

Lock, Load, Lift

If you're not using IronMind Lifting Straps, you're probably not lifting as much as you could be.

IronMind's competition-quality lifting straps are super-strong, super-dependable: they won't let you down.

Our Strong-Enough Straps have proved themselves "Most Popular" at the World's Strongest Man contest, where they were named the official lifting strap in 2008.

IronMind's Lifting Straps are available in 5 styles, so that you can match the right lifting straps to your lifting requirements.

Select the IronMind lifting straps that are right for you:			
Short & Sweet	18", no loop	1-1/2" wide	classic style for Olympic weightlifters; short for bail-outs
Sew-Easy	18", closed loop	1-1/2" wide	weightlifters of all types; easy to use
Strong-Enough	21-1/4", loop at one end	1-1/2" wide	top pro strongman choice; best general purpose
Blue Twos	23-1/4", loop at one end	1-3/4" wide	extra length/width; for bigger wrists, thicker bars
Black and Fourth	25-1/4", loop at one end	2" wide	even more length/width; for large wrists, +2" thick bars

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



Short & Sweet™ Lifting Straps

IronMind's original lifting strap, classic style used by Olympic-style weightlifters. With no sewn loop and designed for quick bail-outs, this is the style preferred by top lifters like Mario Martinez, the last American to win an Olympic medal in men's weightlifting.

Blue, flat webbing (no sewn loop); 18" long x 1-1/2" wide.



Sew-Easy™ Lifting Straps

Probably the easiest of all lifting straps to use, these straps are used by hardcore weightlifters and recreational lifters alike. Even if you're all thumbs when it comes to lifting straps, you'll find Sew-Easy straps a breeze—which means bigger lifts and more strength are within your grasp.

Blue, ends sewn together to form a loop; 18" loop x 1-1/2" wide.



Strong-Enough™ Lifting Straps

Named the official lifting straps of the World's Strongest Man contest in 2008, it's the dominant strap on the professional strongman circuit—versatile enough for nearly everyone and nearly every application.

Blue, sewn loop at one end; 21-1/4" long x 1-1/2" wide.



Bill Crawford, using Strong-Enough Straps, hoists 1,015 lb. on the Jon Pall Wheels fabricated by Robert Troupe. Roger Elkins photo.



Blue Twos™ Lifting Straps

If you prefer a little extra length and width in your lifting straps, and want the benefits of a custom nylon designed for added levels of strength and durability with even less stretch, Blue Twos could be just for you.

Blue, sewn loop at one end; 23-1/4" long x 1-3/4" wide.



Black and Fourth™ Lifting Straps

Add another notch of width and length to the Blue Twos, use the same custom nylon, and you have this bad boy of a lifting strap. Not for everyone, but if you have big wrists, lift really big weights, and want plenty of length for thick bars too, here's your lifting strap.

Black, sewn loop at one end; 25-1/4" long x 2" wide.

Want information on the what, why, when, and wherefores of using lifting straps? See Jim Schmitz's "Schmitz on the Lifts" article "Straps—What, How, Why, and When to Use Them" at <http://www.ironmind.com/ironmind/opencms/Lifts/Straps.html>.

IronMind's line-up of competition-quality lifting straps is available in our e-store: get a 15% discount on packages of six or twelve: perfect for clubs and teams, coaches, contests, and gyms.

Chosen by the World's Strongest Men



Brian Shaw on the Car Deadlift at the 2009 World's Strongest Man contest. Randall J. Strossen photo.



Two top strongmen, two different lifting straps, one victory: Terry Hollands (left), with his trusty Strong-Enough Lifting Straps and Zydrunas Savickas (right) with Black and Fourths, finish Strongman Champions League—Ireland in a dead heat. Both won the contest! Photo courtesy of Marcel Mostert.



Derek Poundstone (three-peating at the Super Series Mohegan Sun) was in the beta test when IronMind developed Blue Twos and Black and Fourth Lifting Straps. Derek gave us valuable feedback as he latched onto the Black and Fourths . . . that's his original pair of prototype Black & Fourths in the photo. Randall J. Strossen photo.



Louis-Philippe Jean displayed his usual understatement when he told us what he thought of Blue Twos: "The straps work reaaaaly well, better than the smaller one. Once you getting the blue pair on the hand, mama mia!! bar feel empty." Randall J. Strossen photo.



STRONGMAN



GRIP TRAINING



WEIGHTLIFTING & WEIGHT TRAINING

All-About-It Resource Pages

Our helpful resource pages tell you what books, videos and MILO articles we have published in [grip training](#), [strongman](#), and [Olympic-style weightlifting and weight training](#). Have a look and find the right information to take you to your next set of PRs.