You’re only as strong as your hands—build your grip and up your game

Inside: Armlifting, what is it?
CAPTAINS OF CRUSH® GRIPPERS
The fastest route to the strongest grip

11 strengths for a perfect fit

No. 1401 Guide c. 60 lb. (season, rehab)
No. 1402 Sport c. 60 lb. (warm-up, conditioning)
No. 1250 Trainer c. 100 lb. (strong grip 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. 195 lb. (life-saving levels of grip strength)
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. 1254 No. 4 c. 365 lb. (be like Magnus Samuelsson!)
No. 1254-3 (3 lb.) $56.85 ($18.95 each)
No. 1254-4 (4 lb.) $87.80 ($21.95 each)
No. 1401-4 (4 lb.) $289.95 + 70.00 S&H*

CoC Key Lime Pie T-shirt
Multi on white 100% preshrunk cotton
Heather Tees-Size: L (42’’-44’’), XL (44’’-48’’), 2XL (50’’-52’’), 3XL (54’’-56’’), 2X33 (58’’-60’’)
No. 1354 ($3 lb.) $19.95

Keep your IronMind grippers close at hand, ready to use

CDC COIL CADDY®
No. 1483-2 (2 lb.) holds 12+ grippers on top, 12x-WD below, 5” x 5”
$26.95

CDC K-CADDY®
Brushed aluminum in two sizes:
No. 1433-C-1.5 (1.5 lb.) for 5 CoC grippers, $5” x 4” $16.95
No. 1433-C-10 (1 lb.) for 10 CoC grippers, 10” x 4” $21.95

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

Cocky New Look Compact T-shirt
Multi on white 100% preshrunk cotton
Hanes Beefy-Teed short sleeves.
Sizes: L (42’’-44’’), XL (44’’-48’’), 2XL (50’’-52’’), 3XL (54’’-56’’), 2X33 (58’’-60’’)
No. 1354 ($3 lb.) $19.95

Questions? sales@ironmind.com  •  530-272-1579  •  Order now! www.ironmind.com
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 . . .

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.

In 2012, IronMind developed the Captains of Crush® (CoC) Silver Bullet Hold as both a training tool and as an event for grip strength contests: visually appealing, intuitively obvious, an athlete and fan favorite, the CoC Silver Bullet Hold has become a staple in grip contests from California to Russia, and it’s a core event in major armlifting contests worldwide.

Whether you think your hand is too big, too small or just right for a gripper, and whether you can’t quite close a Captains of Crush Guide or can click a Captains of Crush No. 4, the CoC Silver Bullet is perfect—as a jump in and join the fun.

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Clay Edgin (USA) ended up in a three-way tie for the top lift on the IronMind Hub at the 2019 APL Armlifting World Championships but got bumped to bronze on bodyweight.

IronMind® | ©Randall J. Strossen photo

Lift 20 kg/45 lb. on an IronMind Hub
Lift 90 kg/200 lb. on an IronMind Rolling Thunder®

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 (2 lb.) $57.95

**GRIP TRAINING FOR HANDGUMMERS,** including Ron Avery’s “Using Grip Products by IronMind” $5.00

**TWIST YO’ WRIST™**

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 (2 lb.) $57.95

**No. 1369 (2 lb.) $42.95**

Using “about 1 lb. of tension,” you can twist your wrist and forearm in any direction, all the way from radial deviation—picture opening a jar of peanut butter side-to-side—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 circumference, making it strong and very solid unit.

**EXPAND-YOUR-HAND BANDS™**

Dynamic range of motion and overall hand health

**Static (isometric) work for serious extensor training**

No. 1425-C (2 lb.) $19.95 (.5 lb.)

No. 1425-2 (1 lb.)

No. 1425-G Green EGG

– softer, with a greater dynamic range when squeezed; perfect for rehab

– 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 59.95 ($3)

– No. 1425-2 (2 lb.) set of both strengths $137.90 (each $68.95)

– No. 1425-E (2 lb.) set of 4 – 2 of each strength $271.80 (each $67.95)

– No. 1425-B (2 lb.) $19.95 (1 lb.)

– No. 1425-G Green EGG

– No. 1425-B Blue EGG

– No. 1425-E (2 lb.)

– No. 1425-C (3 lb.)

**STREET HANDS, STREET BANDS®**

– IRONMIND® EGG EASY, GRIP, GASP – no problem

– 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

– No. 1425-E (2 lb.) set of both strengths $137.90 (each $68.95)

– No. 1425-C (3 lb.)

– No. 1425-C (2 lb.)

– No. 1425-G Green EGG

– No. 1425-B Blue EGG

– No. 1425-E (2 lb.)

– No. 1425-C (3 lb.)

**OUTER LIMITS LOOPS™**

Static (isometric) work for serious extension training

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

No. 1367 (2 lb.) $36.95/pair

**iris, stamina and recovery, stress-relied, lifting up, or max efforts, superspin 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

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- No. 1425-E (2 lb.) set of 4 – 2 of each strength $271.80 (each $67.95)

**Heavenly Hands, Healthy Hands® BOOSTER®**

No. 1420-C

“Trees with vines”—just add it to your basket—or downloaded on the threadless website

**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 yells from the racks

- benches

- good mornings

Height adjust from 37-1/2” to 66”, width adjusts from 16-1/2” to 49”. Weight 65 lb., padded saddles.

No. 1217 VR III Squat Racks (base unit and squat uprights) $597.90 + $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 adjust 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*

**NEED WORLD-RECORD READY EQUIPMENT? THINK IRONMIND!**

**THE VULCAN RACKS CHINNING BAR, DE RIGUEUR DIPPING BELT (p. 10), ROLLING THUNDER (p. 4) AND 15” LOADING PIN (p. 7)** working together on a world-record pull-up.

**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.

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

- **Medium** 31”–35” waist

- **Large** 36”–41” waist

- **XL** 42”–50” waist

- **XXL** 51”–58” waist

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

**IronMind® EGG Easy, Grip, Go!**

IronMind® | ©Randall J. Strossen

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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 1-1/2” 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)
S629.90 + S124.00 S&H*
No. 1311 Double-Dip Bar Uprights*** (uprights only) S617.95 + S62.00 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 Rack, or VR II, II+, or III Base
** Visit the IronMind website for details on the many combinations and components of the Vulcan Racks III System.

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

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

Dipping bar
Chinning bar
attachment
attachment

ALIGHT TRAINING CENTER™

- seriously strong: handles 500-lb. squats with ease
- all-aluminum construction, with no weld, nuts or bolts
- ultra-portable: weighs about 32 lb.
- precision-machined and trimming, with instant change-outs

3 Racks, 1 Base: includes Alight base and squat, dip and chin attachments.
No. 1480 S769.95 + S126.00 S&H*
* 48 states, all others please request S&H quote

Weights less than a set of golf clubs.

Training at home? 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 (weights 50 lb. or more). Just enter POSTER in the keycode box at View Basket in the IronMind e-store.

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 S659.95 + S87.00 S&H*
* 48 states, all others please request S&H quote

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

BUFFALO BAR™

Strong and stiff—and extra-long for wide body comfort—it handles half-ton squats like warm-up weights. With its bend (camber), it’s perfect for squats, good mornings, lunges, and Hise shrugs.

No. 1270 S679.95 + S87.00 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

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

BLUE TWOS™
- 23-1/4” long, loop at one end
- 1-3/4” wide
- extra length/width; for big wrists, thick bars
No. 1448 (.5 lb.) $18.95/pair

BLACK AND FOURTH™
- 25-1/4” long, loop at one end
- even more length/width; for larger wrists, thicker bars
No. 1445 (.5 lb.) $21.95/pair

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

Questions? sales@ironmind.com • 530-272-3579 • Order now! www.ironmind.com
Build muscle, burn fat

JUST PROTEIN®

BUILD MUSCLE, BURN FAT

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- 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 fillers, preservatives, thickeners, or artificial sweeteners.

*Calcium caseinate, whey protein, egg protein, and milk protein.
Questions? E-mail: sales@ironmind.com  Order now at www.ironmind.com

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

Do power pull-ups
Vulcan Racks Chinning Bar  (p. 9)
De Rigueur Dipping Belt  (p. 10)
Rolling Thunder  (p. 4)
Olympic Loading Pin  (p. 7)

"... let us throw off everything that hinders and the sin that so easily entangles and let us run with perseverance the race marked out for us."  —Hebrews 12:1

IronMind Enterprises, Inc.
P.O. Box 1228
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U.S.A.

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