

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

2020

IRONMIND®





## CAPTAINS OF CRUSH® GRIPPERS

The fastest route to the strongest grip

### 11 strengths for a perfect fit

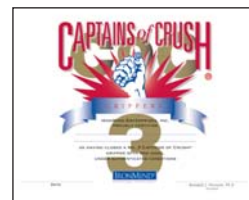
No. 1401	Guide	c. 60 lb. (novice, rehab)
No. 1402	Sport	c. 80 lb. (warm-up, conditioning)
No. 1250	Trainer	c. 100 lb. (strong guys start here)
No. 1250.5	Point Five	c. 120 lb. (bridge to the No. 1)
No. 1251	No. 1	c. 140 lb. (already gripping, start here)
No. 1251.5	No. 1.5	c. 167.5 lb. (bridge to the 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 \$24.95 (1 lb.)		

Any 3 CoC grippers:	No. 1250-3 (3 lb.) \$59.85 (\$19.95 each)
Any 4 CoC grippers:	No. 1250-4 (4 lb.) \$79.80 (\$19.95 each)
Any 5 CoC grippers:	No. 1250-5 (4 lb.) \$99.75 (\$19.95 each)



### CoC New Look Compass T-shirt

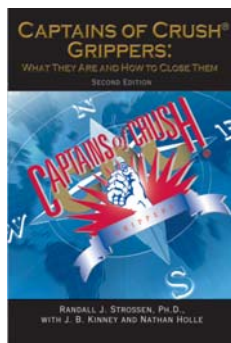
Multi on white 100% preshrunk cotton Hanes Beefy T-shirt; short sleeves. Sizes: L (42"–44"), XL (46"–48"), 2XL (50"–52"), 3XL (54"–56").  
1233-CPS (.5 lb.) \$19.95



### Get Strong! Get Certified

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.

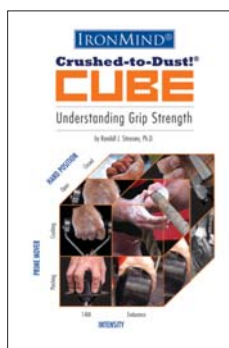
# Knowledge = Power



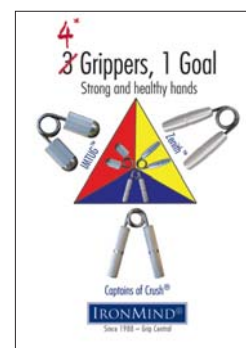
**CAPTAINS OF CRUSH GRIPPERS: WHAT THEY ARE AND HOW TO CLOSE THEM** 192 pp.  
No. 1354 (.5 lb.) \$19.95



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



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



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

\*Free with order or download on the website

## **CoC<sup>2</sup>** Use these Captains of Crush Compatible grip tools to amp up your gripper output



**COC KEY: MILES TO MILS**  
No. 1440 \$9.95



**CAPTAINS OF CRUSH SONG**  
No. 1403 \$8.95



**CAPTAINS OF CRUSH GRIPPERS ID CARD**  
No. 1250-C \$2.00



**CAPTAINS OF CRUSH STARBURST LOGO T-SHIRT**  
No. 12333-CC-BK \$19.95



### **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 \$289.95 + 70.00 S&H\***

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



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

## Keep your IronMind grippers close at hand, ready to use



**COC COIL CADDY\***  
No. 1483 (2 lb.) holds 12+ grippers on top, 12+ IMTUGs below, 5" x 5"  
\$27.95



**COC V-CADDY\***  
Brushed aluminum in two sizes:  
• No. 1433-C-5 (.5 lb.) for 5 CoC grippers, 5" x 4" \$16.95  
• No. 1433-C-10 (1 lb.) for 10 CoC grippers, 10" x 4" \$22.95



**COMBO CADDY\***  
No. 1472 (1 lb.) for 8 grippers, 10" x 4" \$24.95  
\*grippers not included

### Save with IronMind gripper caddy sets and packages

Here's a sampling—check the IronMind e-store for all options.

Coil Caddy Set of 4 Grippers	<b>\$101.95</b>
Coil Caddy Set of 8 Grippers	<b>\$181.95</b>
Set of 5 CoC Grippers & Small CoC Caddy for 5	<b>\$106.95</b>
Combo Caddy Set of 3 Grippers	<b>\$81.95</b>



# Target your training with IronMind's specialty grippers

## IMTUG™



### 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 \$24.95 (1 lb.)	

Any 3 IMTUG grippers: No. 1412-3 (3 lb.) \$59.85 (\$19.95 each)  
 Any 4 IMTUG grippers: No. 1412-4 (3 lb.) \$79.80 (\$19.95 each)  
 Any 5 IMTUG grippers: No. 1412-5 (4 lb.) \$99.75 (\$19.95 each)

### Choosing an IMTUG

Use these IMTUGs			With these CoCs
Thumb/pinch	Ring/pinkie	Index/middle	
IMTUG1	IMTUG1	IMTUG2	Guide or Sport Trainer or No. 1
IMTUG2	IMTUG3	IMTUG4	No. 1 or No. 2
IMTUG3	IMTUG4	IMTUG5	No. 2 or No. 3
IMTUG4	IMTUG5	IMTUG6	No. 3 or No. 4
IMTUG5	IMTUG6	IMTUG7	



Middle and index fingers



Ring finger and pinkie



Thumb

## Z E N I T H™

### 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 \$27.95 (1 lb.)	

Any 3 Zenith grippers: No. 1475-3 (3 lb.) \$68.85 (\$22.95 each)  
 Any 4 Zenith grippers: No. 1475-4 (4 lb.) \$91.80 (\$22.95 each)  
 Any 5 Zenith grippers: No. 1475-5 (4 lb.) \$114.75 (\$22.95 each)

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

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 \$26.95 (1 lb.)		

Any 3 Left-Turn grippers: 1485-3 (3 lb.) \$65.85 (\$21.95 each)  
 All 4 Left-Turn grippers: 1485-4 (4 lb.) \$87.80 (\$21.95 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), and this disc equal 5 kg. Talk about simple math.

No. 1246-DSC (3 lb.) \$89.95

Not pushed to his limit, Alexey Tyukalov (Russia) won the Rolling Thunder at the 2019 APL Armlifting World Championships (St. Petersburg, Russia) with an effortless 110-kg second attempt. Tyukalov holds the world record at 130.5 kg (287 lb.).

Randall J. Strossen photo

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—an event that began with an IronMind/Odd Haugen collaboration in 2000. The Rolling Thunder has gone on to form the cornerstone of armlifting, the name for the popular worldwide grip strength competitions that feature the Rolling Thunder, Apollon's Axle and CoC Silver Bullet as their core events.

Randall J. Strossen photo

## What is armlifting?

Armlifting was born in 2010, when a Russian arm-wrestling promoter asked IronMind's Randall Strossen for permission to organize grip contests featuring the Rolling Thunder, dubbing the competitions "armlifting." So, armlifting is the Russian name for grip contests that began with the Rolling Thunder and have since come to include other grip world staples like the Apollon's Axle Double Overhand Deadlift, the IronMind Hub, and the CoC Silver Bullet Hold. Newer additions are the Little Big Horn and the IronMind Block.



. . . and it starts with the world-famous Rolling Thunder, the grip training tool that started the sport of armlifting.

## 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 armwrestlers to rock climbers and will become one of your favorites as well. Hook it up to a loading pin and clip (not included), for one-hand deadlifts, doing either reps or holds. 7-1/2" in length (rotating portion is 6" in length); 2-3/8" in diameter.

No. 1246 (3 lb.) \$89.95

Test yourself: the current Rolling Thunder world record is 130.5 kg/287 lb. men; 77.2 kg/170.2 lb. women.



## 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.

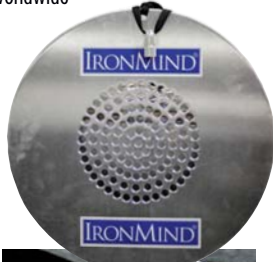
Setting the stage for the birth of armlifting, IronMind introduced the Rolling Thunder in 1993, and starting in 2000, we began holding Rolling Thunder World Championships in conjunction with Odd Haugen, who used the contest as the kickoff event for his strongman contests. Armlifting began in 2010 as a single-event competition featuring the Rolling Thunder, which has remained the cornerstone of armlifting contests ever since.



# CoC Silver Bullet Hold

Endurance, strength, and drama in one potent grip tool

- superb training for CoC grippers
- perfect for hands of all sizes
- the heart and soul of grip contests from California to Russia and a core event in major armlifting contests worldwide



**COC SILVER BULLET**  
No. 1467 (.25 lb.) \$16.95



**COC SILVER BULLET DISC**  
2.5 kg calibrated.  
No. 1467-DSC (6 lb.) \$154.95



**COC SILVER BULLET & DISC COMBO**  
No. 1467-2 (6 lb.) \$164.95

Compare your time to the best in the world  
The world record on the CoC Silver Bullet Hold for men with the CoC No. 3 gripper, is 58.53 sec., and with the CoC No. 4, 30.98 sec.; and for women with the CoC No. 2 gripper, 45.42 sec.  
*What can you do?*



Alexander Asinkowsky (Belarus), CoC3 '13, on the CoC Silver Bullet Hold at the 2019 APL Armlifting World Championships (St. Petersburg, Russia). Asinkowsky'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

## APOLLON'S AXLE

### Thick Bar of Champions

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 \$289.95 + \$75.00 S&H\*

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

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



Grip-strength legend Mike Burke (USA) pulled this 235 kg on the Apollon's Axle at the 2013 Los Angeles FitExpo, and it still stands as the world record on this classic feat of grip strength.  
Randall J. Strossen photo

We challenge you



**Crushed  
-to-  
Dust!®**

Get strong — get certified

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



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®

#### CTD CHALLENGE T-SHIRT

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-CTD-15 (.5 lb.) \$19.95

Free when you certify on the CTD Challenge!



#### CRUSHED-TO-DUST! CHALLENGE KIT

1 each CoC No. 2 gripper,  
IronMind Hub,  
Rolling Thunder DL Handle  
No. 1252-CTD (6 lb.) \$124.95

#### 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.) \$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?



#### Free poster!

The Story of the Sultan's Squeeze poster with our compliments  
with purchase of an IronMind Hub (No. 1244), and 15" Olympic  
Loading Pin and Large Carabiner (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.



Tanner Merkle (USA) created a lot of buzz  
at the 2019 APL Armlifting World Champi-  
onships, where his performance included  
this attempt at 32 kg on the IronMind Hub,  
in an effort to overtake Russia's Dmitri Osipov.  
Randall J. Strossen photo

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

More products, more details in the IronMind e-store. [www.ironmind.com](http://www.ironmind.com)



# Crushed-to-Dust!®

Grip tools, educational materials, competition format—from IronMind: Grip Central Since 1988



## 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 \$41.95

The current world record is  
51.4 kg/113.31 lb. men;  
31.55 kg/69.4 lb. women.  
*How close can you come?*



## TITAN'S TELEGRAPH KEY™

**Full range of motion**

Put the Titan's Telegraph Key in your arsenal for weapons-grade thumb and finger strength.

**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.) \$89.95**

Break the world record (108.30 kg/238 lb. men and 75.15 kg/165.67 lb. women) on the Little Big Horn and your name will go on the official list!



## 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.

**No. 1258 (2 lb.) \$29.95**

*Please note: the R-Ring uses the heavy-duty carabiner (No. 1314A) as a connecting link to the loading pin; the small snap clip (No. 1313A) will not fit.*



## LOADING PINS AND CLIPS/CARABINERS

An easy way to hold a stack of barbell plates that you want to attach to anything from a Rolling Thunder to a De Rigueur Dipping Belt.

Two sizes:

• **No. 1313 (2 lb.)** 12" Exercise Loading Pin is 1" in diameter, takes standard plates \$35.95

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

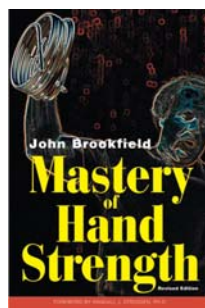


## EAGLE LOOPS

**Turn your fingers into talons**

When your fingers need to be super-strong, Eagle Loops are a training tool of first choice. 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.) \$36.95/pair**



## 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**



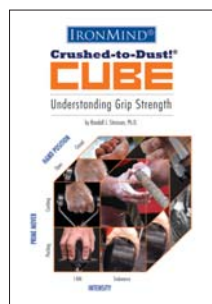
## THE STACKER

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**

• **No. 1314 (5 lb.)** 15" Olympic Loading Pin is 2" in diameter, takes Olympic plates \$54.95

Add **No. 1314A (.25 lb.)** large carabiner, holds loads up to 6,600 lb. (!) \$10.00



## Crushed-to-Dust!® CUBE: Understanding Grip Strength\*

Don't end up in Poughkeepsie when you meant to go to Park City. Here's your road map to grip gains—it's eye-opening, complete, effective.

\*Free with order or download on the IronMind website

**Want to set a world record?\***  
**It's got to be IronMind.**

\*Check out the rules and world records pages on the IronMind website.



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

## Flexion/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 (winding up the cord) and eccentrically (allowing it to unwind under control). 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.) \$79.95

See p. 16 for the Vulcan Racks III Wrist Roller Axle.

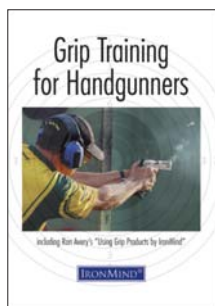


## Radial/Ulnar Deviation

### 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. It is designed so that you train both concentrically (winding up the cord) and eccentrically (allowing it to unwind under control). 4" diameter roller comes with a 4-ft. climbing-grade accessory cord and a small snap clip; use with or without a loading pin (not included).

No. 1369 (2 lb.) \$42.95



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

Free with order or download on the IronMind website



The winner of TacOps in men's division was Daniel Jirasek and the top women was Reanna Kadic competing in the 2019 Hard as Hell-Texas Edition 3Gun competition. Organizer Josh Sallee wrote, "It's difficult to dictate exactly how the shooters will carry an object—in 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 still getting into a stable shooting position." Jill Roush photos.

## Pronation/Supination, Radial/Ulnar Deviation

The development of the muscles involved in supination—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. Lever, do hold-outs for time, try circles and figure-eights.



### 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.) \$76.95



### 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.) \$54.95

## Make short-steel bending your act of passion

### 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.) \$104.95

No. 1236-C (.25 lb.) hand pads (pair) only \$5.00/pair



### Extra nails:

No. 1236-EX50 50 extra nails (please specify Level 1, 2, 3 or 4)

• (3 lb.) Levels 1 & 2 — \$26.00

• (5 lb.) Levels 3 & 4 — \$32.00

No. 1236-EX25 (5 lb.) 25 extra Level 5 Red Nails \$22.00

No. 1236-EXGLD (2 lb.) 6 Gold Challenge Nails, Level G \$9.95

Get certified—join the Red and Gold Nail rosters!



Who will be the first to be certified for bending the Gold Nail?

# 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



IronMind EGG (p. 11)



Zenith™ Agility Grippers (p. 4)

**WRIST DEFENDER**  
Use this friendly tool to gently loosen and stretch your joints, relieving pressure in the wrist and encouraging 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.) \$22.95**

Expand-Your-Hand Bands (p. 11)

## • HAND/WRIST COMBO

Target hand and wrist, eliminate pain

**No. 1428 (3 lb.)** includes IronMind Green EGG, Expand-Your-Hand Bands, Wrist Defender, training booklet **\$52.95**

## • EGG & BANDS KIT

Massage and muscle balance

**No. 1428-EB (1 lb.)** includes IronMind Green EGG, Expand-Your-Hand Bands, training booklet **\$31.95**

## • HAND ACTION KIT

All-over strength and conditioning

**No. 1428-G3 (3 lb.)** includes Zenith Agility gripper, IronMind Green EGG, Expand-Your-Hand Bands, training booklet **\$52.95**

## • GRIPPER & BANDS KIT

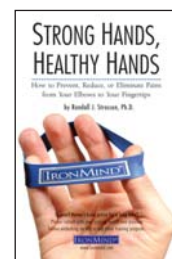
Ins and outs of healthy hands

**No. 1428-GB (1 lb.)** includes Zenith Agility gripper, Expand-Your-Hand Bands, training booklet **\$34.95**

## • DESK TOOLS

Digital fitness from elbows to fingertips

**No. 1428-5 (4 lb.)** includes Zenith Agility gripper, IronMind Green EGG, Expand-Your-Hand Bands, Wrist Defender, training booklet **\$72.95**



## STRONG HANDS, HEALTHY HANDS BOOKLET\*

Training for Strong and Healthy Hands Kits.

\*Free with purchase or download on the IronMind website



## TOOL & TRAVEL KIT

Perfect for keeping grip tools at hand (bag only). For details, see p. 15.

**No. 1474 (1 lb.) \$39.95**

**IRONMIND®**  
www.ironmind.com



# Extend your grip training



## EXPAND-YOUR-HAND BANDS™

### Dynamic range of motion and overall hand health

Focus 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 and fun to use. 2 complete sets of 5 different strength bands for progressive training.

No. 1376 (.25 lb.) \$13.95/set of 10 (2 of each level)



## 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 \$19.95 (.5 lb.)
- No. 1425-2 (1 lb.) set of both strengths \$37.90 (each \$18.95)
- No. 1425-C (2 lb.) set of 4 — 2 of each strength \$71.80 (each \$17.95)

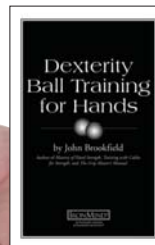


## OUTER LIMITS LOOPST™

### Static (isometric) work for serious extensor training.

Do static (isometric) holds for strength and muscle balance, going for max weight, reps, or holds for time. (Loading pin and clip not included.)

No. 1377 (.5 lb.) \$36.95/pair

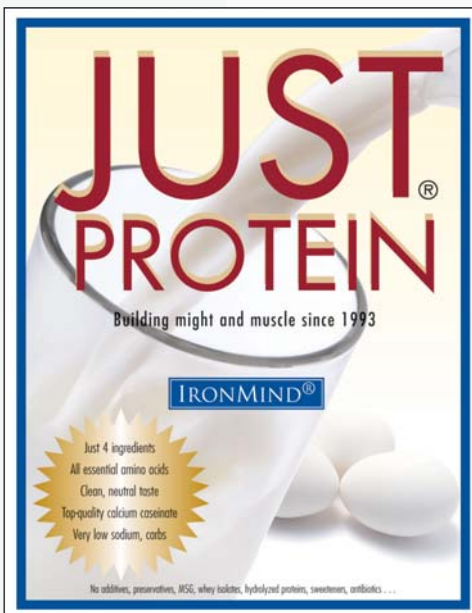


## DEXTERITY BALLS

These ancient balls should be in the hands of grip strength specialists and everyone who would benefit from 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 \$17.95

# 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, 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®**

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## Clothes you can count on for tough workouts



### 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-gray; 50% poly/25% cotton/25% rayon; short sleeves. Sizes: L (42"–44"); XL (46"–48"); 2XL (50"–52"); 3XL (54"–56").

No. 1233-IMS (.5 lb.) \$19.95



### IRONMIND TANK TOP

Retro, real, all cotton. 100% preshrunk cotton; white or heather gray. M (40"); L (44"); XL (48"); 2XL (52").

No. 1446 (.5 lb.) \$12.95



### LRT WORKOUT T-SHIRT™

Whether hot or cold, lifting heavy or running far, 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. 1233-LRT (.5 lb.) \$32.95



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

No. 1466 (1 lb.) \$29.95



### 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

## Extras that might be essential



### 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.)



### 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.) \$14.95



### JOHNSON & JOHNSON COACH ATHLETIC TAPE

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

No. 1269 (.5 lb.) 3 rolls \$13.95



# Official harness of the World's Strongest Man contest

2002 – 2003 – 2004 – 2005 – 2006 – 2007 – 2008 – 2009 – 2010  
2011 – 2012 – 2013 – 2014 – 2015 – 2016 – 2017 – 2018 – 2019

Road tested at the highest levels



## 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.

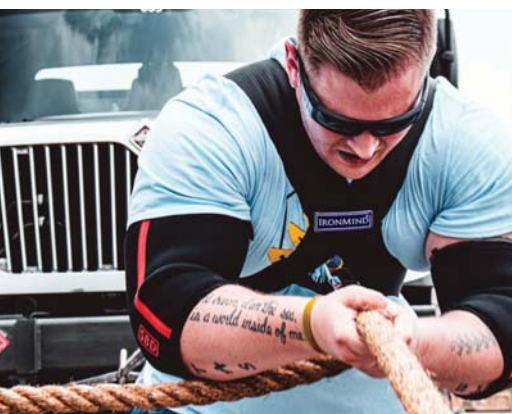
Small	5'-0"–5'-8", 100–170 lb.
Medium	5'-8"–6'-2", 170–250 lb.
Large	5'-10"–7'-0", 250–400 lb.
X-Large	5'-10"–7'-0", over 400 lb.

If you are between two sizes, go for the larger harness because it can be worn very loosely.

No. 1222 (4 lb.) \$269.95



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.



SSgt 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, @theishstrongman



## 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—eager to pull-ease. One size (fits just about anyone).

No. 1482 (2 lb.) \$99.95

## 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

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

## 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 cavemen-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



Just 3 minutes a day, 3 times a week—feel better, look better, and it might save your life

## A HEADSTRAP FIT FOR HERCULES™

Holds 1,500 lb. with ease; adjusts to fit heads from 20" to 26"; hang the weight from the red strap or use a loading pin and carabiner. Unique design allows you to train the sides as well as the front and back of the neck.

No. 1232 (2 lb.) \$109.95



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

No. 1232-B (.5 lb.) \$20.95



## RED-I-BELT AND HANDY HANDLE

Add a rigid polycarb handle for more applications.

No. 1232-BH (1 lb.) \$28.95



## HANDY HANDLES

Pair of polycarb handles, 5" long, 1-1/4" ID, 1" OD.

No. 1240-PCH (.5 lb.) \$20.00/pair

**IRONMIND®**

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

## Tough-As-Nails™ Bags

*"World traveler"*



### 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.) \$99.95

*"A pickup truck with handles."*



### QUARTER-TON TRUCKER

Think of it as a pick-up 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 tote material
  - highly resistant to tears, scuffs, abrasion
  - 26" wide, open top makes loading easy
  - generous capacity: 16" x 9-1/2" bottom; 15" high
  - 22" handles to shoulder, if needed
  - fold it up to stow compactly
- No. 1408 (2 lb.) \$67.95



### COMPACT TRUCKER TOTE

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

Just as strong as its big brother, this mini-tote can handle heavy things like shots or barbell plates, but also hold lunches, a thermos of Just Protein, the newspaper, a couple of grippers, and more. 17" x 11" x 6"; 20" handles.

No. 1456 (1 lb.) \$47.95

*"Strong, light, fast."*



### 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

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

*"The go-to for grip kings."*



### 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. 1474 (1 lb.) \$39.95

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

### VULCAN SQUAT RACKS III™

- compact design and easy breakdown for serious workouts at home
- more than strong enough for 1,000-lb squats
- proven for more than 20 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 + \$124.00 S&H\***

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



### VULCAN RACKS III CHINNING BAR

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)

**\$254.95 + \$62.00 S&H\***



### 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.

- **No. 1217-WRB Wrist Roller axle only** (VR base/sideposts not included) **\$99.95 + \$49.00 S&H\***

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

Mobile,  
seriously strong,  
and versatile . . .

the beauty of  
IronMind's  
training systems,  
since 1988



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

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



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





# Need world-record ready equipment? Think IronMind!

## Working together on a world-record pull-up



The Vulcan Racks Chinning Bar p. 16



Rolling Thunder p. 5



De Rigueur Dipping Belt p. 18



15" Olympic Loading Pin p. 8



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

Alexey Tyukalov breaks the world record for Rolling Thunder  
Pull-ups at the 2019 Los Angeles FitExpo.  
Randall J. Strossen photo

## Hip belt squats—no back, no racks, no problem

### SUPER SQUATS® HIP BELT

Welcome to the world of hip belt squats: they allow you to squat with no pressure on your spine—and no load on your lumbar. And because the weight is always under you, there's no need for racks or spotters. You use less weight—and get big-time quads for your efforts.

Versatile and effective:

- spare your back, focus the effort on your legs
- very safe: the weight is always under you
- efficient: it's a tough move, so a little weight goes a long way
- keep training your legs if you have an arm or shoulder injury
- portable, for travel or going to the gym
- Wicked-Strong™ construction; holds 3,500 lb. with ease

Perfect for weighted dips and chins, pulls and drags, and if you want, 2-ton partials, too. Proven since 1990.

Comes with a pair of Daisy Chains and two large carabiners.  
Adjustable in 5 sizes based on actual waist (not pants) size:

Small	26"—30" waist	XL	42"—50" waist
Medium	31"—35" waist	2XL	51"—58" waist
Large	36"—41" waist		

No. 1220 (3 lb.) \$144.95 (S, M), \$149.95 (L, XL),  
\$169.95 (2XL)



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



The IronMind video shows you the how-to of the SUPER SQUATS Hip Belt.

Dip heavy, dip often, and get the chest, shoulders,  
and triceps you've been lusting after



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

#### VR III YOU DECIDE DOUBLE-DIP BARSTM

##### 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)  
**\$629.90 + \$124.00 S&H\***

**No. 1311 Double-Dip Bar Uprights\*\*** (uprights only) **\$167.95 + \$62.00 S&H\***

**No. 1217-DB Vulcan Racks Squat Racks with Double-Dip Bar Uprights** **\$739.90 + \$185.00 S&H\***

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

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

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

#### 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.) \$78.95**



# Beauty and the beast in one package

## 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

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

No. 1480 \$769.95 + \$126.00 S&H\*

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

**IRONMIND®**  
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Chinning bar attachment

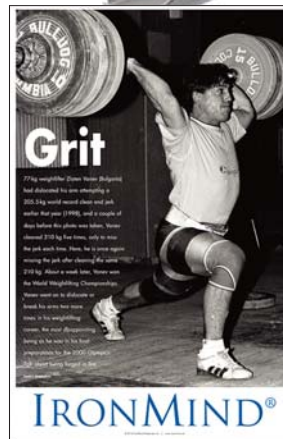
Dipping bar attachment



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

## Weights less than a set of golf clubs.

Training al fresco: the ALight Training Center looks at home in a balcony gym, in gorgeous surroundings about 300 m from the sea. Carlo Rimassa photos.



## PERFORMANCE BOOSTER

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



### 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 \$599.90 + \$125.00 S&H\***

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

**IRONMIND®**  
www.ironmind.com



### FIVE STAR FLAT BENCH™

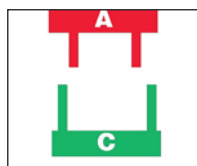
Perfect for:

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

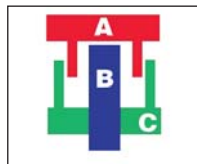
Trim, MOMA-ready, and with the structural integrity of a bridge, its all-steel construction has been tested with static loads in the tons, not pounds. Removable high-density, closed-cell top, so you can go fully dressed or naked, as you choose. 48" x 12" x 17", weighs 60 lb. Made in the USA, of course.

**No. 1228 \$359.95 + \$125.00 S&H\***

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



Squats



Bench presses

Floor plans for squats and bench presses:

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



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

### 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.**



# Squat like Paul Anderson

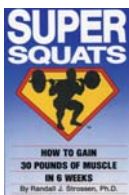
## BUFFALO BAR®

Cambered, strong and stiff, the Buffalo Bar Cambered Bar is designed to accommodate the kinds of weights Paul Anderson squatted in his prime—with ease. Extra-long at 92" 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, Hise shrugs, and all the other get-big-and-strong movements you do with a heavy bar on your shoulders. **Handles half-ton 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\*

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.

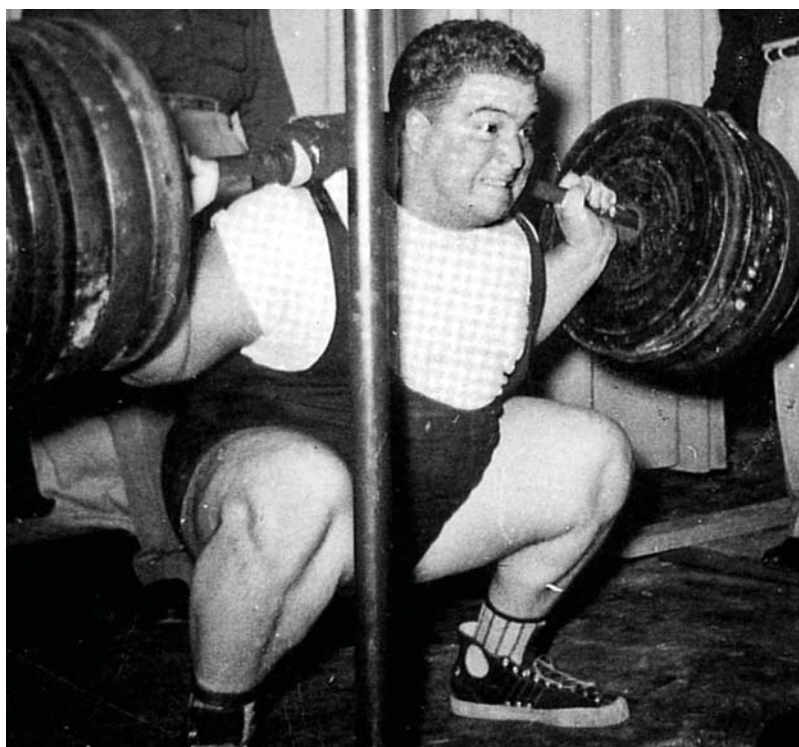


## SUPER SQUATS: HOW TO GAIN 30 POUNDS OF MUSCLE IN 6 WEEKS

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 rocked the strength world. Andersen 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.

## S-CUBED BAR™

Strong, straight, and stiff

If you're regularly lifting weights in the half-ton-plus range, you'll appreciate a bar that's a little thicker than normal and extra-long, with plenty of room for a 3XL or 4XL body.

No. 1223 \$659.95 + \$87.00 S&H\*

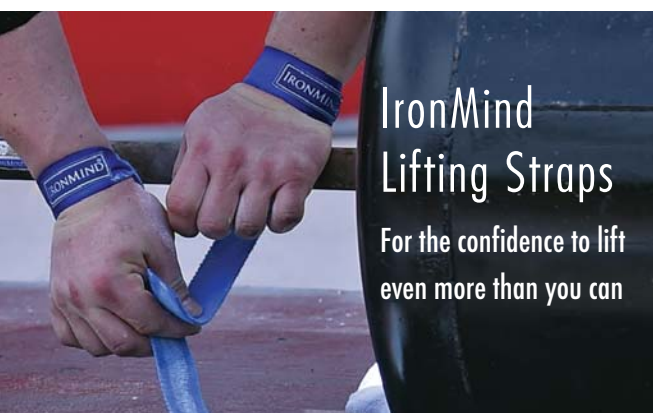
\*48 states; all others please request S&H quote



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



**IronMind  
Lifting Straps**

For the confidence to lift  
even more than you can



### SHORT & SWEET™

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

No. 1234 (.25 lb.) \$9.95/pair



### SEW-EASY™

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

No. 1437 (.25 lb.) \$14.95/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.) \$14.95/pair

15% discount on 6 pairs or more: perfect for clubs and teams, coaches, contests, and gyms



Which lifting straps are right for you and—more importantly—how do you put them on? See IronMind's YouTube channel for choosing and using IronMind's Lifting Straps.

More products, more details in the IronMind e-store. [www.ironmind.com](http://www.ironmind.com)

## Single or double?



### BIG BOY DUMBBELL BAR™

Use these extra-long, extra-strong, prime American steel dumbbell bars to do one-arm presses like big boys Paul Anderson, Chuck Ahrens and Pat Casey; also perfect for rows, deadlifts and farmer's walks. Brutally strong U.S. prime alloy steel in 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 \$349.95

No. 1224-S (8 lb.) single dumbbell with collars \$179.95



### TUF-CLOTH™

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

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



### 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. Best applied with a wrench to your plate-loaded dumbbells: the teeth you save may be your own. Electroless nickel-plated. Comes with an IronMind wrench (also made in the USA, of course).

No. 1226-S Small size for exercise bars (1" or 1-1/16" bar); 1" in width:

1 pair (1 lb.)	\$42.95
2 pairs (2 lb.)	\$76.90

No. 1226-L Large size for Olympic bars (approx. 1.97" diameter), 1-1/2" in width:

1 pair (3 lb.)	\$76.95
2 pairs (6 lb.)	\$144.90

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

## Poster power



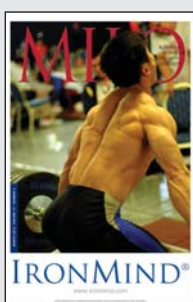
PS-PDN1

Pyrrhos Dimas Number 1



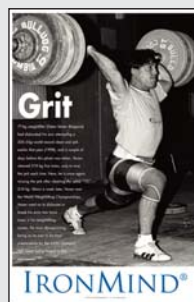
PS-IIFV

Ilya Ilin Sequence



PS-LX

Lu Xiaojun Snatch Pulls



PS-ZVGR

Zlaten Vanev Grit



PS-JBF

'Tis Better to Be Forearmed



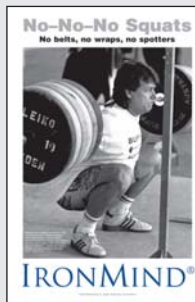
PS-SR

Scott Rider Open Stone



PS-LT212

Lasha Talakhadze 212 Snatch



PS-NOSQ

No-No-No-Squats Chakarav



PS-JPS

Just Plane Strong



PS-COCG

Unleash Your Inner Gorilla



PS-EE

Extraordinary Effort

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*"A 100 years from now, the videos of today will be long lost as there will have been 15 generations of newer technology. Somewhere, somebody will be thumbing through an issue of MILO."*

—C.A., Webster, NY

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## IRONMIND<sup>®</sup>

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### TO PLACE YOUR IRONMIND ORDER:

1. Visit our e-store at [www.ironmind.com](http://www.ironmind.com) for safe, quick, and easy ordering with a bank card or via PayPal.
2. Fax your order, filling out the form below and providing your VISA, MC or AMEX information.
3. Complete the order form and mail it to us with your payment: check, MO, or bank card details (card number, expiration date and security code).

Orders are normally shipped the following business day. A business day is Mon.–Fri. (except holidays) and does not include weekends.

Please note that we do not take any phone orders.

SHIPPING INFORMATION (PLEASE PRINT):

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_

STATE \_\_\_\_\_ ZIP \_\_\_\_\_

COUNTRY \_\_\_\_\_

PHONE # (\_\_\_\_\_) \_\_\_\_\_ □ DAY □ EVENING  
(IN CASE WE HAVE QUESTIONS)

EMAIL \_\_\_\_\_  
(SO WE CAN NOTIFY YOU OF YOUR SHIPMENT)

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

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ITEM NO.	ITEM NAME/STYLE	SIZE	QTY	PRICE	WEIGHT	TOTAL \$

\* INCLUDE S&H FOR THOSE ITEMS WITH SEPARATE S&H CHARGES

\*\*BASED ON THE TOTAL WEIGHT—SEE CHARTS B, C OR D, OR CONTACT US FOR AN S&H QUOTE

### PAYMENT

☐ CHECK, MONEY ORDER OR CASHIER'S CHECK

CREDIT CARD: ☐ VISA ☐ MC ☐ AMEX

NO. \_\_\_\_\_

EXP. DATE \_\_\_\_\_

3- OR 4-DIGIT SECURITY CODE \_\_\_\_\_

BILLING ADDRESS, IF DIFFERENT FROM SHIPPING ADDRESS \_\_\_\_\_

TOTAL WEIGHT \_\_\_\_\_ LB.

S&H CHARGES\*  
(LARGE ITEMS) \$ \_\_\_\_\_

S&H CHARGES\*\*  
(BASED ON WEIGHT) \$ \_\_\_\_\_

SUBTOTAL \$ \_\_\_\_\_

CA CUSTOMERS ADD  
7.25% SALES TAX TO SUBTOTAL \$ \_\_\_\_\_

TOTAL \$ \_\_\_\_\_

### Domestic Shipping Chart B (U.S. addresses only)

	48 states	HI, AK*
0.25 lb.	\$4.00	\$4.00
0.5 lb.	\$6.00	\$6.00
0.75 - 1 lb.	\$10.00	\$10.00
1.25 - 2 lb.	\$18.00	\$15.00
2.25 - 4 lb.	\$20.00	\$22.00
4.25 - 7 lb.	\$24.00	\$32.00
7.25 - 10 lb.	\$26.00	\$42.00
10.25 - 15 lb.	\$32.00	\$55.00
15.25 - 20 lb.	\$37.00	\$67.00
20.25 - 25 lb.	\$44.00	\$75.00
25.25 - 30 lb.	\$50.00	\$85.00
30.25 - 35 lb.	\$56.00	\$93.00
35.25 - 40 lb.	\$61.00	\$103.00
40.25 - 45 lb.	\$65.00	\$107.00
45.25 - 50 lb.	\$70.00	\$112.00

Over 50 lb., please write for S&H quote

\*Please use these S&H rates if your address is a PO Box, a military address, or in Alaska or Hawaii.

### Canadian Shipping Chart C (USPS Airmail Service)

0.5 lb. or less	\$12.00
0.75 - 2 lb.	\$18.00
2.25 - 3 lb.	\$29.00
3.25 - 4 lb.	\$42.00
4.25 - 5 lb.	\$47.00
5.25 - 6 lb.	\$52.00
6.25 - 8 lb.	\$56.00
8.25 - 10 lb.	\$61.00
10.25 - 12 lb.	\$68.00

Over 12 lb., please write for S&H quote

\*For Canadian orders, please note that upon delivery, you will be required to pay any duties and taxes owed to your government.

### Other International Addresses Chart D (USPS Airmail or UPS Expedited) \*

0.5 lb. or less	\$17.00
0.75 - 1 lb.	\$26.00
1.25 - 2 lb.	\$36.00
2.25 - 3 lb.	\$45.00
3.25 - 4 lb.	\$67.00
4.25 - 5 lb.	\$80.00
5.25 - 6 lb.	\$86.00
6.25 - 7 lb.	\$95.00
7.25 - 8 lb.	\$100.00
8.25 - 9 lb.	\$110.00
9.25 - 10 lb.	\$115.00

Over 10 lb., please write for S&H quote

\*For international orders, please note that upon delivery, you will be required to pay any duties and taxes owed to your government.

*Thank you  
for your order!*



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STRONGER BODIES™

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

ADDRESS SERVICE REQUESTED



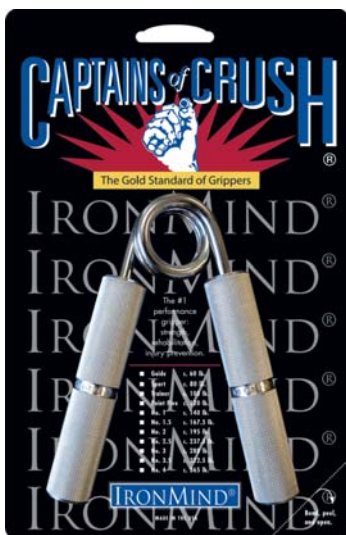
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Crushed-to-Dust!® Challenge  
(p. 7)



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



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