

IRONMIND®

Summer 2019

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

Weightlifting | CrossFit | Strongman | Baseball | Tennis | Shooting | Rock climbing | Mountain biking | Obstacle course racing | Fishing | Golf



Z E N I T H™



Left-Turn Grippers



IRONMIND®
IM TUG™

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. (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 Magnus Samuelsson!) |
- Each \$22.95 (1 lb.)

- Any 3 CoC grippers: No. 1250-3 (3 lb.) \$56.85 (\$18.95 each)
 Any 4 CoC grippers: No. 1250-4 (4 lb.) \$75.80 (\$18.95 each)
 Any 5 CoC grippers: No. 1250-5 (4 lb.) \$94.75 (\$18.95 each)



CoC New Look Compass T-shirt
 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-CPS (.5 lb.) \$19.95

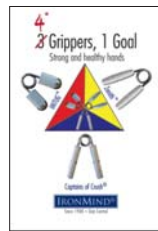
Knowledge = Power



CAPTAINS OF CRUSH GRIPPERS: WHAT THEY ARE AND HOW TO CLOSE THEM 192 pp.
 No. 1354 (.5 lb.) \$19.95



CAPTAINS OF CRUSH GRIPPERS INSTRUCTION BOOKLET*



4 GRIPPERS, 1 GOAL: STRONG AND HEALTHY HANDS*

Keep your IronMind grippers close at hand, ready to use



COC COIL CADDY*
 No. 1483 (2 lb.) holds 12+ grippers on top, 12+ IMTUGs below, 5" x 5"
 \$26.95



COC V-CADDY*
 Brushed aluminum in two sizes:
 • No. 1433-C-5 (.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

Here's a sampling—
 check the IronMind
 e-store for all options.

- | | |
|---|----------|
| Coil Caddy Set of 4 Grippers | \$101.95 |
| Coil Caddy Set of 8 Grippers | \$181.95 |
| Set of 5 CoC Grippers & Small CoC Caddy for 5 | \$106.95 |
| Combo Caddy Set of 3 Grippers | \$81.95 |

Target your training with IronMind's specialty grippers

IMTUG™ GRIPPERS



Targeted training, 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 \$22.95 (1 lb.)

- Any 3 IMTUG grippers: No. 1412-3 (3 lb.) \$56.85 (\$18.95 each)
 Any 4 IMTUG grippers: No. 1412-4 (3 lb.) \$75.80 (\$18.95 each)
 Any 5 IMTUG grippers: No. 1412-5 (4 lb.) \$94.75 (\$18.95 each)



ZENITH™ GRIPPERS

Silky-smooth for strength and conditioning

No. 1471	Agility (very easy)
No. 1475	Zenith Trainer
No. 1476	Zenith 1
No. 1477	Zenith 2
No. 1478	Zenith 3
No. 1479	Zenith 4 (very hard)

Each \$25.95 (1 lb.)

- Any 3 Zenith grippers: No. 1475-3 (3 lb.) \$65.85 (\$21.95 each)
 Any 4 Zenith grippers: No. 1475-4 (4 lb.) \$87.80 (\$21.95 each)
 Any 5 Zenith grippers: No. 1475-5 (4 lb.) \$109.75 (\$21.95 each)



LEFT-TURN GRIPPERS

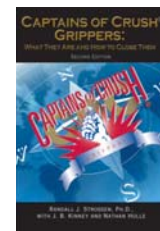
Tailor-made for lefties and all those who want the mirror image of a CoC

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.

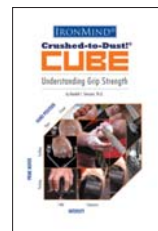
Each \$24.95 (1 lb.)

- Any 3 Left-Turn grippers: 1485-3 (3 lb.) \$62.85 (\$20.95 each)
 All 4 Left-Turn grippers: 1485-4 (4 lb.) \$83.80 (\$20.95 each)

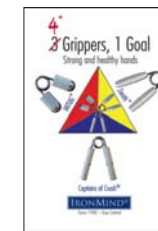
CoC² Use these Captains of Crush Compatible grip tools to amp up your gripper output



CAPTAINS OF CRUSH GRIPPERS: WHAT THEY ARE AND HOW TO CLOSE THEM



CRUSHED-TO-DUST! CUBE: UNDERSTANDING GRIP STRENGTH*



4 GRIPPERS, 1 GOAL: STRONG AND HEALTHY HANDS*



CAPTAINS OF CRUSH GRIPPERS INSTRUCTION BOOKLET*



COC KEY: MILES TO MILS



CAPTAINS OF CRUSH SONG



CAPTAINS OF CRUSH GRIPPERS ID CARD



GO-REALLY GRIP™ MACHINE

The perfect complement to Captains of Crush grippers: work at any weight you choose to build gorilla-levels of grip strength and to move from one strength gripper to the next. 12" Olympic loading pin (good for as much weight as you can stack on it!); weighs 50 lb. (Olympic plates not included.)
 No. 1242 \$289.95 + 70.00 S&H*

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

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 . . .

What is armlifting?

Armlifting was born in 2010, when a Russian arm-wrestling promoter asked IronMind's Randall Strossen for permission to organize grip contests featuring the Rolling Thunder, dubbing the competitions "armlifting." So, armlifting is the Russian name for grip contests that began with the Rolling Thunder and have since come to include other grip world staples like the Apollon's Axle Double Overhand Deadlift, the IronMind Hub, and the CoC Silver Bullet Hold. Newer additions are the Little Big Horn and the IronMind Block.

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.

. . . and it starts with the world-famous Rolling Thunder, the grip training tool that started the sport of armlifting.



ROLLING THUNDER® REVOLVING DEADLIFT HANDLE

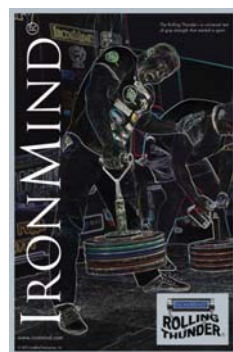
One of the world's premier tests of grip strength, the Rolling Thunder is a training tool of first choice for everyone from armwrestlers to rock climbers and will become one of your favorites as well. Hook it up to a loading pin and clip (not included), for one-hand deadlifts, doing either reps or holds. 7-1/2" in length (rotating portion is 6" in length); 2-3/8" in diameter.

No. 1246 (3 lb.) \$89.95

NEW! ROLLING THUNDER SIMPLE SCORING COMPETITION DISC

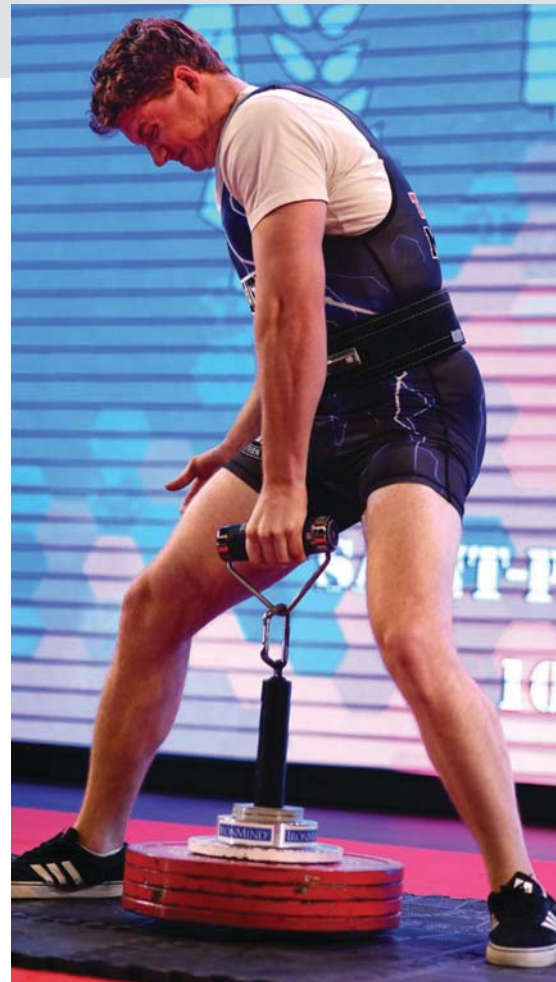
Competition scoring made simple on the Rolling Thunder: machined aluminum calibrated disc. A Rolling Thunder (No. 1246), IronMind Olympic Loading Pin and Carabiner (No. 1314-C), and this disc equal 5 kg. Talk about simple math.

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 Carabiner (No. 1314-C). Use code RTPOSTER.



Tanner Merkle (USA) has been lighting up the grip world, and he called for this 111 kg on his third attempt at the 2019 APL Armlifting World Championships—getting it started but not able to finish the lift. IronMind® | ©Randall J. Strossen photo

It's known worldwide . . . and your time on the CoC Silver Bullet Hold means something because you can compare it to the best in the world. Endurance, strength, and drama in one potent grip tool, it works as well for training as it does for competitions.

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—so jump in and join the fun.



COC SILVER BULLET
No. 1467 (.25 lb.) \$16.95



COC SILVER BULLET DISC
2.5 kg calibrated.
No. 1467-DSC (6 lb.) \$154.95

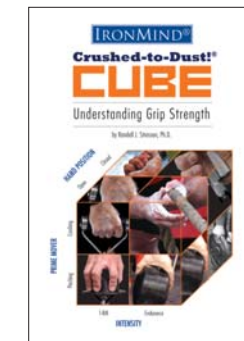
COC SILVER BULLET & DISC COMBO
No. 1467-2 (6 lb.) \$164.95



Thomas Larsen on the CoC Silver Bullet Hold at the 2019 European Armlifting Championships (Vienna, Austria). IronMind® | ©Randall J. Strossen photo

IRONMIND®
www.ironmind.com

Crushed-to-Dust!® grip tools, educational materials, competition format, from IronMind: Grip Central Since 1988



Crushed-to-Dust!® CUBE: Understanding Grip Strength*

Don't end up in Poughkeepsie when you meant to go to Park City. Here's your road map to grip gains—it's eye-opening, complete, effective.

*Free with order or download on the IronMind website

Want to set a world record? It's got to be IronMind.

*Check out the rules and world records pages on the IronMind website.

*Free with order or download on the IronMind website.

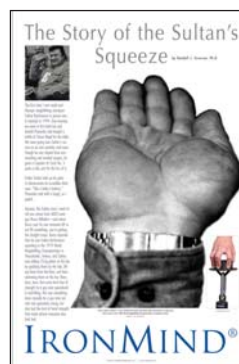
IRONMIND HUB

Classic hub lift, for maximum lifts and holds, à la the Sultan's Squeeze. 2-7/8" diameter gripping surface. No. 1244 (2 lb.) Hub only \$29.95



Free poster!

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



APOLLON'S AXLE

Thick Bar of Champions

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 \$289.95 + \$75.00 S&H*

Representing Team USA at the 2019 APL Armlifting World Championships, Dani Schwalbe went 95, 100, and 105 on the Apollon's Axle before missing a world record 112-kg fourth attempt. IronMind® | ©Randall J. Strossen photo



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



www.ironmind.com

From the APL Armlifting World Championships to World's Strongest Man!



IronMind's grip tools are the first choice for lower-arm supremacy

We challenge you



Crushed-to-Dust!®

Get strong – get certified

Close a Captains of Crush® No. 2 ripper



Lift 20 kg/45 lb. on an IronMind Hub



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



Visit www.ironmind.com for the Rules for Certification.

CRUSHED-TO-DUST! CHALLENGE KIT

1 each CoC No. 2 gripper, IronMind Hub, Rolling Thunder DL Handle
No. 1252-CTD (6 lb.) \$124.95



CTD CHALLENGE T-SHIRT

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-CTD-15 (.5 lb.) \$19.95

Free when you certify on the CTD Challenge!



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 \$41.95



TITAN'S TELEGRAPH KEY™

Full range of motion
Put the Titan's Telegraph Key in your arsenal for weapons-grade thumb and finger strength.
No. 1243 (7 lb.) \$99.95



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.) \$89.95



Turn your fingers into talons

EAGLE LOOPS

When your fingers need to be super-strong, Eagle Loops are a training tool of first choice. 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, not included.
No. 1237 (.5 lb.) \$36.95/pair

LOADING PINS AND CLIPS/CARABINERS

An easy way to hold a stack of barbell plates that you want to attach to anything from a Rolling Thunder to a De Rigueur Dipping Belt.



Two sizes:

- No. 1313 (2 lb.) 12" Exercise Loading Pin is 1" in diameter, takes standard plates \$35.95
Add No. 1313A (.25) small snap clip, holds loads up to 200 lb. \$2.00

- No. 1314 (5 lb.) 15" Olympic Loading Pin is 2" in diameter, takes Olympic plates \$54.95
Add No. 1314A (.25 lb.) large carabiner, holds loads up to 6,600 lb. (!) \$10.00

Focus on wrist and forearm—for complete lower-arm strength, endurance and muscle mass

Flexion/Extension

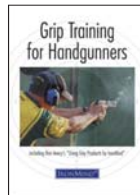
ONE WICKED WRIST ROLLER™

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 (5 lb.) \$79.95



GRIP TRAINING FOR HANDGUNNERS, including Ron Avery's "Using Grip Products by IronMind" 1442-AV (.25 lb.) \$5.00; or use code AH-RA10 with any purchase



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. It is designed so that you train both concentrically (winding up the cord) and eccentrically (allowing it to unwind under control). 4" diameter roller comes with a 4-ft. climbing-grade accessory cord and a small snap clip; use with or without a loading pin (not included).

No. 1369 (2 lb.) \$42.95



Pronation/Supination, Radial/Ulnar Deviation

The development of the muscles involved in supination-pronation is important in all sports, as well as for injury prevention. Throwing a baseball, for example, involves pronation (hands palms down), while swinging a baseball bat or golf club involves supination (hands palms up). The IronMind Wrist Reinforcer and Heavy Hammer II Leverage Bar take the wrist through full range-of-motion exercises in all directions to develop your wrists and forearms into one very strong and very solid unit. Lever, do hold-outs for time, try circles and figure-eights.

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.) \$76.95



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.) \$54.95



Extend your grip training

EXPAND-YOUR-HAND BANDS™

Dynamic range of motion and overall hand health

Focus on the extensors for muscle balance and stress reduction—a magic wand when it comes to preventing or rehabilitating tennis elbow and other hand, wrist and elbow maladies. Portable, easy and fun to use. 2 complete sets of 5 different strength bands for progressive training.

No. 1376 (.25 lb.) \$13.95/set of 10 (2 of each level)



OUTER LIMITS LOOPS™

Static (isometric) work for serious extensor training

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

No. 1377 (.5 lb.) \$36.95/pair



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 \$19.95 (.5 lb.)

• No. 1425-2 (1 lb.) set of both strengths \$37.90 (each \$18.95)

• No. 1425-C (2 lb.) set of 4 – 2 of each strength \$71.80 (each \$17.95)



STRONG HANDS, HEALTHY HANDS BOOKLET* No. 1428-C

*Free with order—just add it to your basket—or download on the IronMind website

Train seriously in your backyard, basement, garage, barn, patio, kitchen, bedroom, office . . . since 1988 . . . mobile, seriously strong, and versatile



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 jerks
- 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) \$589.90 + \$124.00 S&H*

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

Visit the IronMind website for details on the many combinations and components of the Vulcan Racks III System.



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

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.



Alexey Tyukalov breaks the world record for Rolling Thunder Pull-ups at the 2019 Los Angeles FitExpo

IronMind® | ©Randall J. Strossen



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 adjusts 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*



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
2XL	51"–58" waist

No. 1220 (3 lb.) \$144.95 (S, M), \$149.95 (L, XL), \$169.95 (2XL)

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 16-1/2" 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) \$629.90 + \$124.00 S&H*

No. 1311 Double-Dip Bar Uprights** (uprights only) \$167.95 + \$62.00 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 the IronMind website for details on the many combinations and components of the Vulcan Racks III System.

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



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



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



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



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



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



Which lifting straps are right for you and—more importantly—how do you put them on? See IronMind's YouTube channel for choosing and using IronMind's Lifting Straps.

Beauty and the beast in one package

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

3 Racks, 1 Base: includes ALight base and squat, dip and chin attachments.

No. 1480 \$769.95 + \$126.00 S&H*

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



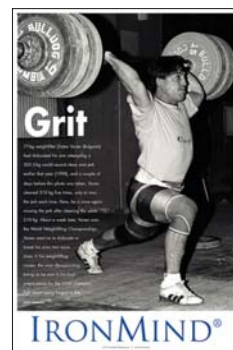
Weights less than a set of golf clubs.

Training al fresco: 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 (weighs 50 lb. or more). Just enter POSTER in the keycode box at View Basket in the IronMind e-store.



Outsized bars for prodigious weights, proven by the world's strongest men

IronMind's S-Cubed and Buffalo Bars are shaped from massive 1-3/8" diameter U.S. prime alloy steel, with revolving sleeves and an overall length of 92-1/2" (58-1/2" inside collar to inside collar). Knurled per IPF measurements; weighs 52 lb., natural finish.



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 \$679.95 + \$87.00 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



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 \$659.95 + \$87.00 S&H*

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



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



www.ironmind.com

They're ready to go when you are . . . perfect packing every time

IronMind Tough-As-Nails Bags



LARGE GYM BAG

Tough and versatile—and a frequent flyer.

- easy to pack with a huge appetite
- 20" long x 11" high x 10" wide, reinforced seams
- detachable shoulder strap; handles with cover
- 1 zippered side pocket, zippered pockets at ends; 1 zippered interior pocket

No. 1235 (2 lb.) \$99.95



QUARTER-TON TRUCKER

Think of it as a pick-up truck for your hand or shoulder. Bring on the cargo (big, heavy and awkward are fine).

- holds 500 lb. with ease, again and again—it's load-rated for continual usage
- Cordura fabric is 4 times stronger than conventional canvas tote material
- highly resistant to tears, scuffs, abrasion
- 26" wide, open top makes loading easy
- generous capacity: 16" x 9-1/2" bottom; 15" high
- 22" handles to shoulder, if needed
- fold it up to stow compactly

No. 1408 (2 lb.) \$67.95



MINI DUFFLE

Compact—and strong!—for quick missions.

- 9-1/2" diameter, 17-1/2" long
- 1 side zippered outside pocket

No. 1238 (2 lb.) \$46.95



COMPACT TRUCKER TOTE

Small enough to be handy; big enough to do the job.

Just as strong as its big brother, this mini-tote can handle heavy things like shots or barbell plates, but also hold lunches, a thermos of Just Protein, the newspaper, a couple of grippers, and more. 17" x 11" x 6"; 20" handles.

No. 1456 (1 lb.) \$47.95

TOOL & TRAVEL KIT

Its multi-tasking design makes it easy to carry your favorite grip tools.

- 10" x 7" x 3"; webbing handle
- two inside pockets on each side
- secure zipper goes around three sides, to lie flat; all interior seams bound

No. 1474 (1 lb.) \$39.95



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



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

Clothes you can count on for tough workouts



IRONMIND TRI-BLEND T-SHIRT

Soon to be your new favorite T, this T-shirt is a soft, trim, quick-drying tech blend, equally at home lifting, running, lounging. These shirts feel great! Heather gray or blue-gray; 50% poly/25% cotton/25% rayon; short sleeves. Sizes: L (42"–44"); XL (46"–48"); 2XL (50"–52"); 3XL (54"–56").

No. 1233-IMS (.5 lb.) \$19.95



IRONMIND TANK TOP

Retro, real, all cotton. 100% preshrunk cotton; white or heather gray. M (40"); L (44"); XL (48"); 2XL (52").

No. 1446 (.5 lb.) \$12.95



LRT WORKOUT T-SHIRT™

Whether hot or cold, lifting heavy or running far, this is your go-to T. Doublelayer Dri-Mesh®, short sleeves, in steel gray or navy. M (42"); L (46"); XL (50"); 2XL (54"); 3XL (58").

No. 1233-LRT (.5 lb.) \$29.95



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

No. 1455 (1 lb.) \$24.95



IRONMIND BASEBALL CAP

A traditional favorite with "coolest baseball cap" looks. 100% cotton canvas, six-panel unconstructed crown with contrast sandwich bill, stitched eyelets, embroidered IronMind logo. Navy/white; adjustable in one size.

No. 1230-IM (.5 lb.) \$22.95



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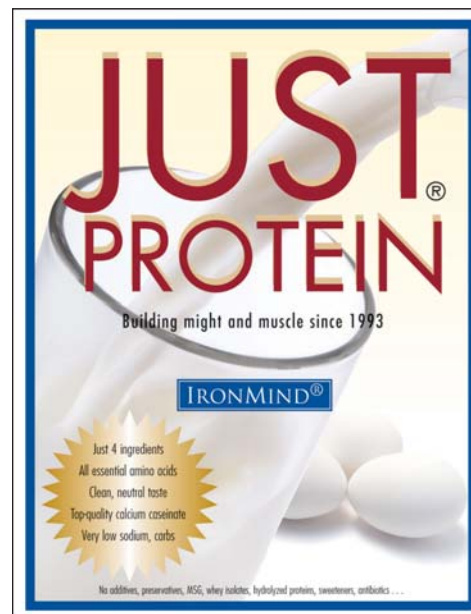
Build muscle, burn fat

JUST PROTEIN®

4-star bill of health

- ★ 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 antibiotics, preservatives, fillers, additives or artificial sweeteners

*calcium caseinate (milk protein), instant non-fat dry milk, whole egg powder, natural vanilla-almond flavor, and including essential amino acids



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.

No. 1261

5-lb. bag (6 lb.) \$72.95
5 – 5-lb. bags (28 lb.) \$349.75 (\$69.95/bag)
10 – 5-lb. bags (56 lb.) \$679.50 (\$67.95/bag)

No. 1261-S One half-cup sample \$10.00 postpaid (limit one per customer)



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").

Extras that might be essential



No. 1462-N Navy/Satin, regular webbing



No. 1462-RD Navy/Red, regular webbing



No. 1462-SG Olive/Satin, a little stiffer webbing \$22.95 (.5 lb.)



IRONMIND GYM TOWEL

You'll find it on the field, in the gym, wherever sweat is slung. Use it to train your neck and your grip, too. 100% cotton, 24" x 44".

No. 1231 (.5 lb.) \$18.95



STRONGER MINDS,
STRONGER BODIES™

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Do
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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 12:16



P.O. Box 1228, Nevada City, California 95959 U.S.A.
t - 530-272-3579 • f - 530-272-3095

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

TO PLACE YOUR IRONMIND ORDER:

1. Visit our e-store at www.ironmind.com for safe, quick, and easy ordering with a bank card or via PayPal.
2. Fax your order, filling out the form below and providing your VISA, MC or AMEX information.
3. Complete the order form and mail it to us with your payment: check, MO, or bank card details (card number, expiration date and security code).

Orders are normally shipped the following business day. A business day is Mon.–Fri. (except holidays) and does not include weekends.

Please note that we do not take any phone orders.

SHIPPING INFORMATION (PLEASE PRINT):

NAME _____

ADDRESS _____

CITY _____

STATE _____ ZIP _____

COUNTRY _____

PHONE # (_____) _____ DAY EVENING
(IN CASE WE HAVE QUESTIONS)

EMAIL _____
(SO WE CAN NOTIFY YOU OF YOUR SHIPMENT)

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

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ITEM NO.	ITEM NAME/STYLE	SIZE	QTY	PRICE	WEIGHT	TOTAL \$

* INCLUDE S&H FOR THOSE ITEMS WITH SEPARATE S&H CHARGES
**BASED ON THE TOTAL WEIGHT—SEE CHARTS B,C OR D, OR CONTACT US FOR AN S&H QUOTE

PAYMENT

CHECK, MONEY ORDER OR CASHIER'S CHECK
CREDIT CARD: VISA MC AMEX

NO. _____

EXP. DATE _____

3- OR 4-DIGIT SECURITY CODE _____

BILLING ADDRESS, IF DIFFERENT FROM SHIPPING ADDRESS

TOTAL WEIGHT _____ LB.

S&H CHARGES* (LARGE ITEMS) \$ _____

S&H CHARGES** (BASED ON WEIGHT) \$ _____

SUBTOTAL \$ _____

CA CUSTOMERS ADD 7.25% SALES TAX TO SUBTOTAL \$ _____

TOTAL \$ _____

Domestic Shipping Chart B (U.S. addresses only)

	48 states	PO Box, APO, HI, AK*
0.25 lb	\$4.00	\$4.00
0.5 lb	\$6.00	\$6.00
0.75 - 1 lb.	\$10.00	\$10.00
1.25 - 2 lb.	\$18.00	\$15.00
2.25 - 4 lb.	\$20.00	\$22.00
4.25 - 7 lb.	\$24.00	\$32.00
7.25 - 10 lb.	\$26.00	\$42.00
10.25 - 15 lb.	\$32.00	\$55.00
15.25 - 20 lb.	\$37.00	\$67.00
20.25 - 25 lb.	\$44.00	\$75.00
25.25 - 30 lb.	\$50.00	\$85.00
30.25 - 35 lb.	\$56.00	\$93.00
35.25 - 40 lb.	\$61.00	\$103.00
40.25 - 45 lb.	\$65.00	\$107.00
45.25 - 50 lb.	\$70.00	\$112.00
Over 50 lb.	please write for S&H quote	

Canadian Shipping Chart C (USPS Airmail Service)

0.5 lb. or less	\$12.00
0.75 - 2 lb.	\$18.00
2.25 - 3 lb.	\$29.00
3.25 - 4 lb.	\$42.00
4.25 - 5 lb.	\$47.00
5.25 - 6 lb.	\$52.00
6.25 - 8 lb.	\$56.00
8.25 - 10 lb.	\$61.00
10.25 - 12 lb.	\$68.00
Over 12 lb.	please write for S&H quote

*For Canadian orders, please note that upon delivery, you will be required to pay any duties and taxes owed to your government.

Other International Addresses Chart D (USPS Airmail or UPS Expedited)*

0.5 lb. or less	\$17.00
0.75 - 1 lb.	\$26.00
1.25 - 2 lb.	\$36.00
2.25 - 3 lb.	\$45.00
3.25 - 4 lb.	\$67.00
4.25 - 5 lb.	\$80.00
5.25 - 6 lb.	\$86.00
6.25 - 7 lb.	\$95.00
7.25 - 8 lb.	\$100.00
8.25 - 9 lb.	\$110.00
9.25 - 10 lb.	\$115.00
Over 10 lb.	please write for S&H quote

*For international orders, please note that upon delivery, you will be required to pay any duties and taxes owed to your government.

Thank you
for your order!

*Please use these S&H rates if your address is a PO Box, a military address, or in Alaska or Hawaii.