

IRONMIND®

STRONGER MINDS,
STRONGER BODIES™

IronMind Enterprises, Inc.
P.O. Box 1228
Nevada City, California 95959
U.S.A.

ADDRESS SERVICE REQUESTED



IronMind Gift Cards

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

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IRONMIND®

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

MILO® Strength

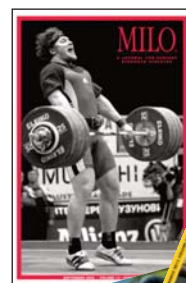
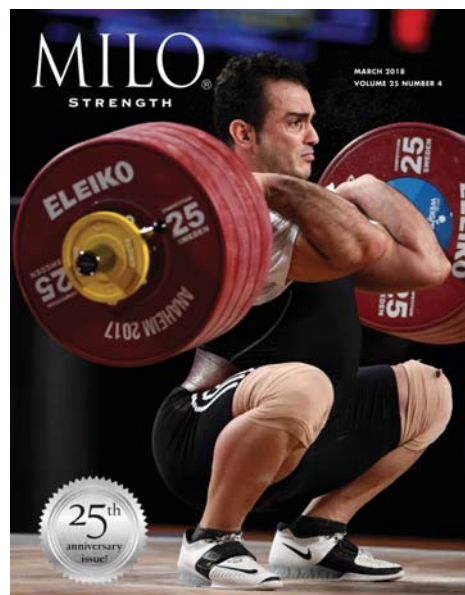
A quarter-century at the apex of the strength world

Over 90 issues available,
from 1993 to 2018*.

Single issues (.5 lb.) \$7.95 each

# issues	15–25% discount
3 – 11	15%
12 – 23	20%
24 – 49	25%
50+	50%

*See the IronMind e-store for available issues.



Questions? E-mail: sales@ironmind.com | Order now at www.ironmind.com

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

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2024

© Randall J. Strossen

Global Reach, Unearthly Quality



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 Carl Myerscough!)

Each \$25.95 (1 lb.)

The gold standard of grippers

CAPTAINS OF CRUSH® GRIPPERS

- single best grip training tool
- gorgeous, durable, and precise
- proprietary GR8™ springs
- aircraft-grade aluminum handles

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



CAPTAINS OF CRUSH GRIPPERS: WHAT THEY ARE AND HOW TO CLOSE THEM by Randall J. Strossen, Ph.D.
Grip strength training know-how — cut through the clutter.
192 pp.
No. 1354 (.5 lb.) \$19.95



See the IronMind video on Captains of Crush grippers.

Need more information?
With your Captains of Crush order, you'll receive these booklets:



CAPTAINS OF CRUSH GRIPPERS INSTRUCTION BOOKLET*



4 GRIPPERS, 1 GOAL: STRONG AND HEALTHY HANDS*

*Free with order or download at ironmind.com.



COC NON PAREIL T-SHIRT

It's an icon, a *sine qua non*, a *non pareil*, but you can just call it Captains of Crush (CoC, for short). 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-COCNP (.5 lb.) \$24.95

Captains of Crush grippers: training brief

You can start with one CoC gripper, especially if you're on a budget. Be sure to warm up with a lighter gripper or by squeezing a rubber ball or an IronMind EGG (p. 5).

However, if grip strength is your goal, you'll want to have **three different grippers** to work with:

Warm-up gripper: do 1 or 2 fairly easy sets of 10 to 12 reps; these prepare you physically and mentally

Working gripper: using a gripper that you can do 5 to 10 reps with, this is where you make progress; depending on your own level, do 1 to 3 sets of 5 to 7 reps to all-out failure

Challenge gripper: this is the gripper you are trying to close next; after 6 weeks or so of consistent, progressive training with the working gripper, start doing partial reps, negatives, or holds for time with this gripper, and use a CoC Key (this page) to measure your progress, if you like



We also recommend that you regularly train your extensors, the muscles that open your hand, to offset all the squeezing you are doing on the grippers. **This is the combo we recommend:**

CAPTAINS OF CRUSH GRIPPER & EXPAND-YOUR-HAND BANDS

A dynamic duo: build hand strength and balance in two moves.

1250-EB CoC Trainer and Expand-Your-Hand Bands (1 lb.) \$33.95

Sets available online for all strengths CoC grippers, also IMTUG, Zenith, and Left-Turn grippers.

COC KEY: MILES TO MILS
Measure your progress — precisely.
No. 1440 \$12.95

IronMind grippers at the ready

COC V-CADDY*
Brushed aluminum in two sizes:
• No. 1433-C-5 (.5 lb.) for 5 CoC grippers, 5" x 4" \$22.95

• No. 1433-C-10 (1 lb.) for 10 CoC grippers, 10" x 4" \$29.95

COC COIL CADDY*
Holds 12+ grippers on top, 12+ IMTUGs below, 5" x 5"
• No. 1483 (2 lb.) \$36.95

COMBO CADDY*
No. 1472 (1 lb.) for 8 grippers, 10" x 4" \$27.95

*grippers not included

Save with IronMind gripper caddy sets and packages — more online!

Captains of Crush No. 4 gripper — officially closed after 20 years!

It's been a wait of almost 20 years since the Captains of Crush No. 4 gripper has been officially closed; and Carl Myerscough made grip strength history when he certified on this legendary test of hand strength with no ifs, ands or buts — all it took was an extraordinary measure of crushing grip strength.*

Along the way, Carl had a couple of near misses on the CoC No. 4, as in what might be called two-red-lighters, and although disappointed, Carl took them in stride, continuing to train steadily and purposefully, and [as of August 14, 2023] everyone in the grip strength world can celebrate Carl's unparalleled success.



Introduced by IronMind in 1994, the Captains of Crush No. 4 gripper has been the subject of lore, envy and magnetic appeal, and transcending the strength world, it has even appeared on the front page of *The Wall Street Journal*. It was last closed officially in 2004 by no less than World's Strongest Man winner Magnus Samuelsson, but the drought has ended as Carl "The Blackpool Tower" Myerscough officially closed the CoC No. 4 gripper . . . with no ifs, ands or buts. Job well done! Myerscough is 43 years old, 6' 10" tall and weighs 340 lb.

IronMind® | Photo courtesy of Carl Myerscough

"It's taken me 7 years to get to this point . . . always grippers were my main focus."

"I have put my heart and soul into my crush [crushing grip] training and have been fortunate enough to develop a level of strength that at one time I could have only imagined."

"Thank you to IronMind for the great products and for creating for the world a challenge that I would compare to climbing Mount Everest without oxygen. Because you created this mountain, I had to climb it."

*For more information on this story, see the IronMind News, August 14, 2023, at www.ironmind.com.

Get Certified:

Join the Grip Strength Elite Worldwide



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 ironmind.com for the Rules for Closing and Certification.

Concentrate on hand strength with IronMind's specialty grippers

The Art of Grip Strength

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 \$39.95 (1 lb.)

Get any 3 or more Zenith grippers for \$34.95 each—details online.



IMTUG™ GRIPPERS

Target 1 or 2 fingers at a time

- | | |
|----------|-------------------|
| No. 1411 | IMTUG1 (easiest) |
| No. 1412 | IMTUG2 |
| No. 1413 | IMTUG3 |
| No. 1414 | IMTUG4 |
| No. 1415 | IMTUG5 |
| No. 1416 | IMTUG6 |
| No. 1417 | IMTUG7 (toughest) |

Each \$29.95 (1 lb.)

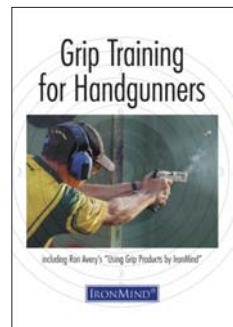
Get any 3 or more IMTUG grippers for \$25.95 each—details online.

See ironmind.com for a handy chart on choosing IMTUG grippers.



Ring finger and pinkie

Middle and index fingers



GRIP TRAINING FOR HANDGUNNERS*
including Ron Avery's "Using Grip Products by IronMind"

*Free with order or download at ironmind.com.

Left-Turn™ Grippers



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 \$31.95 (1 lb.)

Get any 3 or more Left-Turn grippers for \$27.95 each—details online.

Conditioning and active rest

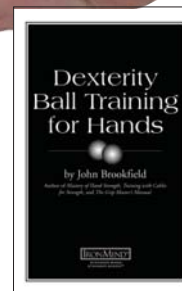


EXPAND-YOUR-HAND BANDS™

Focus on the extensors for muscle balance—a magic wand when it comes to preventing or rehabilitating tennis elbow and other lower-arm 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

YouTube See the IronMind video on training with Expand-Your-Hand Bands.



DEXTERITY BALLS

For 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 \$29.95



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 \$22.95 (.5 lb.)

• No. 1425-2 (1 lb.) set of both strengths \$42.90 (each \$21.45)

• No. 1425-C (2 lb.) set of 4 — 2 of each strength \$81.80 (each \$20.45)



WRIST DEFENDER

Use this friendly tool to gently loosen and stretch your joints, relieve pressure in the wrist, and encourage 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.) \$24.95

Hand health packages

These IronMind tools deliver more than a handful of benefits:

Strength | conditioning | flexibility
range of motion | increased blood flow
manual dexterity | massage | muscle balance



EGG & BANDS — Massage and muscle balance.
No. 1428-EB (1 lb.) \$31.95

GRIPPER & BANDS — Ins and outs of healthy hands.
No. 1428-GB (1 lb.) \$45.95

DESK TOOLS — Digital fitness from elbows to fingertips (all five hand health tools).
No. 1428-5 (4 lb.) \$91.95

STRONG HANDS, HEALTHY HANDS BOOKLET
Free with order or download at ironmind.com.

More IronMind Hand Health packages available online.



TOOL & TRAVEL KIT
Perfect for keeping grip tools at hand (bag only).
No. 1474 (1 lb.) \$52.95

Training and competition

CoC Silver Bullet Hold

Endurance, strength, and drama in one potent grip tool

- superb training for CoC grippers
- perfect for hands of all sizes
- cornerstone of grip, armlifting contests worldwide



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



COC SILVER BULLET DISC
2.5 kg calibrated.
No. 1467-DSC (6 lb.) \$199.95

CoC Silver Bullet Hold world records*

- CoC No. 3 gripper — 58.53 sec. men
- CoC No. 4 gripper — 30.98 sec. men
- CoC No. 2 gripper — 45.42 sec. women

*See ironmind.com for Rules and Records.

IRONMIND®
www.ironmind.com

The iconic grip tool that launched a sport



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 armlifters to rock climbers. Hook it up to a loading pin and clip (not included), for one-hand deadlifts, doing either reps or holds.

What about combining its grip challenges with a universal test of upper body strength? Meet Rolling Thunder pull-ups.

7-1/2" in length (rotating portion is 6" in length); 2-3/8" in diameter.
No. 1246 (3 lb.) \$119.95

Rolling Thunder world records*

- one-hand deadlift: 130.5 kg/287 lb. men; 77.2 kg/170.2 lb. women
- pull-ups for reps: one-arm — 3; two-arm — 30 men/10 women
- pull-ups for max weight: two-arm — 172.1 kg men

*See ironmind.com for Rules and Records.

ROLLING THUNDER SIMPLE SCORING 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) (p. 9), and this disc equal 5 kg. Talk about simple math.
No. 1246-DSC (3 lb.) \$89.95



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 Large Carabiner (No. 1314-C) (p. 9). Use code RTPOSTER.

Crushed-to-Dust!® Challenge is a Plus!

Take the CTD or CTD+ Challenge: Get strong, get certified



Crushed-to-Dust!®

CTD Challenge



• Close a No. 2 Captains of Crush gripper



• Lift 20 kg/45 lb. on an IronMind Hub



• Lift 90 kg/200 lb. on a Rolling Thunder®

See ironmind.com for the Rules for Certification

Introducing an elite version: the Crushed-To-Dust! Plus

CTD+ Challenge*

• Close a No. 3 Captains of Crush gripper

• Lift 35 kg/77 lb. on an IronMind Hub

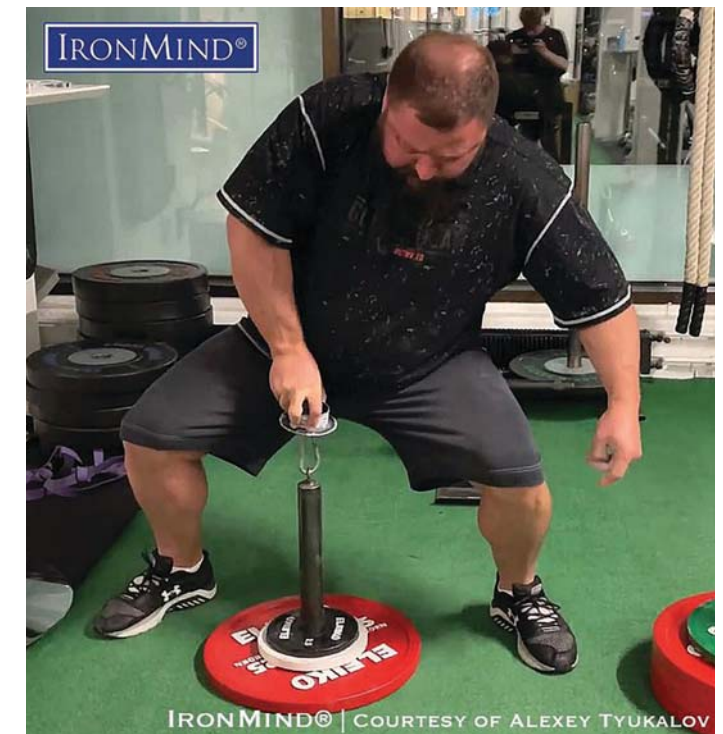
• Lift 115 kg/254 lb. on a Rolling Thunder®

*You must be certified on the Captains of Crush No. 3 gripper to be eligible

CRUSHED-TO-DUST! CHALLENGE KIT

1 each CoC No. 2 gripper*, IronMind Hub, Rolling Thunder DL Handle
No. 1252-CTD (6 lb.) \$159.95

*For the CTD+ Challenge, request a CoC No. 3 in the Special Instructions Box at Check-out.



Alexey Tyukalov (Russia) became the first man in the world to certify on the Crushed-To-Dust Plus Challenge, demonstrating his world-class all-around grip strength. The CTD+ Challenge requires the athlete to close a Captains of Crush No. 3 gripper, and lift 35 kg on the IronMind Hub and 115 kg on the Rolling Thunder.

©IronMind Enterprises, Inc. Photo courtesy of Alexey Tyukalov.



CTD/CTD+ CHALLENGE T-SHIRT

We challenge you — get strong, get certified. 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-CTDPL (.5 lb.) \$24.95

IRONMIND®
www.ironmind.com

Become a titan of grip strength

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.) \$32.95



IronMind Hub world records*

- 44.80 kg/98.96 lb. men
- 28.51 kg/62.85 lb. women

*See ironmind.com for Rules and Records.



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.) \$44.95



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 \$49.95

IronMind Block world records*

- 51.40 kg/113.31 lb. men
- 31.55 kg/69.40 lb. women

*See ironmind.com for Rules and Records.

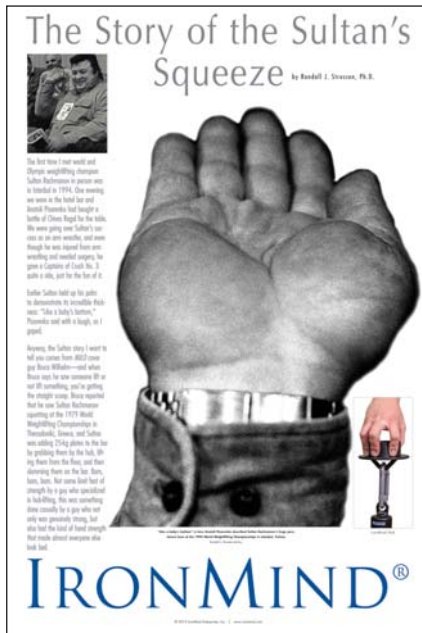


EAGLE LOOPS

Turn your fingers into talons

For four fiercely strong fingers . . . 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.) \$54.95/pair



Free poster!

The Story of the Sultan's Squeeze poster, featuring Sultan Rachmanov, an Olympic gold medalist in weightlifting with an extraordinary hand and a pinch grip to match, free with purchase of an IronMind Hub (No. 1244) and 15" Olympic Loading Pin and Large Carabiner (No. 1314-C); use code SQUEEZE.



www.ironmind.com



TITAN'S TELEGRAPH KEY™

Full range of motion

Put the Titan's Telegraph Key in your arsenal for weapons-grade thumb and finger strength. 5" loading pin takes standard plates.

No. 1243 (7 lb.) \$109.95



LOADING PINS AND CLIPS/CARABINERS

An easy way to hold a stack of barbell plates that you want to attach to anything from an IronMind Hub to a De Rigueur Dipping Belt. Two sizes:

• No. 1313 (2 lb.) 12" Exercise Loading Pin is 1" in diameter, takes standard plates \$42.95; add No. 1313A (.25) small snap clip, holds loads up to 200 lb. \$3.00

• No. 1314 (5 lb.) 15" Olympic Loading Pin is 2" in diameter, takes Olympic plates \$86.95; add No. 1314A (.25 lb.) large carabiner, holds loads up to 6,600 lb. (!) \$12.00



www.ironmind.com

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.) \$107.95

Little Big Horn world records*

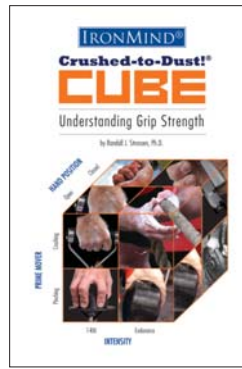
- 108.30 kg/238 lb. men
- 76.60 kg/167.55 lb. women

*See ironmind.com for Rules and Records.



All IronMind equipment made in the USA.

The structure of grip strength



CRUSHED-TO-DUST!® CUBE: UNDERSTANDING GRIP STRENGTH*
A framework for selecting IronMind's world-record, world-renowned Crushed-to-Dust!® grip tools for your entire lower arm

*Free with order or download at ironmind.com.

Thick bar of champions

APOLLON'S AXLE

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 \$419.95 + \$110.00 S&H*

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



All IronMind equipment made in the USA.



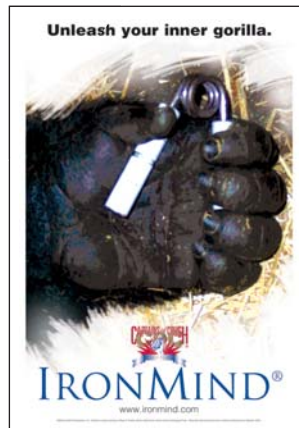
Get go-rilly strong!

GO-REALLY GRIP™ MACHINE

The perfect complement to Captains of Crush grippers: work at any weight and range of motion you choose to build gorilla-levels of grip strength and to move from one strength gripper to the next. 12" loading pin for Olympic plates (good for as much weight as you can stack on it!); weighs 50 lb.

No. 1242 \$369.95 + 90.00 S&H*

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



Unleash Your Inner Gorilla Poster

Even if you're not swinging from vines, the primal pull of grip strength is irresistible — train with Captains of Crush grippers and become king of your jungle.

PS-COCG (1 lb.) \$17.95



www.ironmind.com

Stabilize the hand for maximum grip strength and injury prevention

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. Train both concentrically (winding up the cord) and eccentrically (unwinding under control). 4" diameter roller comes with a 4-ft. 1,000-lb.-test rope and a small snap clip; use with or without a loading pin (not included).

No. 1369 (2 lb.) \$56.95

Flexion/Extension

ONE WICKED WRIST ROLLER™

Train your grip, wrist, and forearm in a flexion/extension movement, as when doing wrist curls (regular and reverse), working concentrically and eccentrically. 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.) \$99.95

Pronation/Supination

Do full range-of-motion exercises in all directions: lever, do holds for time, try circles and figure-eights. Two choices:



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.) \$109.95

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.) \$64.95



See the online store for the Wrist Roller Axle Setup and Base.

Steel is for bending

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.) \$149.95

Extra hand pads and bundles of nails available in the online store.



Get certified — join the Red and Gold Nail rosters!



www.ironmind.com

Drink to your health — clean and simple

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

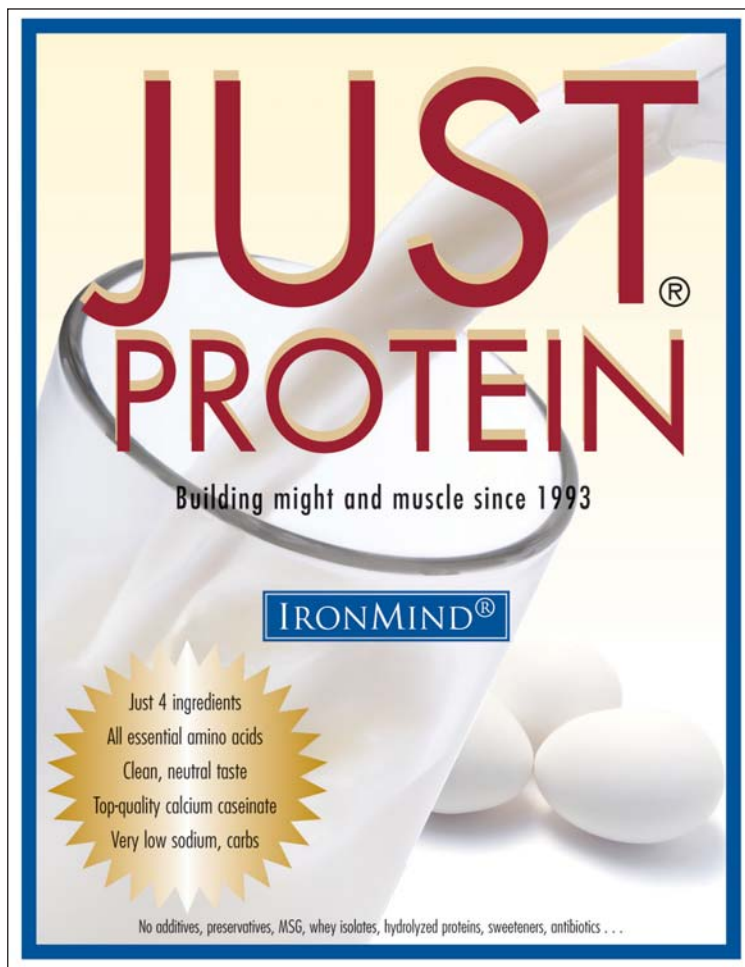
A 28-g serving (one dry oz. or about one-quarter measuring cup) contains 112 calories, 18 g protein, 7 g carbohydrates, 1 g fat, .1 mg cholesterol, 264 mg potassium, and 63 mg sodium; plus all essential amino acids. 80 one-quarter cup servings per 5-lb. bag.

*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.) **\$99.95**
 5 — 5-lb. bags (28 lb.) **\$484.75 (\$96.95/bag)**
 10 — 5-lb. bags (56 lb.) **\$939.50 (\$93.95/bag)**

No. 1261-S One half-cup sample \$15.00 postpaid (limit one per customer)



Just Protein®: The Pour That Does More

Want to look good and feel good, too?

Tired of dragging around, looking worse than a beat-up shoe?

Are you pushing a wheelbarrow and pulling a caboose, or maybe you're so skinny that your clothes are too loose?

You know it's time to get off the couch, trade in the keyboard and quit being a slouch.

Head to the gym, whether in your yard or 'cross town, get busy with the basics: squatting way down

In between weights, go for a stroll; as you get fitter, let your feet roll

You can join a forum, check in with a board, or you can go it yourself, just you and the Lord

In between training, remember about fuel, not for your car, but stuff to make you kick like a mule

Got to have water, of that there's no doubt; next is protein, if muscles, strength and health are what you're about

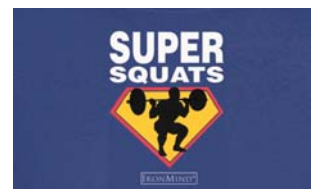
For-real arms and legs, with a waist that's smaller; a healthier heart, too, depends on what you swallow

*Train like you mean it, and then open up wide
 Shake it, pour it, and get some Just Protein inside.*



PR clothing: work out, hang out, look good

100% cotton



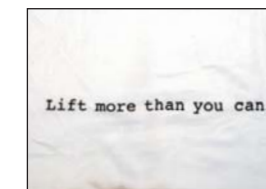
SUPER SQUATS SOFT-STYLE T-SHIRT
 Squats rule when it comes to building bulk and power . . . and they are also the movement of first choice for cardio work if you're trimming down and for adding inches to your vertical jump.
No. 1233-SSB (.5 lb.) \$27.95



IRONMIND LOGO SOFT-COTTON T-SHIRT
 Wear this shirt, stand up straight and feel stronger!
1233-IMLG (.5 lb.) \$19.95



IRONMIND LOGO LONG SLEEVE T-SHIRT
 It's soft but durable, functional but easy to care for. Look sharp in any weather!
No. 1233-IMLS (.5 lb.) \$24.95

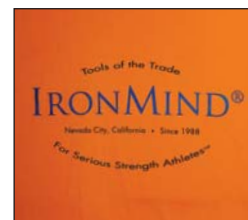


LIFT MORE THAN YOU CAN T-SHIRT
 Not just for 20-rep squats, it's the way to approach all your goals.
No. 1233-LM (.5 lb.) \$22.95

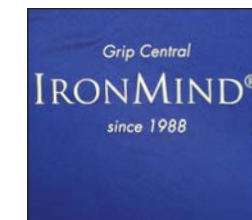


IRONMIND TANK TOP
 Retro, real, all cotton. 100% preshrunk cotton; white or heather gray.
No. 1446 (.5 lb.) \$17.95

Soft wicking blends



ORANGE YOU GLAD TRAINING T-SHIRT™
 Orange You Glad to have this cool, dry T-shirt for training, lounging, and looking great?
No. 1233-HTR (.5 lb.) \$29.95



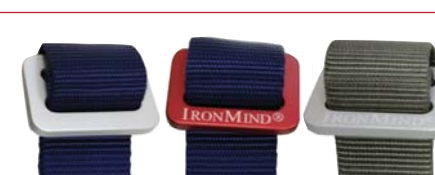
IRONMIND: GRIP CENTRAL T-SHIRT™
 Designed for active use, but also perfectly at home when you're taking it easy, tasteful when you're out and about.
No. 1233-LRT2 (.5 lb.) \$24.95



IRONMIND TRI-BLEND T-SHIRT
 These shirts feel great! Soft, trim, quick-drying tech blend, equally at home lifting, running, lounging.
No. 1233-IMS (.5 lb.) \$24.95

T-shirt sizes M (38-40"); L (42-44"); XL (46-48"); 2XL (50-52"); 3XL (54-56").

Tank top sizes M (40"); L (44"); XL (48"); 2XL (52").



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, RD — Navy/Red \$29.95 (.5 lb.)
SG — Olive/Satin (stiffer webbing) \$32.95 (.5 lb.)



IRONMIND BASEBALL CAP
 A traditional favorite with coolest baseball cap looks. 100% cotton canvas, embroidered IronMind logo. Adjustable in one size.
No. 1230-IM (.5 lb.) \$27.95



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.
No. 1466 (1 lb.) \$36.95

Sizes (flat waist/length): M (28"/29.5"); L (30"/30"); XL (32"/30.5"); 2XL (36"/31").



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.
No. 1455 (1 lb.) \$31.95

Sizes M (32"-34"); L (35"-37"); XL (38"-40"); 2XL (41"-43"); 3XL (44"-47").

Tough-As-Nails™ Bags: Strength on the go

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.

See ironmind.com for specifications.



"World traveler"

LARGE GYM BAG

Tough and versatile—and a frequent flyer.
No. 1235 (2 lb.) \$144.95



"Strong, light, fast"

MINI DUFFLE

Compact—and strong!—for quick missions.
No. 1238 (2 lb.) \$66.95

IronMind favorite



"Carry a watermelon . . ."

COMPACT TRUCKER TOTE

Small enough to be handy; big enough to do the job.
No. 1456 (1 lb.) \$67.95



"The go-to for grip kings"

TOOL & TRAVEL KIT

Its multi-tasking design makes it easy to carry your favorite grip tools.
No. 1474 (1 lb.) \$52.95

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

"A pickup truck with handles"

QUARTER-TON TRUCKER

Bring on the cargo—big, heavy and awkward are fine.
No. 1408 (2 lb.) \$95.95

Tough-As-Nails™ Sandbags

Functional training at its best — 10X World's Strongest Man Veteran

TOUGH-AS-NAILS™ SANDBAGS

10X 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.) \$74.95
- Small — 18" x 30" (holds 100 lb. of sand)
No. 1390-E (1 lb.) \$62.95



Liners:

Fill, fold and secure with duct tape to make sandbag "weights"

- Large — 28" x 40"
No. 1390-C (.5 lb.) \$2.50 each
- Small — 20" x 36"
No. 1390-B (.25 lb.) \$1.95 each

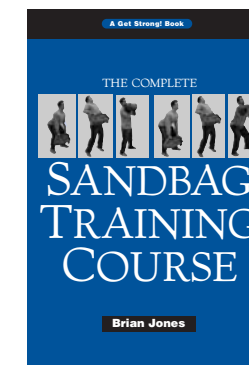
Sets:

- Large sandbag, 2 large liners, training course
No. 1390 (3 lb.) \$84.95
- Small sandbag, 2 small liners, training course
No. 1390-S (2 lb.) \$71.95

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



IRONMIND®
www.ironmind.com

IronMind Pulling Harnesses

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

Official harness of the World's Strongest Man contest since 2002



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.

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

If you are between two sizes, go for the larger harness because it can be worn very loosely.
No. 1222 (4 lb.) \$329.95



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

It Might Save Your Neck Someday



A HEADSTRAP FIT FOR HERCULES™

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. 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

YouTube 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

IronMind Lifting Straps

No blow-outs . . . just big lifts!

SHORT & SWEET™

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

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



STRONG-ENOUGH™

- 21-1/4" long, loop at one end
- 1-1/2" wide
- the strength world's go-to lifting straps

No. 1239 (.25 lb.) \$21.95/pair

SEW-EASY™

- 21-1/4" closed loop
- 1-1/2" wide
- supereasy to use

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



See IronMind's video for choosing and using IronMind Lifting Straps.

Small but essential



BLUE IRONMIND GYM TOWEL

Small but mighty, this compact towel is ready for the gym and field. Keep one in your truck — great dog toy, too. Royal blue with white IronMind logo. 100% cotton, 16" x 27".

No. 1231 (.5 lb.) \$11.50
Set of 3 \$29.85 (\$9.95 each)



GYM CHALK

Sweaty hands and big weights don't mix — here's the answer. Box of eight 2-oz. blocks.

No. 1268 (2 lb.) \$19.95

JOHNSON & JOHNSON COACH ATHLETIC TAPE

Tape first, and then hook. 1-1/2" wide and 15 yards long.
No. 1269 (.5 lb.) 3 rolls \$22.95



Back-saver, leg blaster

SUPER SQUATS® HIP BELT

Great investment, many uses

- squat with zero load on your lower back or spine
- boosts sheer leg strength, increases your vertical jump
- wide range of lifts: squats, weighted chins, weighted dips, calf exercises, hip lifts, pulling and dragging
- Wicked-Strong™ construction; holds 3,500 lb. with ease
- proven since 1990

Comes with a pair of Daisy Chains and two large carabiners. Adjustable in 3 sizes based on actual waist (not pants) size:

Small/Medium 26"–34" waist
Large/XL 35"–42" waist
2XL +43" waist

No. 1220 (3 lb.) \$199.95



www.ironmind.com

VULCAN RACKS SYSTEM III

Squat—Dip—Chin Muscle Mantra #1

Want to get big and strong in a hurry? Need a way to train effectively with a minimum of equipment in a confined space? Want the kind of strength that translates into not just looking good?

Then the **squat—dip—chin** routine is for you.

If you're serious about lifting weights, the first thing you learn is that squats rule when it comes to building bulk and power . . .

1 **Squats** are the *numero uno* movement by so much that second place doesn't matter. They are also the movement of first choice for cardio work if you're trimming down and for adding inches to your vertical jump.

2 **Dips** are everything good about bench presses with little of the bad — no need for spotters, and rotator cuff injuries seem less prevalent. Count on adding huge slabs of muscles to your chest, triceps, and delts, and building the kind of strength that moves your body, and even bigger weights, with ease.

3 **Chins** are the ticket for bulging biceps and batwing lats — they give you commando-like strength for soaring up vertical surfaces and will help you with every sport that involves hanging onto something and pulling or swinging . . . which is just about everything you can name.

Mix and match your reps and sets for variety and meeting different specific goals, but just don't forget the basic mantra, **squat—dip—chin**: it's the **one, two, three** for big training results.

Squat!

VULCAN SQUAT RACKS III™

- compact design and easy breakdown for serious workouts at home
- handles half-ton squats with consummate ease
- 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)
\$619.90 + \$175.00 S&H*



Vulcan Squat Racks III™



All IronMind equipment made in the USA.

IRONMIND®
www.ironmind.com

Squat—Dip—Chin

Dip!

VR III YOU DECIDE DOUBLE-DIP BAR UPRIGHTS

The 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"; height from 48-1/2" to 52-1/2". Weighs 67 lb.

No. 1311 Double-Dip Bar uprights** (uprights only; VR base not included)
\$199.95 + \$90.00 S&H*

No. 1217-DB Vulcan Racks Squat Racks with Double-Dip Bar Uprights
\$772.90 + \$275.00 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

Visit ironmind.com for details on all combinations and components of the Vulcan Racks III System.



Chinning Bar Setup & Base

Chin!

VULCAN RACKS III CHINNING BAR & SIDEPOSTS

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)
\$279.95 + \$95.00 S&H*

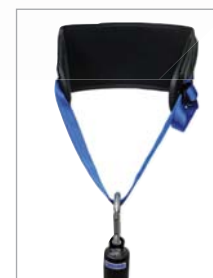


You Decide
Double-Dip Bars & Base



All IronMind equipment made in the USA.

IRONMIND®
www.ironmind.com



**Comfortable, looks sharp,
super-strong**

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

ALight™ Training Center

Light as a feather, strong as an ox

Never before have the big 3 — squat, dip, chin — been so accessible. If you want a portable gym, one you can set up and take down in a snap, ALight is for you.



1 Base, 3 Tops
Squat, dip, chin anywhere

Stunning, all-aluminum,
>500-lb. capacity squat racks
weigh <35 lb.

ALIGHT TRAINING CENTER™

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

Weights less than a set of golf clubs.

3 Racks, 1 Base: includes ALight base and squat, dip and chin attachments.
No. 1480 \$1,399.95 + \$150.00 S&H*

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



All IronMind equipment made in the USA.

Tools for transformation



All IronMind equipment made in the USA.

PILLARS OF POWER II+ SPOTTER RACKS™

Portable, storable, and no-nonsense protection on squats and bench presses. Syncs with Vulcan Racks 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 \$642.90 + \$175.00 S&H*

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

PERFORMANCE BOOSTER

Complimentary MILO® 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.



Think bridge, not bench



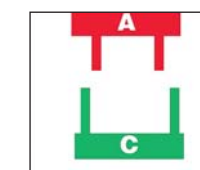
FIVE STAR FLAT BENCH™

Perfect for:

- neck work
- presses and curls
- flies
- 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 it can go fully dressed or naked, as you choose. 48" x 12" x 17", weighs 60 lb.

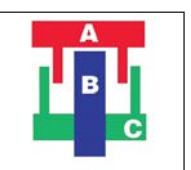
No. 1228 \$389.95 + \$165.00 S&H*



Squats

Floor plans for squats and bench presses:

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



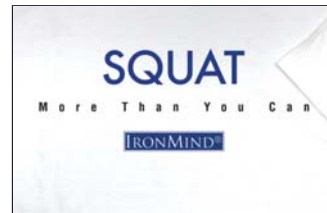
Bench press

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® bars: Strength, power, muscle mass

• Squat more • Bench more • Deadlift more



SQUAT MORE THAN YOU CAN T-SHIRT
100% preshrunk cotton Hanes Beefy T-shirt, short sleeves, in white with blue/black.
No. 1233-SQM (.5 lb.) \$22.95

Sizes L (42"-44"); XL (46"-48"); 2XL (50"-52"); 3XL (54"-56").



All IronMind equipment made in the USA.

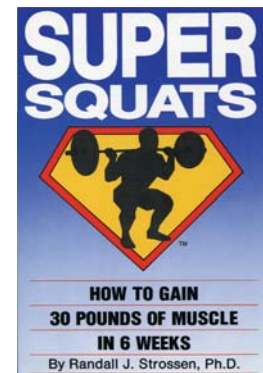
S-CUBED BAR™

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 \$979.95 + \$130.00 S&H*

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



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

BUFFALO BAR®

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 \$999.95 + \$130.00 S&H*

IronMind® dumbbells for outsized lifting

BIG BOY DUMBBELL BARS™

Use these extra-long, extra-strong, prime American steel dumbbell bars to do one-arm presses rows, deadlifts, and farmer's walks. Natural finish, 24" long overall, with knurled 1-3/8" diameter handles. Ends are turned down to 1-1/16" for exercise plates; 9-1/4" on each end. Includes Small Bulldog II Collars and a wrench.

No. 1224 (16 lb.) pair of dumbbells with collars \$489.95

No. 1224-S (8 lb.) single dumbbell with collars \$249.95



OLYMPIC HUSKY HANDLE DUMBBELL BARS

The Apollon's Axle's little brothers, these beauties bring the advantages and challenges of thick bar training to dumbbells. A full 22" long, with knurled 2" diameter handles 5-5/8" long and machined-down ends to fit Olympic-style plates; inside collars pressed in place. Made from very thick-walled tubing; natural finish. Includes Large Bulldog II Collars and a wrench.

No. 1249 (25 lb.) pair of dumbbells with collars \$499.95

No. 1249-S (13 lb.) single dumbbell with collars \$259.95



All IronMind equipment made in the USA.

BULLDOG II™ COLLARS

These retro-tech collars hang on so tight that they bite into the bar. Electroless nickel-plated. Comes with an IronMind wrench (also made in the USA, of course).

No. 1226-S Small for exercise bars (1" or 1-1/6"); 1" width

1 pair (1 lb.) \$62.95

2 pairs (2 lb.) \$114.90

No. 1226-L Large for Olympic bars (approx. 1.97"); 1-1/2" width

1 pair (3 lb.) \$119.95

2 pairs (6 lb.) \$217.90



SENTRY MARINE TUF-CLOTH™

Keep your natural-finish IronMind bars and grip tools nice and shiny by wiping them down as needed with this multi-purpose dry protectant, for a dry, durable finish. It's also perfect for the springs on Captains of Crush and other IronMind grippers.

No. 1285-M (.25 lb.) \$16.95

IRONMIND®

www.ironmind.com