



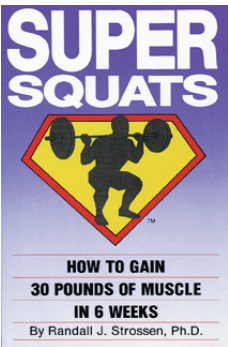
STRONGER MINDS, STRONGER BODIES™

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

Tools of the Trade for Serious Strength Athletes and Home of Captains of Crush® Grippers, Just Protein®, MILO®, SUPER SQUATS, Rolling Thunder®, Crushed-to-Dust!® Grip Tools . . . and more!

SUPER Squats: How to Gain 30 Pounds of Muscle in 6 Weeks

The get big and strong program based on 20-rep squats



SUPER SQUATS: the book that's the legend because of the results it produces

[SUPER SQUATS: How to Gain 30 Pounds of Muscle in 6 Weeks by Randall J. Strossen, Ph.D.](#)

Here's the book on personal transformation, and the book that weenies love to hate. The SUPER SQUATS program for getting big and strong is so effective, it can stand up to anything going—and it is so tough that only the highly-motivated can handle it.

What you get out of the SUPER SQUATS program is something that no other workout in the world can match. Riding decades of success, it has turned human toothpicks into stalwarts, and stalwarts into legends. Consider the program to be a mirror, because after a few minutes under a squat bar, you will find out what you're made of. If you want to get bigger and stronger and have no use for drugs, fancy equipment or the latest food supplement fad, SUPER SQUATS is your book.

[You'll find more information about SUPER SQUATS: How to Gain 30 Pounds of Muscle in 6 Weeks by Randall J. Strossen in our e-store.](#) (link to SS page in e-store)

An excerpt from SUPER SQUATS: How to Gain 30 Pounds of Muscle in 6 Weeks:

The nucleus of this venerable program is one set of squats—twenty reps in the set, to be sure, but just one set. . . . Make no mistake about it, however; this one set of 20-rep squats is not your ordinary cup of iron tea. . . .

“About the only drawback to following this routine is that you will out-grow your clothes.”

In addition to the 20-rep squats, trainees are advised to eat a lot of wholesome food, drink at least two quarts of milk a day, and get plenty of rest in between the twice- or thrice-weekly workouts. That's it: one set of 20-rep squats, a couple of other basic exercises, plenty of good food, milk, and rest. But, oh, those squats!

“First, load the bar to what you normally use for 10 reps. Now, do 20 reps—no kidding.”

The specific approach to the 20-rep squats is nearly as simple as the overall program. First, load the bar to what you normally use for 10 reps. Now, do 20 reps—no kidding. Second, every single workout, add at least 5 pounds to the bar. These two elements are what separate the men from the boys and produce results, by simultaneously embracing the two cardinal principles of weight training: overload and progressive resistance.



STRONGMAN



GRIP TRAINING

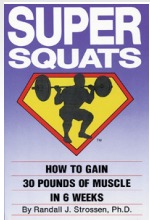


WEIGHTLIFTING & WEIGHT TRAINING

All-About-It Resource Pages

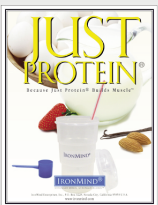
Our helpful resource pages tell you what books, videos and MILO articles we have published in [grip training](#), [strongman](#), and [Olympic-style weightlifting and weight training](#). Have a look and find the right information to take you to your next set of PRs.

Want to get started on the SUPER SQUATS program? IronMind has the tools to help you succeed.



[SUPER SQUATS: How to Gain 30 Pounds of Muscle in 6 Weeks by Randall J. Strossen, Ph.D.](#)

Get big and strong with the classic and proven 20-rep squats program.



[Just Protein®](#)

Because Just Protein builds muscle

Our five-pound bag of Just Protein has as much protein as 45 quarts of whole milk or 44 cans of tuna or 13 pounds of beef or 15 dozen eggs. The very same protein is the cornerstone of the SUPER SQUATS program that can turn a tub of lard into a lean machine or a scarecrow into a superman.



[Vulcan Racks™ II+ Squat Racks](#)

For squatting and a lot more

These racks are the cornerstone of many serious strength athletes' gyms worldwide. They can be found in backyards, living rooms, barns, basements, and garages, as well as in CrossFit gyms and the U.S. Olympic Training Center in Colorado Springs. Besides squatting, lunges and good mornings, Vulcan Racks are perfect for benches, inclines and jerks from the rack.



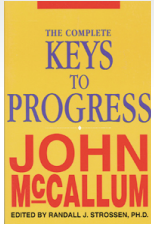
[Buffalo Bar™](#)

IronMind's Buffalo Bar™ sets the world standard for cambered squats bars. It makes squats more comfortable, and the bar stays in place a lot easier, so you can concentrate on the movement that creates muscle magic.



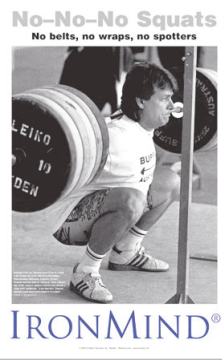
[SUPER SQUATS Hip Belt](#)

Originally developed to take one's back out of squatting, the SUPER SQUATS Hip Belt has been used to boost sheer leg strength, not to mention one's vertical jump: this is the system that allows you to squat with zero load on the spine or the lower back.



[The Complete Keys to Progress by John McCallum](#)

Squats figure predominately in John McCallum's timeless articles on how to train from head to toe. You can start on page one or jump straight to the chapters "Squat!," "Hip Belt Squats," "The Hip Belt Squat Routine," and "Bulking Up," to get going on squats right away.



[No-No-No-Squats Poster](#)

Squat with a world champion!

IronMind's iconic photo of Ivan Chakarov (Bulgaria) taken in the training hall at the 1993 World Weightlifting Championships (Melbourne, Australia) put squats in a whole new view. Watching the 91-kg Chakarov squat 270 kg for a rock-bottom triple, Randall Strossen dubbed them "no-no-no" since Chakarov had no belt, no wraps, no spotters—and it's since become a lifting world catchphrase.

Want to see Chakarov squatting in action? Our [Training Hall Tape from the 1993 Worlds](#) captured Chakarov's rock-bottom triple, along with a host of the world's best weightlifters going through their paces before the competition. It's an awesome way to supercharge your workout!

[Visit IronMind's e-store for these and other IronMind products for getting big and strong](#)



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