



STRONGER MINDS, STRONGER BODIES™

► ON-LINE STORE ► IRONMIND FORUM ► PRODUCT INFO & FAQ ► CERTIFICATION ► TRAINING TIPS ► ALL-ABOUT-IT RESOURCE PAGES ► CHANGE OF ADDRESS

Stronger Minds: Books, Posters, Videos

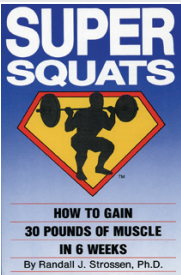
Stronger Minds, Stronger Bodies

We live in a 140-character world, but that doesn't mean you can't go beyond text messages when it comes to getting your training knowledge.

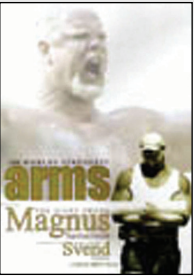
Read a little and what you learn will turn your :(into a :)).

It can be history, it can be biographical or it can be training—these different elements work together to give you the information and inspiration to that will help you make progress—read them all, getting beyond urban myth, pubescent puffery and dumbed-down explanations.


If you're content to be just another member of some herd, then keep your blinders on and simply follow the tail in front of you. But if that's not your idea of how to get ahead, take a look around, grab a good book or two: read . . . get smart and stoked, ready to score some big PRs.



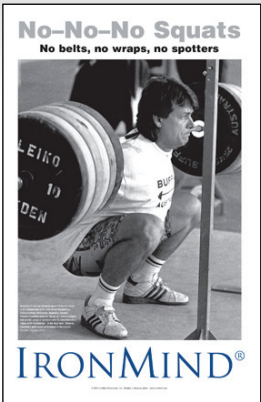
[Books, Book and Video Sets](#)



[Strongman Videos](#)



[Wish You Were There™ Competition and Training Hall Videos](#)



[MILO Posters](#)



Live Action!

IronMind's training hall videos feature the best weightlifters in the world going through their final paces in the training halls at European or World Weightlifting Championships: action-packed, they capture some eye-popping, jaw-dropping lifts and are guaranteed to inspire you to train like a madman.

Check out the action in these 60-second clips from some of our many unforgettable DVDs:

Training Hall Videos

• [1993 Worlds – No. 1297](#): the original IronMind video that introduced the whole concept of training hall tapes, with 91-kg Ivan Chakarov doing a “no-no-no” squat with 270 kg for a triple; also Dimas, Suleymanoglu, Weller, Kakiachvili, Tournefier, Nerlinger.

• [1998 Bulgarian Team – No. 1352](#): A rare glimpse in their world one week prior to leaving for the 1998 Worlds. Vanev cleans 210 kg for five singles; Ivanov cleans and jerks 175 kg; Boevski does a nonchalant 250-kg squat; and Vanev ends a workout with a 245-kg front squat.

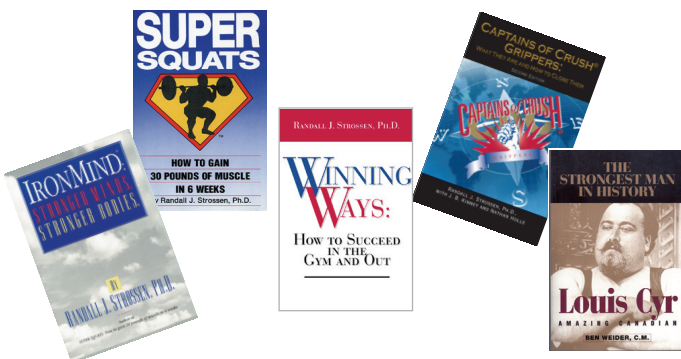
Competition Videos

• [1995 Worlds – No. 1324](#): Performance here determined the number of 1996 Olympic weightlifting berths awarded to each country, so everyone came out of the woodwork to score team points.

• [1999 Worlds – No. 1364](#): What a Worlds: 77-kg Zlatan Vanev cleans 212.5 kg, twice; Huster gets off to a bad start, Dimas appears to have locked up the 85s, but wait, there's one attempt left and Nassirinia calls for the winning 215 kg.

The IronMind Library—Your Guidebooks to Personal Transformation

- 18 book titles bearing the IronMind imprint
- over 68 issues of *MILO: A Journal for Serious Strength Athletes*, including approximately 1,500 articles



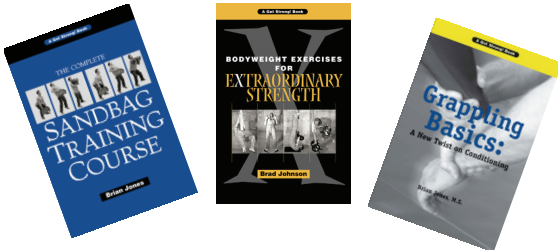
Randall J. Strossen, Ph.D. Collection

1. *SUPER SQUATS: How to Gain 30 Pounds of Muscle in 6 Weeks*
2. *IronMind: Stronger Minds, Stronger Bodies*
3. *Winning Ways: How to Succeed In the Gym and Out*
4. *Captains of Crush Grippers: What They Are and How to Close Them, Second Edition*, with J. B. Kinney and Nathan Holle
5. *Paul Anderson: The Mightiest Minister*



John Brookfield Collection

6. *Mastery of Hand Strength, Revised Edition*
7. *The Grip Master's Manual*
8. *Training with Cables for Strength*



Get Strong! Books

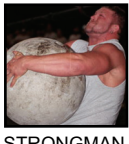
9. *The Complete Sandbag Training Course* by Brian Jones
10. *Bodyweight Exercises for Extraordinary Strength* by Brad Johnson
11. *Grappling Basics: A New Twist On Conditioning* by Brian Jones, M.S.



Other IronMind Titles

12. *The Conditioning Handbook: Getting in Top Shape* by Brian Jones, M.S.
13. *The Complete Keys to Progress* by John McCallum
14. *Powerlifting Basics, Texas-style* by Paul Kelso
15. *Of Stones and Strength* by Steve Jeck and Peter Martin
16. *Rock Iron Steel: The Book of Strength* by Steve Justa
17. *Sons of Samson, Vol. 2* by David Webster, O.B.E.
18. *Louis Cyr: Amazing Canadian* by Ben Weider, C.M.

In addition to our 18 titles, IronMind offers a wide array of books, DVDs, tapes and posters that will interest any strength athlete, and they're all [available in our on-line store](#).



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.



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