, to lie flat; all interior seams bound
No. 1238 (2 lb.) $39.95

MINI DUFFLE
Compact—and strong!—for quick missions.
 9-1/2” diameter, 17-1/2” long
 1 side zippered outside pocket
No. 1238 (2 lb.) $46.95

They’re ready to go when you are . . . perfect packing every time

www.ironmind.com
All IronMind equipment made in the USA—
always has been.

15
More products, more details in the IronMind e-store. www.ironmind.com

"World traveler"
"Strong, light, fast."
"The go-to for grip kings."

Outdoor training at its best—lift, carry, press, pull, drag

JUST 3 MINUTES A DAY, 3 TIMES A WEEK—FEEL BETTER, LOOK BETTER, AND IT MIGHT SAVE YOUR LIFE

"A pickup truck with handles."
"The headstrap fit for Hercules."
"From grip to go."

Questions? email: sales@ironmind.com | tel: 530-272-3579 | fax: 530-272-3095
Human, seriously strong, and versatile . . .
the beauty of IronMind’s training systems,
since 1988

IRONMIND
www.ironmind.com

Mobile, seriously strong, and versatile . . .
the beauty of IronMind’s training systems,
since 1988

IRONMIND
www.ironmind.com

Mobile, seriously strong, and versatile . . .
the beauty of IronMind’s training systems,
since 1988

IRONMIND
www.ironmind.com

Mobile, seriously strong, and versatile . . .
the beauty of IronMind’s training systems,
since 1988

IRONMIND
www.ironmind.com

Mobile, seriously strong, and versatile . . .
the beauty of IronMind’s training systems,
since 1988

IRONMIND
www.ironmind.com

Mobile, seriously strong, and versatile . . .
the beauty of IronMind’s training systems,
since 1988

IRONMIND
www.ironmind.com

Mobile, seriously strong, and versatile . . .
the beauty of IronMind’s training systems,
since 1988

IRONMIND
www.ironmind.com

Mobile, seriously strong, and versatile . . .
the beauty of IronMind’s training systems,
since 1988

IRONMIND
www.ironmind.com

Mobile, seriously strong, and versatile . . .
the beauty of IronMind’s training systems,
since 1988

IRONMIND
www.ironmind.com

Mobile, seriously strong, and versatile . . .
the beauty of IronMind’s training systems,
since 1988

IRONMIND
www.ironmind.com

Mobile, seriously strong, and versatile . . .
the beauty of IronMind’s training systems,
since 1988

IRONMIND
www.ironmind.com

Mobile, seriously strong, and versatile . . .
the beauty of IronMind’s training systems,
since 1988

IRONMIND
www.ironmind.com

Mobile, seriously strong, and versatile . . .
the beauty of IronMind’s training systems,
since 1988

IRONMIND
www.ironmind.com

Mobile, seriously strong, and versatile . . .
the beauty of IronMind’s training systems,
since 1988

IRONMIND
www.ironmind.com

Mobile, seriously strong, and versatile . . .
the beauty of IronMind’s training systems,
since 1988

IRONMIND
www.ironmind.com

Mobile, seriously strong, and versatile . . .
the beauty of IronMind’s training systems,
since 1988

IRONMIND
www.ironmind.com

Mobile, seriously strong, and versatile . . .
the beauty of IronMind’s training systems,
since 1988

IRONMIND
www.ironmind.com

Mobile, seriously strong, and versatile . . .
the beauty of IronMind’s training systems,
since 1988

IRONMIND
www.ironmind.com

Mobile, seriously strong, and versatile . . .
the beauty of IronMind’s training systems,
since 1988

IRONMIND
www.ironmind.com

Mobile, seriously strong, and versatile . . .
the beauty of IronMind’s training systems,
since 1988

IRONMIND
www.ironmind.com

Mobile, seriously strong, and versatile . . .
the beauty of IronMind’s training systems,
since 1988

IRONMIND
www.ironmind.com

Mobile, seriously strong, and versatile . . .
the beauty of IronMind’s training systems,
since 1988

IRONMIND
www.ironmind.com

Mobile, seriously strong, and versatile . . .
the beauty of IronMind’s training systems,
since 1988

IRONMIND
www.ironmind.com

Mobile, seriously strong, and versatile . . .
the beauty of IronMind’s training systems,
since 1988

IRONMIND
www.ironmind.com

Mobile, seriously strong, and versatile . . .
the beauty of IronMind’s training systems,
since 1988

IRONMIND
www.ironmind.com

Mobile, seriously strong, and versatile . . .
the beauty of IronMind’s training systems,
since 1988

IRONMIND
www.ironmind.com

Mobile, seriously strong, and versatile . . .
the beauty of IronMind’s training systems,
since 1988

IRONMIND
www.ironmind.com

Mobile, seriously strong, and versatile . . .
the beauty of IronMind’s training systems,
since 1988

IRONMIND
www.ironmind.com

Mobile, seriously strong, and versatile . . .
the beauty of IronMind’s training systems,
since 1988

IRONMIND
www.ironmind.com

Mobile, seriously strong, and versatile . . .
the beauty of IronMind’s training systems,
since 1988

IRONMIND
www.ironmind.com

Mobile, seriously strong, and versatile . . .
the beauty of IronMind’s training systems,
since 1988

IRONMIND
www.ironmind.com

Mobile, seriously strong, and versatile . . .
the beauty of IronMind’s training systems,
since 1988

IRONMIND
www.ironmind.com

Mobile, seriously strong, and versatile . . .
the beauty of IronMind’s training systems,
since 1988

IRONMIND
www.ironmind.com

Mobile, seriously strong, and versatile . . .
the beauty of IronMind’s training systems,
since 1988

IRONMIND
www.ironmind.com

Mobile, seriously strong, and versatile . . .
the beauty of IronMind’s training systems,
since 1988

IRONMIND
www.ironmind.com

Mobile, seriously strong, and versatile . . .
the beauty of IronMind’s training systems,
since 1988

IRONMIND
www.ironmind.com

Mobile, seriously strong, and versatile . . .
the beauty of IronMind’s training systems,
since 1988

IRONMIND
www.ironmind.com

Mobile, seriously strong, and versatile . . .
the beauty of IronMind’s training systems,
since 1988

IRONMIND
www.ironmind.com

Mobile, seriously strong, and versatile . . .
the beauty of IronMind’s training systems,
since 1988

IRONMIND
www.ironmind.com

Mobile, seriously strong, and versatile . . .
the beauty of IronMind’s training systems,
since 1988

IRONMIND
www.ironmind.com

Mobile, seriously strong, and versatile . . .
the beauty of IronMind’s training systems,
since 1988

IRONMIND
www.ironmind.com

Mobile, seriously strong, and versatile . . .
the beauty of IronMind’s training systems,
since 1988

IRONMIND
www.ironmind.com

Mobile, seriously strong, and versatile . . .
the beauty of IronMind’s training systems,
since 1988

IRONMIND
www.ironmind.com

Mobile, seriously strong, and versatile . . .
the beauty of IronMind’s training systems,
since 1988

IRONMIND
www.ironmind.com

Mobile, seriously strong, and versatile . . .
the beauty of IronMind’s training systems,
since 1988

IRONMIND
www.ironmind.com

Mobile, seriously strong, and versatile . . .
the beauty of IronMind’s training systems,
since 1988

IRONMIND
www.ironmind.com

Mobile, seriously strong, and versatile . . .
the beauty of IronMind’s training systems,
since 1988

IRONMIND
www.ironmind.com

Mobile, seriously strong, and versatile . . .
the beauty of IronMind’s training systems,
since 1988

IRONMIND
www.ironmind.com

Mobile, seriously strong, and versatile . . .
the beauty of IronMind’s training systems,
since 1988

IRONMIND
www.ironmind.com

Mobile, seriously strong, and versatile . . .
the beauty of IronMind’s training systems,
since 1988

IRONMIND
www.ironmind.com

Mobile, seriously strong, and versatile . . .
the beauty of IronMind’s training systems,
since 1988

IRONMIND
www.ironmind.com

Mobile, seriously strong, and versatile . . .
the beauty of IronMind’s training systems,
since 1988

IRONMIND
www.ironmind.com

Mobile, seriously strong, and versatile . . .
the beauty of IronMind’s training systems,
since 1988

IRONMIND
www.ironmind.com

Mobile, seriously strong, and versatile . . .
the beauty of IronMind’s training systems,
since 1988

IRONMIND
www.ironmind.com

Mobile, seriously strong, and versatile . . .
the beauty of IronMind’s training systems,
since 1988

IRONMIND
www.ironmind.com

Mobile, seriously strong, and versatile . . .
the beauty of IronMind’s training systems,
since 1988

IRONMIND
www.ironmind.com

Mobile, seriously strong, and versatile . . .
the beauty of IronMind’s training systems,
since 1988

IRONMIND
www.ironmind.com

Mobile, seriously strong, and versatile . . .
the beauty of IronMind’s training systems,
since 1988

IRONMIND
www.ironmind.com

Mobile, seriously strong, and versatile . . .
the beauty of IronMind’s training systems,
since 1988

IRONMIND
www.ironmind.com

Mobile, seriously strong, and versatile . . .
the beauty of IronMind’s training systems,
since 1988

IRONMIND
www.ironmind.com

Mobile, seriously strong, and versatile . . .
the beauty of IronMind’s training systems,
since 1988

IRONMIND
www.ironmind.com

Mobile, seriously strong, and versatile . . .
the beauty of IronMind’s training systems,
Dip heavy, dip often, and get the chest, shoulders, and triceps you’ve been lustng after

VR III YOU DECIDE DOUBLE-DIP BARS™

Why do dips?
• Add slabs of muscle to your chest, arms, shoulders
• Avoid shoulder pain, rotator cuff problems
• They’re safe—you can’t get crushed by the weight

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. 1312 You Decide Double-Dip Bars and Base™ (base unit and double dipping bar uprights) $529.90 + $52.00 S&H*
No. 1311 Double-Dip Bar Uprights™ (uprights only) $517.95 + $52.00 S&H*

ALIGHT TRAINING CENTER™

• Seriously strong: handles 500-lb. squats with ease
• All-aluminum construction, no welds, nuts or bolts
• Ultra-portable: weighs about 32 lb.
• Precision-crafted and finished, with instant change-outs

3 Racks, 1 Base: includes ALight base and squat, dip and chins attachments.
No. 1480 576.95 + $52.00 S&H*
*48 states; all others please request S&H quote

Dip heavy, dip often, and get the chest, shoulders, and triceps you’ve been lustng after

VR III YOU DECIDE DOUBLE-DIP BARS™

Why do dips?
• Add slabs of muscle to your chest, arms, shoulders
• Avoid shoulder pain, rotator cuff problems
• They’re safe—you can’t get crushed by the weight

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. 1312 You Decide Double-Dip Bars and Base™ (base unit and double dipping bar uprights) $529.90 + $52.00 S&H*
No. 1311 Double-Dip Bar Uprights™ (uprights only) $517.95 + $52.00 S&H*

ALIGHT TRAINING CENTER™

• Seriously strong: handles 500-lb. squats with ease
• All-aluminum construction, no welds, nuts or bolts
• Ultra-portable: weighs about 32 lb.
• Precision-crafted and finished, with instant change-outs

3 Racks, 1 Base: includes ALight base and squat, dip and chins attachments.
No. 1480 576.95 + $52.00 S&H*
*48 states; all others please request S&H quote
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

BUFFALO BAR®
Combined, strong and stiff, the Buffalo Bar Combined Bar is designed to accommodate the kinds of weights Paul Anderson squatted in his prime—with ease. Exercising at 95° overall, you don’t have to be a yoga star to get under it; and with its gentle, classic camber, it’s perfect for squats, good mornings, lunges, hike shops, and all the other get-big-and-strong exercises you do with a heavy bar on your shoulders. Handles护身符 squats with consummate ease.
Shaped from massive 1-3/8" (35 mm) diameter U.S. prime alloy steel, with revolving sleeves and an overall length of 92" (58-1/2" inside collar to inside collar). Knurled per IPF measurements; weighs 52 lb.; natural finish. Made in the USA, of course.
No. 1270 $679.95 + $87.00 S&H*

Five Star Flat Bench™
Perfect for:
• neck work
• presses and curls
• flyes
• bench presses
• leg raises
• deadlifts
• pull-ups
• taking a rest...and more

Iron, ALUMA-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 you can go fully dressed or naked, as you choose. 48" x 12" x 17", weighs 60 lb. Made in the USA, of course.
No. 1228 $359.95 + $125.00 S&H*

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

Squat like Paul Anderson

IronMind is the strength world’s go-to source for cambered squat bars: we have been designing, building and selling cambered squat bars since 1990.

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

In 1953—when 500-lb. squats were rarer than hen’s teeth—Paul Anderson broke the 700-lb. barrier in a performance that induced the strength world. Anderson would go on to squat hundreds of pounds more, win an Olympic gold medal in weightlifting, and leave as his legacy The Paul Anderson Youth Home. Photo reproduced with permission from Paul Anderson: The Mightiest Minister by Randall J. Strossen, Ph.D.
**Olympic Wristbands**

Large and Small sizes. For any training requiring wrist support, these bands feature a super stretchy, comfortable material but are firm enough to provide support as needed. Available in Black, Blue, or Red. Each large band is $9.95 (3/$25). Each small band is $6.95 (3/$15). (1 lb. of wrist support)

**Dumbbells**

- **1224-S (8 lb. Single or double?)**
  - Made from very thick-walled tubing. Natural finish. Includes Large tags and challenging of thick bar training to dumbbells. A full 22" long, with knurl 2" diameter handle. 1/8"-1/4" long oval. Includes Small or Small and a wrench. No. 1224 (16 lb.) pair of dumbbells with collars $249.95. No. 1224-S (8 lb.) single dumbbell with collar $179.95.
  - Tested and used by Navy SEALs.
  - Keep your natural-finish IronMind bars nice and shiny using TUF-CLOTH™.

**Bulldog II™ Collars**

- **1226-S**
  - $42.00
- **1282-HB**
  - $65.00
- **1282-CJ**
  - $50.00
- **1282-IN**
  - $40.00
- **1282-BW**
  - $65.00
- **1282-BW**
  - $42.00
- **1282-COCG**
  - $14.95

**Attention: IronMind Bars**

- **1285**
  - (25 lb.)
  - $95.00
  - Made from very thick-walled tubing. Natural finish. Includes Large tags and challenging of thick bar training to dumbbells. A full 22" long, with knurl 2" diameter handle. 1/8"-1/4" long oval. Includes Small or Small and a wrench. No. 1285 (25 lb.) pair of dumbbells with collars $419.95. No. 1285-S (13 lb.) single dumbbell with collar $214.95. (1 lb. of wrist support)

**TUF-CLOTH™**

Keep your natural-finish IronMind bars clean and stay dry by wiping them down as needed with this multi-purpose dry protecor, for a durable, non-stick blocking finish. Listed and used by Navy SEALs. No. 1385 (25 lb.) $123.95. (1 lb. of wrist support)

**Single or double?**

Use these stretching, anti-tiring, proven American steel dumbbell bars to do one-arm presses like big logs. Paul Anderson, Chuck Almers and Pat Casey—also perfect for rows, deadlifts and farmer’s walks. Overall strong U.S.-made cold steel in natural finish. 24” long overall, with knurl 1/8”-1/4” diameter handle. Ends can turn down to 1/16” for exercise plates; 9/16” on each end. Includes Small or Small and a wrench. No. 1224 (16 lb.) pair of dumbbells with collars $249.95. No. 1224-S (8 lb.) single dumbbell with collar $179.95.

**Bulldog II™ Collars**

These ergonomic collars hang so tight that they hang into the bars. Best applied with a wrench for your plate-loading dumbbells. A large screw may be your own. Convenience, reduced risk of collateral. Comes with two knurled wrenches. Made in the USA, of course.

**IronMind® Strength packages**

- **Hand balancer**
  - No. 1282-HB 6 issues $49.55
- **World’s Strongest Man® contest**
  - No. 1282-WM 24 issues $317.20
- **Clean and jerk**
  - No. 1282-CJ 24 issues $214.28
- **Press special**
  - No. 1282-PV 15 items $95.40
- **John Brookfield grip**
  - No. 1282-JP 16 items $181.76
- **Inquire**
  - No. 1282-WM 24 issues $214.28

**Rolling up/weight-gain offers**

- **1282-BM**
  - 25 issues $159.80

“A 100 years from now, the video of today will be long lost but these will have been 15 generations of sensor technology. Somewhere, someday will be breaking through an issue of MILO.”

—A.J. Vitale, NY.
IronMind Gift Cards
Gift-giving and contest prizes made quick and easy, starting at $15.00.
No. 1202-EGC

Get strong — get certified!

Captains of Crush Grippes
(p. 2)

Crushed-to-Dust! Challenge
(p. 7)

IronMind Red Nail | IronMind Gold Nail
(p. 9)