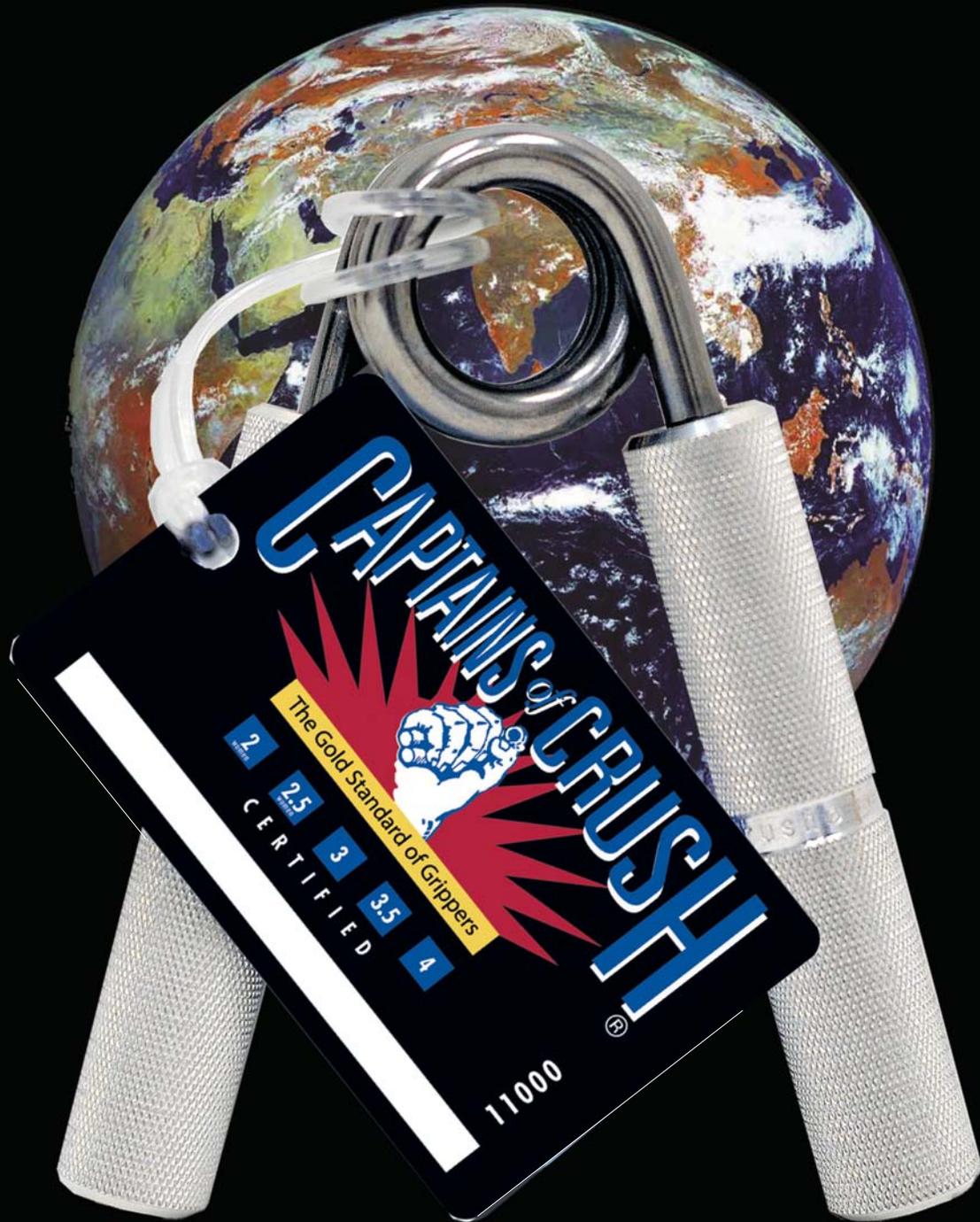


IRONMIND®

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



2021

Global Reach, Unearthly Quality



CAPTAINS OF CRUSH® GRIPPERS

The quickest way to the strongest grip

- the gold standard of grippers • gorgeous, durable, and precise • proprietary GR8™ springs • aircraft-grade aluminum handles

Made in the USA, by IronMind: Grip Central Since 1988

11 strengths for a perfect fit

No. 1401	Guide	c. 60 lb. (novice, rehab)
No. 1402	Sport	c. 80 lb. (warm-up, conditioning)
No. 1250	Trainer	c. 100 lb. (strong guys start here)
No. 1250.5	Point Five	c. 120 lb. (bridge to the No. 1)
No. 1251	No. 1	c. 140 lb. (already gripping, start here)
No. 1251.5	No. 1.5	c. 167.5 lb. (bridge to the No. 2)
No. 1252	No. 2	c. 195 lb. (life-saving levels of grip strength)
No. 1252.5	No. 2.5	c. 237.5 lb. (bridge to the No. 3)
No. 1253	No. 3	c. 280 lb. (world-class, get certified)
No. 1253.5	No. 3.5	c. 322.5 lb. (bridge to the No. 4)
No. 1272	No. 4	c. 365 lb. (be like Magnus Samuelsson!)

Each \$24.95 (1 lb.)



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.

Any 3 CoC grippers:	No. 1250-3 (3 lb.)	\$62.85 (\$20.95 each)
Any 4 CoC grippers:	No. 1250-4 (4 lb.)	\$83.80 (\$20.95 each)
Any 5 CoC grippers:	No. 1250-5 (4 lb.)	\$104.75 (\$20.95 each)

Amp up your gripper output

CoC T-shirt for PR training

NEW! CoC Global Reach T-shirt

Soft, trim, feel-good blend adds comfort to your training in a shirt you won't want to take off. Multi on black 50% poly/25% cotton/25% rayon; short sleeves. Sizes: M (38"–40"); L (42"–44"); XL (46"–48"); 2XL (50"–52"); 3XL (54"–56").

1233-CCGR (.5 lb.) \$22.95



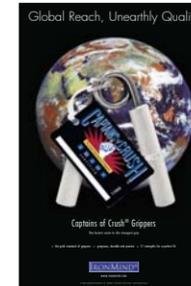
GO-REALLY GRIP™ MACHINE

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

Poster power! | 3 great choices or get all 3 at 15% off!



NEW! PS-GR Global Reach, Unearthly Quality

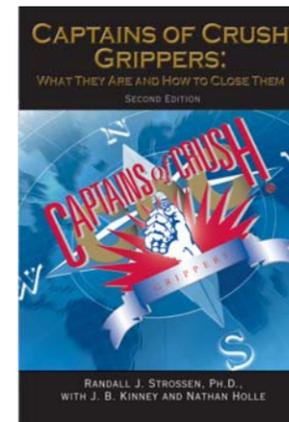


PS-COCG Unleash Your Inner Gorilla
See p. 22 for details.



PS-JBF 'Tis Better to be Forearmed

Get smart, get stronger



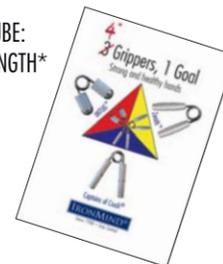
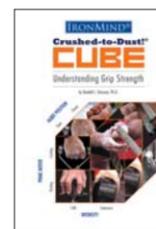
CAPTAINS OF CRUSH GRIPPERS: WHAT THEY ARE AND HOW TO CLOSE THEM 192 pp.

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

At your fingertips—battle-ready

Functional form, striking results

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	\$112.95
Coil Caddy Set of 8 Grippers	\$202.95
Set of 5 CoC Grippers & Small CoC Caddy for 5	\$119.95
Combo Caddy Set of 3 Grippers	\$88.95

IronMind's specialty grippers—target your training

IMTUG™ GRIPPERS
Two-finger utility grippers

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.)



1 or 2 fingers at a time

Choosing an IMTUG

Use these IMTUGs With these CoCs

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



Middle and index fingers Ring finger and pinkie Thumb

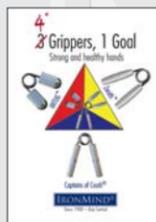
Any 3 IMTUG grippers: No. 1412-3 (3 lb.) \$62.85 (\$20.95 each)
Any 4 IMTUG grippers: No. 1412-4 (3 lb.) \$83.80 (\$20.95 each)
Any 5 IMTUG grippers: No. 1412-5 (4 lb.) \$104.75 (\$20.95 each)

ZENITH™



Strength and conditioning

Put them all together:
4 GRIPPERS, 1 GOAL:
STRONG AND HEALTHY HANDS*



*Free with order or download on the website



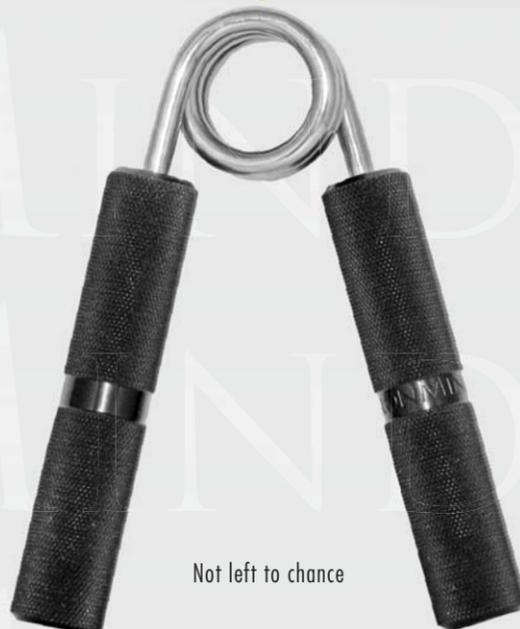
ZENITH™ GRIPPERS
Silky-smooth for strength and conditioning

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

Each \$27.95 (1 lb.)

Any 3 Zenith grippers: No. 1475-3 (3 lb.) \$71.85 (\$23.95 each)
Any 4 Zenith grippers: No. 1475-4 (4 lb.) \$95.80 (\$23.95 each)
Any 5 Zenith grippers: No. 1475-5 (4 lb.) \$119.75 (\$23.95 each)

Left-Turn™ Grippers



Not left to chance

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.) \$68.85 (\$22.95 each)
All 4 Left-Turn grippers: 1485-4 (4 lb.) \$91.80 (\$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 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 one-hand deadlift world record is 130.5 kg/287 lb. men; 77.2 kg/170.2 lb. women. See the IronMind website for Rules and Records.



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



Alexey Tyukalov (Russia) hit 130.5 kg on the Rolling Thunder at the 2013 IronMind Record Breakers, holding off a hard-charging Mike Burke for the event win and the absolute world record.
IronMind® | ©Randall J. Strossen

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.

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.

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 kick-off 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.



IronMind 15" Olympic Loading Pin & Carabiner (No. 1314-C)
(See p. 8)



Odd Haugen, 2000 Rolling Thunder World Championships.
IronMind® | ©Randall J. Strossen

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 & DISC COMBO
No. 1467-2 (6 lb.) \$179.95



CoC SILVER BULLET DISC
2.5 kg calibrated.
No. 1467-DSC (6 lb.) \$169.95



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



Jouni Mahonen (Finland) posted the best time of anyone on the No. 3 Captains of Crush (CoC) Silver Bullet Hold: 48.05 seconds at the 2019 APL Armlifting World Championships, St. Petersburg, Russia.
IronMind® | ©Randall J. Strassen

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?



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

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



Carl "the Blackpool Tower" Myerscough was in a class by himself on the Apollon's Axle double overhand deadlift, making an easy 210 kg at the 2017 Anaheim FitExpo Visegrip Viking Challenge.
IronMind® | © Randall J. Strassen

IRONMIND®
www.ironmind.com

Step up to the Crushed-to-Dust!® Challenge

Visit www.ironmind.com for the Rules for Certification.

We challenge you



**Crushed
-to-
Dust!®**



Lift 20 kg/45 lb. on an IronMind Hub



Close a Captains of Crush® No. 2 gripper



Lift 90 kg/200 lb. on an IronMind Rolling Thunder®

CRUSHED-TO-DUST! CHALLENGE KIT

1 each CoC No. 2 gripper, IronMind Hub, Rolling Thunder DL Handle
No. 1252-CTD (6 lb.) \$126.95

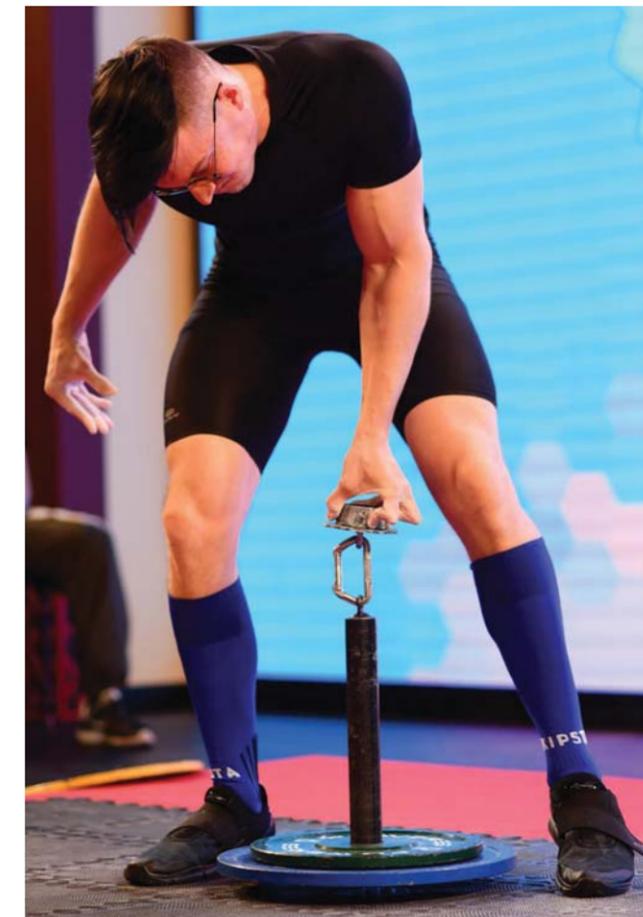
IRONMIND®
www.ironmind.com



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!



Russian Ivan Krivkykh does 32 kg on the IronMind Hub at the 2019 APL Armlifting World Championships, St. Petersburg, Russia.
IronMind® | ©Randall J. Strassen

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.

More Crushed-to-Dust!® tools for grip masters

Grip tools, training materials, competition formats, world records—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.



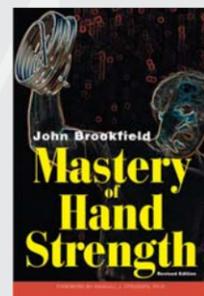
LOADING PINS AND CLIPS/CARABINERS
An easy way to hold a stack of barbell plates that you want to attach to anything from a Rolling Thunder to a De Rigueur Dipping Belt.

Two sizes:
• No. 1313 (2 lb.) 12" Exercise Loading Pin is 1" in diameter, takes standard plates \$36.95
Add No. 1313A (.25) small snap clip, holds loads up to 200 lb. \$2.00

• No. 1314 (5 lb.) 15" Olympic Loading Pin is 2" in diameter, takes Olympic plates \$56.95
Add No. 1314A (.25 lb.) large carabiner, holds loads up to 6,600 lb. (!) \$10.00



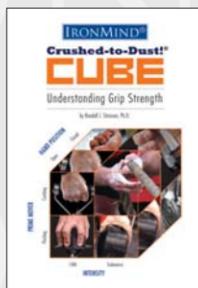
EAGLE LOOPS
Turn your fingers into talons
When your fingers need to be super-strong, Eagle Loops are a training tool of first choice. Do chins, hangs for time, deadlifts, rows, sled pulls, and more. Train any combination of your fingers, except the thumbs. Use with bar or loading pin.
No. 1237 (.5 lb.) \$39.95/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



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.

IronMind®/Grip Central Since 1988

Wrists and forearms for the total package

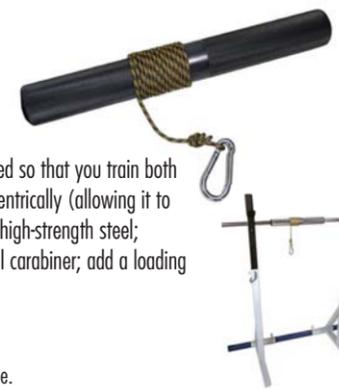
Flexion/Extension

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.

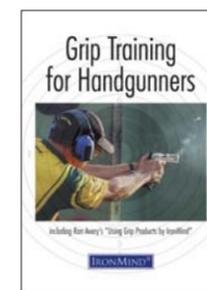


Radial/Ulnar Deviation

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.) \$106.95

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

• HAND/WRIST COMBO

Target hand and wrist, eliminate pain
No. 1428 (3 lb.) 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.) IronMind Green EGG,
Expand-Your-Hand Bands, training booklet \$31.95

• GRIPPER & BANDS KIT

Ins and outs of healthy hands
No. 1428-GB (1 lb.) Zenith Agility gripper,
Expand-Your-Hand Bands, training booklet \$35.95

• HAND ACTION KIT

All-over strength and conditioning
No. 1428-G3 (3 lb.) Zenith Agility gripper, IronMind
Green EGG, Expand-Your-Hand Bands, training booklet
\$52.95

• DESK TOOLS

Digital fitness from elbows to fingertips
No. 1428-5 (4 lb.) Zenith Agility gripper, IronMind
Green EGG, Expand-Your-Hand Bands, Wrist Defender,
training booklet \$72.95



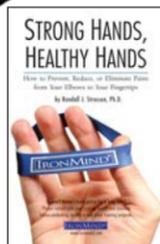
Expand-Your-Hand Bands (p. 10)

IronMind EGG (p. 10)

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



STRONG HANDS, HEALTHY HANDS BOOKLET*

*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.) \$42.95

Hands open as well as close

Crush, swing, grab, chin, fire . . . all those movements use the flexors in your hands.

BUT for muscle balance, avoiding injuries, like tennis, golf or Little League elbow, and to boost your max crushing grip, you've also got to train your extensors, the muscles that open your hand.

Enter . . .

EXPAND-YOUR-HAND BANDS™

Focus on the extensors for muscle balance—a magic wand when it comes to preventing or rehabilitating tennis elbow and other hand, wrist and elbow maladies. Doubles as a superb stress reliever, so carry one or two in your pocket at all times. Set of 10 bands includes two each of 5 different strength bands (color-coded for ease of use).
No. 1376 (.25 lb.) \$13.95/set of 10 (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.)

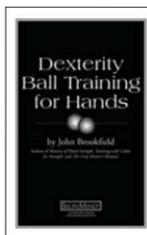
• No. 1425-2 (1 lb.) set of both strengths \$37.90 (each \$18.95)

• No. 1425-C (2 lb.) set of 4 — 2 of each strength \$71.80 (each \$17.95)



OUTER LIMITS LOOPS™ 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.) \$39.95/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. 1263-1 (1 lb.) Level I chrome balls (with chimes) are 1-1/2" in diameter and 4 oz.; set of 3 plus course \$22.95



Clothes you can count on for tough workouts



NEW! ORANGE YOU GLAD TRAINING T-SHIRT™

Building muscle, burning fat, getting stronger: Orange You Glad to have this new cool, dry T-shirt for training, lounging, and looking great? Lightweight and smooth, it wicks away sweat, keeps you fresh, gives UV ray protection, and dries in a jiffy. Hanes Cool DRI™ technology on 100% poly Cool Comfort™ fabric; UPF rating 50+; tag free; short sleeves, orange with blue IronMind logo. Sizes: M (38-40"); L (42-44"); XL (46-48"); 2XL (50-52"); 3XL (54-56").
No. 1233-HTR (.5 lb.) \$22.95



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



Grip Central

IRONMIND®
since 1988

NEW! IRONMIND: GRIP CENTRAL T-SHIRT™

Designed for active use, but also perfectly at home when you're taking it easy, tasteful when you're out and about. Whisper light, soft, wicking and quick drying, it gives UV ray protection and feels great. Hanes Cool DRI™ technology on 100% poly Cool Comfort™ fabric; UPF rating 50+; tag free; short sleeves, white on royal blue. Sizes: M (38-40"); L (42-44"); XL (46-48"); 2XL (50-52"); 3XL (54-56").
No. 1233-LRT2 (.5 lb.) \$22.95

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



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.) \$25.95

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.) \$24.95

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 \$22.95 (.5 lb.)
No. 1462-RD Navy/Red, regular webbing \$22.95 (.5 lb.)
No. 1462-SG Olive/Satin, a little stiffer webbing \$24.95 (.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 \$14.95



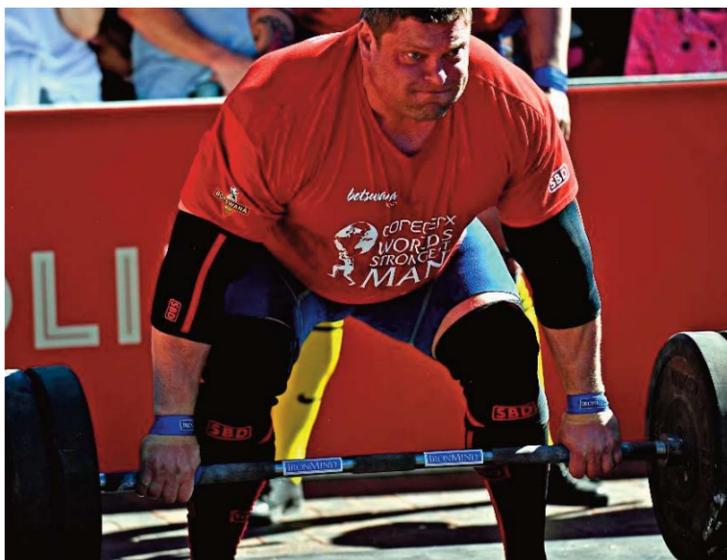
IRONMIND®

www.ironmind.com

IronMind Lifting Straps

For the confidence to lift even more than you can

“Hi, Dr. Strossen, Was watching the Arnold Strongman today and saw Mateusz Kieliszowski’s strap break and immediately thought to myself, ‘He should have used IronMind straps.’ I had to grin when he came out for his final attempt with IronMind straps on. Still setting the standard after all these years.” —Kurtis (via iPhone)



Big Z on the job at World’s Strongest Man: notice the IronMind Strong-Enough lifting straps, essential equipment for the greatest strongman of all time . . . because they are the best and have probably been used by more top strongman competitors in the last 20 years than all other brands combined.
IronMind® | © Randall J. Strossen



SHORT & SWEET™

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

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

SEW-EASY™

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

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

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.)
\$15.95/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.

Outdoor training at its best — 9X WSM IronMind Sandbags



TOUGH-AS-NAILS™ SANDBAGS

9X World’s Strongest Man veteran and proven in competitions, garages, and gyms worldwide, IronMind’s Tough-As-Nails Sandbags are a strength-world staple. Use these classic, proven sandbags for strength, conditioning, and grip work—indoors and out.

Fill with sand (straw or rags work well if you want something lighter) and have at it: lift, load, carry and get stronger and fitter . . . build muscle, burn fat.

Cordura® sandbags:

- Large — 24" x 36" (holds 300 lb. of sand) No. 1390-A (3 lb.) \$57.95
- Small — 18" x 30" (holds 100 lb. of sand) No. 1390-E (1 lb.) \$45.95

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.) \$67.95
- Small sandbag, 2 small liners, training course No. 1390-S (2 lb.) \$56.95



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

Official harness of the World’s Strongest Man contest

Keep on truckin’



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.



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

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

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

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

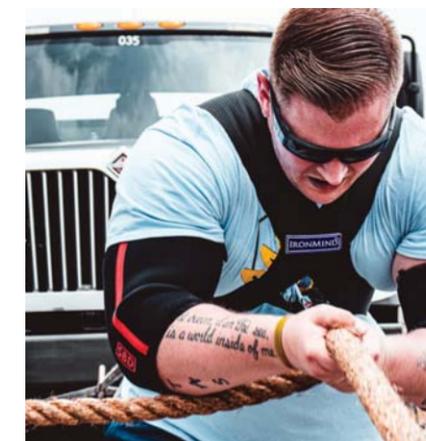
PULL-EASE HARNESS

This good-looking, pared-down harness also features IronMind’s signature Wicked-Strong™ construction and comes in a one-size (fits most), super easy-to-use configuration.
No. 1482 (2 lb.) \$109.95



10-FOOT STRONG TOW STRAP

Super-strong, it’s just what you need for towing a sled, a log, or a fire. 10’ webbing with loops on each end; 5,000-lb. capacity.
No. 1461 (.5 lb.) \$31.95



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



No More Mr. Pencil Neck

A HEADSTRAP FIT FOR HERCULES™

You might not be a mesomorph or aspire to look like a hulking pile of muscle, but nobody wants to be a pencil neck—it looks bad, makes you the butt of jokes, and truth be told, it's not good for your health.

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

No. 1232 (2 lb.) \$119.95



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



RED-I-BELT

This belt has a multitude of uses, from rigging up systems for chins, flies, and pull-ups, to stretching and doing weighted leg raises. 47-1/2" long with 3,200 lb. test buckle.

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



RED-I-BELT AND HANDY HANDLE

Add a rigid polycarb handle for more applications.

No. 1232-BH
(1 lb.) \$29.95



HANDY HANDLES

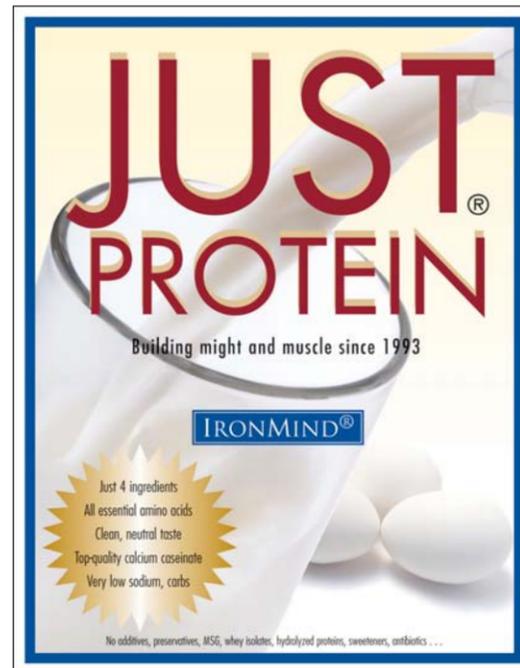
Pair of polycarb handles, 5" long, 1-1/4" ID, 1" OD.

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

IRONMIND®

www.ironmind.com

Build muscle, burn fat, get stronger



JUST PROTEIN®

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

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

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

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

No. 1261

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

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

IRONMIND®

www.ironmind.com

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

Tough-As-Nails™ Bags

DNA as Good as it Gets

If you speak Cordura® and YKK® and know more than a little about industrial-strength sewing, you'll appreciate the details.



"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.) \$107.95

"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.) \$49.95

"Strong, light, fast."



"The go-to for grip kings."



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.) \$49.95



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

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.) \$42.95

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

The cornerstone of strength . . .
 proven, easy to move around,
 easily shoulders 500 kg,
 and has +25 year legacy

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 25 years

Perfect for:

- squats
- presses and jerks from the racks
- lunges
- benches
- inclines
- good mornings

Height adjusts from 37-1/2" to 64"; width adjusts from 16-1/2" to 49". Weighs 65 lb.; padded saddles.

No. 1217 VR III Squat Racks (base unit and squat uprights) \$589.90 + \$124.00 S&H*

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

IRONMIND®
 www.ironmind.com

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



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*

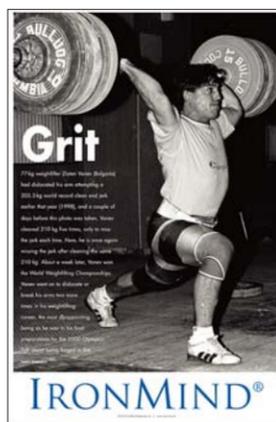


VULCAN RACKS III WRIST ROLLER AXLE

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



PERFORMANCE BOOSTER

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



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

Need world-record ready equipment? Think IronMind!

Rolling Thunder® – not just for armlifting!

Upper-body enthusiasts, read on

The Rolling Thunder deadlift is a marquee event in the grip strength world, but what about combining its grip challenges with a universal test of upper body strength? Meet Rolling Thunder pull-ups: one-arm or two-arm, reps or max weight.

How do you fare? The current Rolling Thunder pull-up world records are as follows:

Max weight:	
Men's Two-Arm World Record – Max Weight	165.05 kg
Pull-ups for Reps:	
Men's One-Arm World Record – Reps	1 rep
Men's Two-Arm World Record – Reps	27 reps
Women's Two-Arm World Record – Reps	9 reps

See the IronMind website for Rolling Thunder Pull-ups Rules and Records.



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

Pair up with



Rolling Thunder (p. 5)



15" Olympic Loading Pin (p. 8)



De Rigueur Dipping Belt (p. 18)



The Vulcan Racks Chinning Bar (p. 16)



We have your back

Squat with zero load on your lower back or spine

SUPER SQUATS® HIP BELT

Since 1990, the SUPER SQUATS Hip Belt® has been **sparing backs and blasting quads** worldwide. It's a favored training tool for athletes looking for an **increased vertical jump**—and a go-to way to squat if you **don't have racks or spotters**, or if you've blown out your biceps and can't hang on to a bar.

Squat safely—the weight is always under you—and it's highly efficient: a little weight goes a long way in this movement, focusing the effort on your quads.

Wicked-Strong™ construction; holds 3,500 lb. with ease. Perfect also 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.) \$149.95 (S, M), \$159.95 (L, XL), \$169.95 (2XL)



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



Hip belt squats spare your back while you fry your legs *a la* 1998 World's Strongest Man winner Magnus Samuelsson, whose credits include winning the Swedish version of *Dancing with the Stars* and multiple acting roles, not to mention being certified on the Captains of Crush No. 4 gripper and a former world record holder on the Rolling Thunder. Photo courtesy of Magnus Samuelsson.



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

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



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



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

IRONMIND®
www.ironmind.com

DE RIGUEUR DIPPING BELT

1,000-lb. loads are no sweat; works well for weighted chins and for basic pulling and dragging. Attach weight directly to belt or use a loading pin and carabiner for quick, easy weight changes.

No. 1310 (2 lb.) \$85.95



"Excellent dipping belt.

I bought this dipping belt around 16–17 years ago and have used it extensively. Nary a sign of wear on it. The belt itself is top-notch in every way.

I really think it will last me forever."

—review in IronMind e-store

Beauty and the beast in one package



ALIGHT TRAINING CENTER™

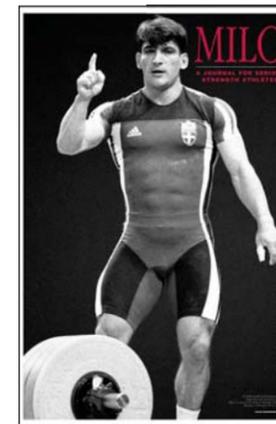
- seriously strong: handles 500-lb. squats with ease
- gorgeous, all-aluminum construction, with no welds, nuts or bolts
- ultra-portable: weighs about 32 lb. (15 kg)
- precision-crafted and stunning, with instant change-outs

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

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

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

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PERFORMANCE BOOSTER

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



Weighs 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.



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

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



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 \$369.95 + \$125.00 S&H*

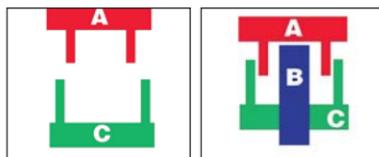
*48 states; all others please request S&H quote



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

Floor plans for squats and bench presses:

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



Squats

Bench presses

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.*

IronMind's Buffalo Bar® checks all the boxes



Squat more

Squat with increased comfort and security as our signature camber keeps the bar in place, naturally, and watch your PR squat climb



Bench more

Reduce the chance of shoulder strain and rotator cuff injury getting under the bar, which is why Bill Kazmaier told Randall Strossen, "I'd have benched more if I'd had that bar"



Deadlift more

Boost your deadlift with good mornings. Unlike a straight bar, the Buffalo Bar won't roll up and down your neck, so here's the open sesame to bigger deadlifts

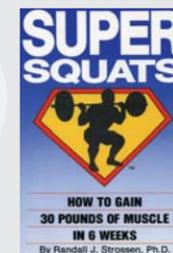
IronMind is the strength world's go-to source for cambered squat bars: we have been designing, building and selling cambered squat bars since 1990.

BUFFALO BAR®

IronMind's Buffalo Bar takes your mind off the bar so you can focus on the lift. Extra-long at 92" 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 1,200-lb. squats like warm-up weights and has been used for partials in the range of one ton.

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*



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



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



www.ironmind.com



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

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



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STRONGER BODIES™

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Nevada City, California 95959
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48103
Permit No. 87

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IronMind Gift Cards

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

No. 1202-EGC

T-shirts for PR's



Orange You Glad
(p. 11)



CoC Global Reach
(p. 2)



IronMind®:
Grip Central
(p. 11)

Get strong – get certified!



Captains of Crush Grippers
(p. 2)



Crushed-to-Dust!®



Crushed-to-Dust!® Challenge
(p. 7)



IronMind Red Nail
IronMind Gold Nail
(p. 9)

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