

**IRONMIND®**

STRONGER MINDS,  
STRONGER BODIES™

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

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# IRONMIND®

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

## IronMind: Grip Central since 1988



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Z E N I T H™



(p. 3)

IMTUG™



(p. 3)

Left-Turn™  Grippers



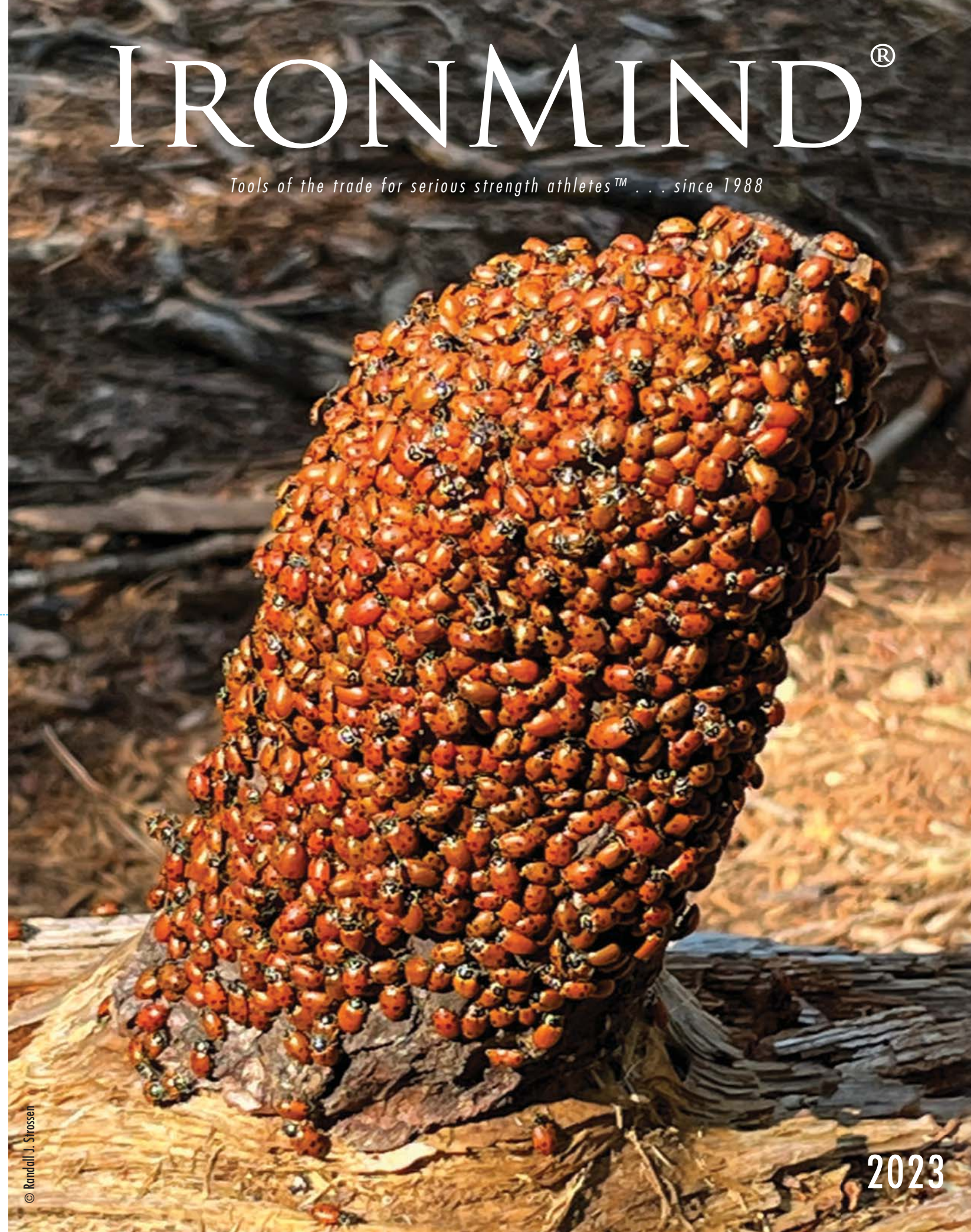
(p. 3)



(p. 11)

Cover: Ladybugs are a widely regarded symbol of good luck. If you get particularly lucky on a hike in the hills, you might spot a swarm or "aggregation" of thousands of ladybugs, which they do "to regulate their internal body temperatures, share mates, enhance their defense, and share resources." \* ©Randall J. Strossen photo, 2022 (Nevada County, California)

\*-trehugger.com citing Verheggen, François J., Heiko Vogel, and Andreas Vilcinskas. "Behavioral and Immunological Features Promoting the Invasive Performance of the Harlequin Ladybird *Harmonia axyridis*." *Frontiers in Ecology and Evolution*. 2017.



© Randall J. Strossen

2023

# IRONMIND®

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



### 11 strengths for a perfect fit

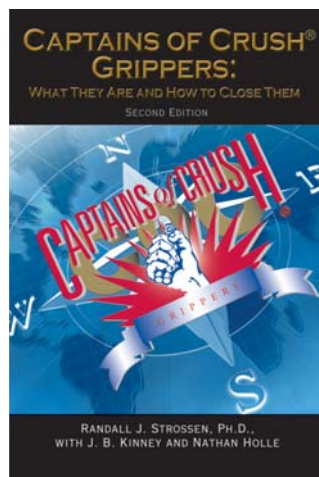
No. 1401	Guide	c. 60 lb. (novice, rehab)
No. 1402	Sport	c. 80 lb. (warm-up, conditioning)
No. 1250	Trainer	c. 100 lb. (strong guys start here)
No. 1250.5	Point Five	c. 120 lb. (bridge to the No. 1)
No. 1251	No. 1	c. 140 lb. (already gripping, start here)
No. 1251.5	No. 1.5	c. 167.5 lb. (bridge to the 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 \$25.95 (1 lb.)		

Get any 3 or more CoC grippers for \$21.95 each — details online.



**CoC OBSESSION T-SHIRT**  
The gripper that changed the world . . . Captains of Crush — the gold standard of grippers. 100% ringspun cotton, short sleeves.  
1233-COB (.5 lb.) \$22.95

Sizes M (38"-40"), L (42"-44"), XL (46"-48"), 2XL (50"-52"), 3XL (54"-56").



**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

**YouTube** See the IronMind video on Captains of Crush grippers.

**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](http://ironmind.com) for the Rules for Closing and Certification.

Hit your grip strength goals with the CoC Silver Bullet — it's magic!

### 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 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](http://ironmind.com) for Rules and Record



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

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

### Poster power! 15% off all 3



**PS-GR Global Reach, Uearthly Quality**



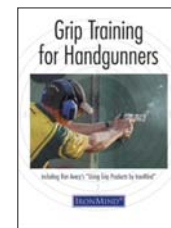
**PS-COCG Unleash Your Inner Gorilla**  
See p. 23 for details.



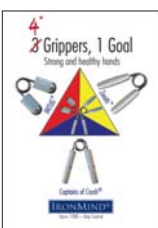
**PS-JBF 'Tis Better to be Forearmed**



**CAPTAINS OF CRUSH GRIPPERS INSTRUCTION BOOKLET\***



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



**4 GRIPPERS, 1 GOAL: STRONG AND HEALTHY HANDS\***

\*free with order or download at [ironmind.com](http://ironmind.com)

# IronMind's specialty grippers — target your training

## ZENITH™

### 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 \$39.95 (1 lb.)

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



## IMTUG™

### 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](http://ironmind.com) for a handy chart on choosing IMTUG grippers.



Ring finger and pinkie

Middle and index fingers

### LEFT-TURN™ GRIPPERS

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

- No. 1485 LT Trainer c. 100 lb.
  - No. 1486 LT 1 c. 140 lb.
  - No. 1487 LT 2 c. 195 lb.
  - No. 1488 LT 3 c. 280 lb.
- Each \$31.95 (1 lb.)

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

## Left-Turn™ Grippers



### COIL COIL CADDY\*

Holds 12+ grippers on top, 12+ IMTUGs below, 5" x 5"

- No. 1483 (2 lb.) \$36.95



### COIL V-CADDY\*

Brushed aluminum in two sizes:

- No. 1433-C-5 (.5 lb.) for 5 CoC grippers, 5" x 4" \$21.95
- No. 1433-C-10 (1 lb.) for 10 CoC grippers, 10" x 4" \$29.95



### 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!

# Tools for 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

**You Tube** See the IronMind video on training with Expand-Your-Hand Bands.



If you're just starting with grip strength training, 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 Zenith and Left-Turn grippers.



### 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 \$21.95 (.5 lb.)

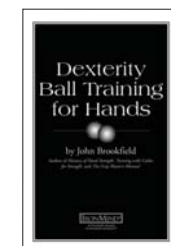
- No. 1425-2 (1 lb.) set of both strengths \$40.90 (each \$20.45)
- No. 1425-C (2 lb.) set of 4 — 2 of each strength \$77.80 (each \$19.45)



### 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



### 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

## 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  
No. 1428-5 (4 lb.) \$89.95



HAND/WRIST COMBO —  
Target hand and wrist, eliminate pain  
No. 1428 (3 lb.) \$54.95



HAND ACTION —  
All-over strength and conditioning  
No. 1428-G3 (3 lb.) \$64.95



TOOL & TRAVEL KIT  
Perfect for keeping grip tools at hand (bag only).  
No. 1474 (1 lb.) \$47.95



STRONG HANDS, HEALTHY HANDS BOOKLET\*

\*Free with order or download at [ironmind.com](http://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 arm lifters to rock climbers. Hook it up to a loading pin and clip (not included), for one-hand deadlifts, doing either reps or holds.

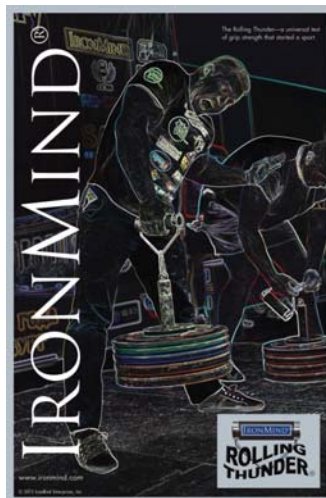
What about combining its grip challenges with a universal test of upper body strength? Meet Rolling Thunder pull-ups.

7-1/2" in length (rotating portion is 6" in length); 2-3/8" in diameter.  
No. 1246 (3 lb.) \$129.95

**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 Carabiner (No. 1314-C) (p. 7), 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. 7). Use code RTPOSTER.



## Crushed-to-Dust!®

# CHALLENGE



Get strong — get certified



- 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](http://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.) \$159.95

# Become a titan of grip strength



## 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.) \$104.95



## R-RING™

Use this ring weight handle for finger lifts, throwing, or even making your own Dinnie-style stones. 6" OD x 5/8" steel. You'll need the Large Carabiner (No. 1314A) as a connecting link to the loading pin; the Small Snap Clip (No. 1313A) will not work.

No. 1258 (2 lb.) \$31.95

## 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.) \$107.95

## Little Big Horn world records\*

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

\*see [ironmind.com](http://ironmind.com) for Rules and Records

## 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. \$2.50

- No. 1314 (5 lb.) 15" Olympic Loading Pin is 2" in diameter, takes Olympic plates \$79.95; add No. 1314A (.25 lb.) large carabiner, holds loads up to 6,600 lb. (!) \$12.00



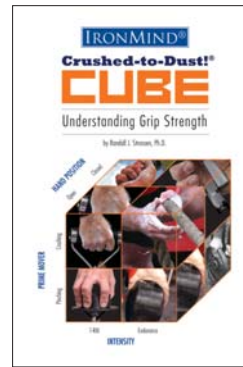
All IronMind equipment made in the USA.

## 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 — 1; two-arm — 27 men/10 women
- pull-ups for max weight: two-arm — 172.1 kg men

\*see [ironmind.com](http://ironmind.com) for Rules and Records

# 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



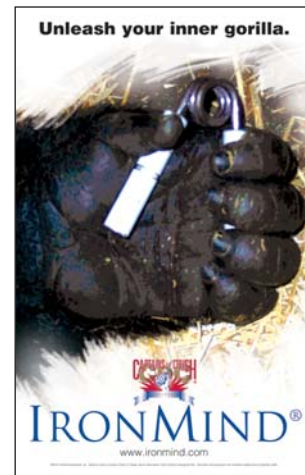
## GO-REALLY GRIP™ MACHINE

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 \$369.95 + 90.00 S&H\*

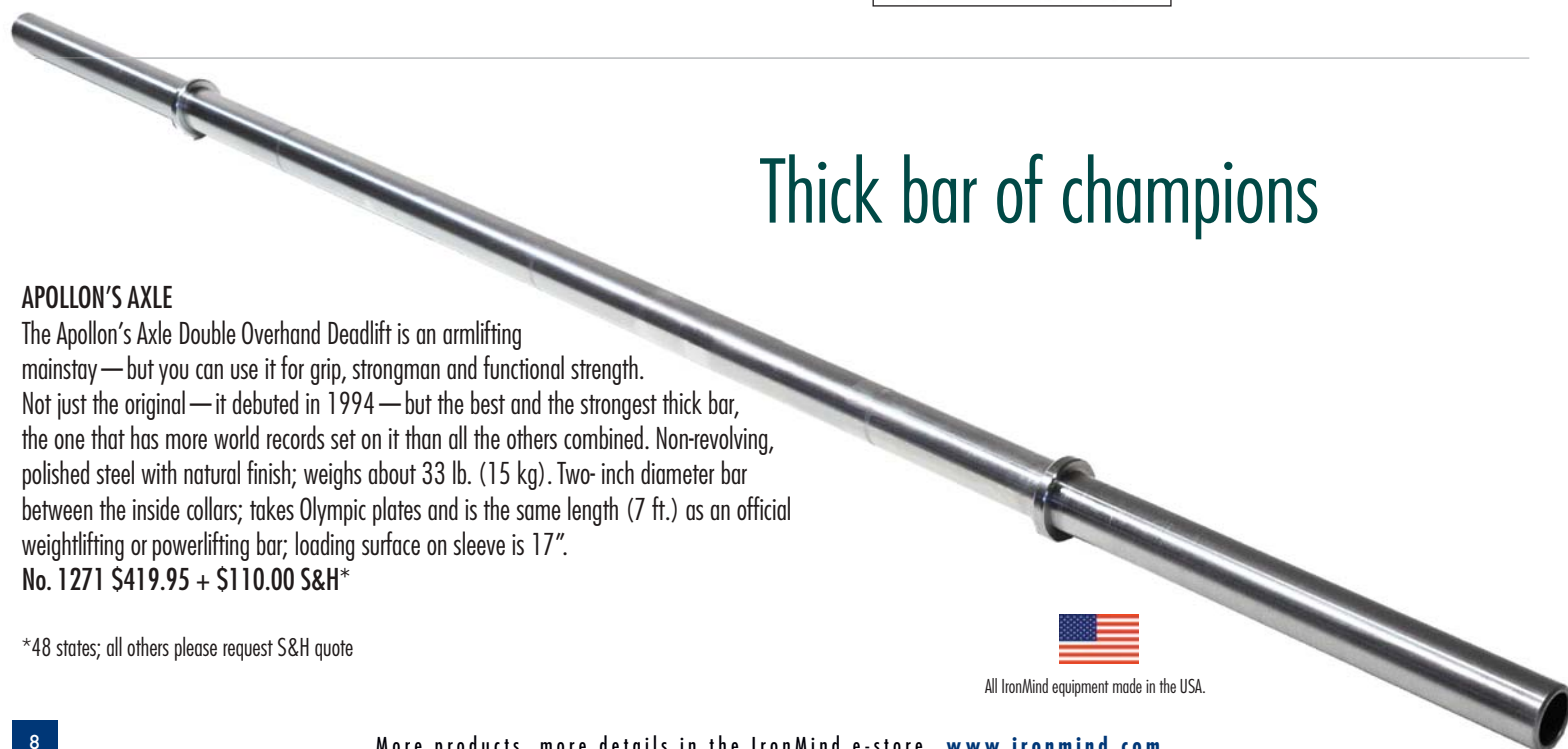
\*48 states; all others please request S&H quote

## Get go-rilly strong!



## 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



## 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.

More products, more details in the IronMind e-store. [www.ironmind.com](http://www.ironmind.com)

## 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



## 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 \$44.95

## 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

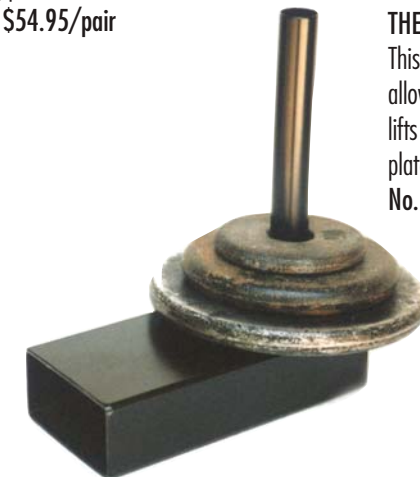


## EAGLE LOOPS

Turn your fingers into talons

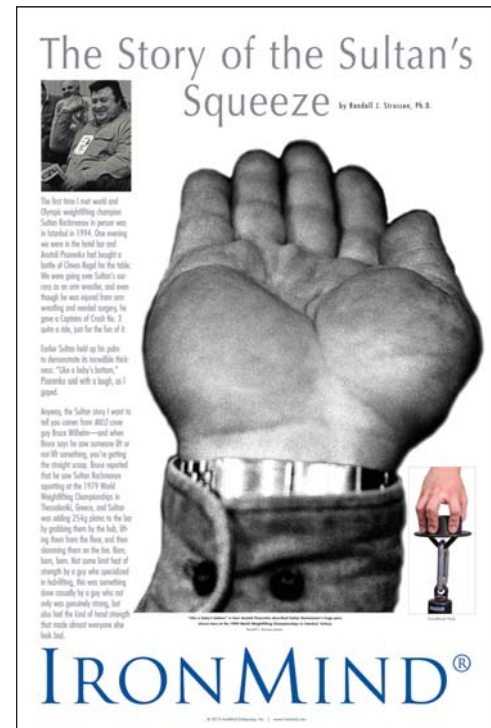
For four fiercely strong fingers . . . do chins, hangs for time, deadlifts, rows, sled pulls, and more. Train any combination of your fingers, except the thumbs. Use with bar or loading pin.

No. 1237 (.5 lb.) \$54.95/pair



## 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.) \$39.95



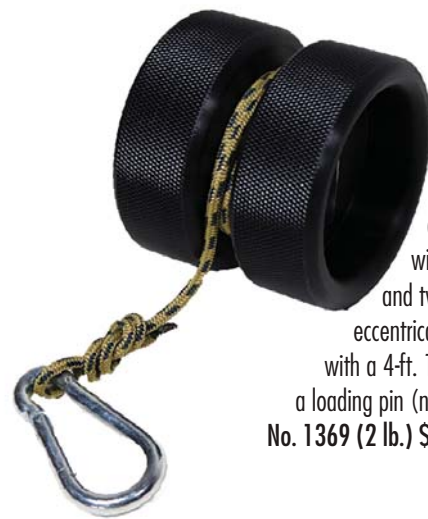
## Free poster!

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.

**IRONMIND®**  
[www.ironmind.com](http://www.ironmind.com)

Questions? email: [sales@ironmind.com](mailto:sales@ironmind.com) | tel: 530-272-3579 | fax: 530-272-3095

# Wrists and forearms stabilize the hand for maximum grip strength



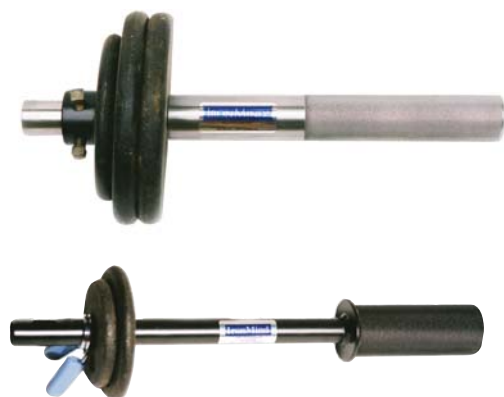
## Radial/Ulnar Deviation

### 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.) \$54.95

## Pronation/Supination

Do full range-of-motion exercises in all directions: lever, do hold-outs 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.) \$87.95

### 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.) \$62.95

## 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



# 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.) \$124.95

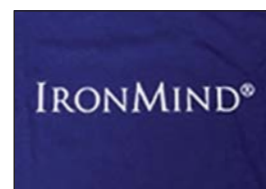
Extra hand pads and bundles of nails available in the online store.



Get certified — join the Red and Gold Nail rosters!

# PR clothing: work out, hang out, look good

## 100% soft cotton



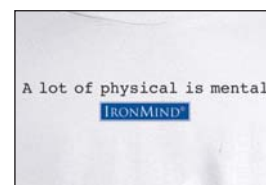
### NEW! IRONMIND LOGO LONG SLEEVE T-SHIRT

It's soft, but durable, functional, but easy to care for. Look sharp in any weather!  
No. 1233-IMLS (.5 lb.) \$24.95



### IRONMIND LOGO T-SHIRT

Wear this shirt, stand up straight and feel stronger!  
1233-IMLG (.5 lb.) \$22.95



### A LOT OF PHYSICAL IS MENTAL T-SHIRT™

The secret to getting stronger: think big.  
1233-PM (.5 lb.) \$21.95



### IRONMIND TANK TOP

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

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

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



### IRONMIND BASEBALL CAP

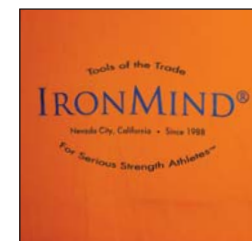
A traditional favorite with coolest baseball cap looks. 100% cotton canvas, embroidered IronMind logo. Adjustable in one size.  
No. 1230-IM (.5 lb.) \$27.95

## Soft wicking blends



### 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.) \$22.95



### 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.) \$24.95



### 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.) \$29.95

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



### 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 \$22.95 (.5 lb.)  
SG — Olive/Satin (stiffer webbing) \$24.95 (.5 lb.)



### 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



# IRONMIND®

## 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](http://ironmind.com) for specifications.



*"World traveler"*

### LARGE GYM BAG

Tough and versatile — and a frequent flyer.  
No. 1235 (2 lb.) \$127.95



*"A pickup truck with handles"*

### QUARTER-TON TRUCKER

Bring on the cargo — big, heavy and awkward are fine.  
No. 1408 (2 lb.) \$79.95



*"Strong, light, fast"*

### MINI DUFFLE

Compact — and strong! — for quick missions.  
No. 1238 (2 lb.) \$59.95



*"Carry a watermelon . . ."*

### COMPACT TRUCKER TOTE

Small enough to be handy; big enough to do the job.  
No. 1456 (1 lb.) \$56.95



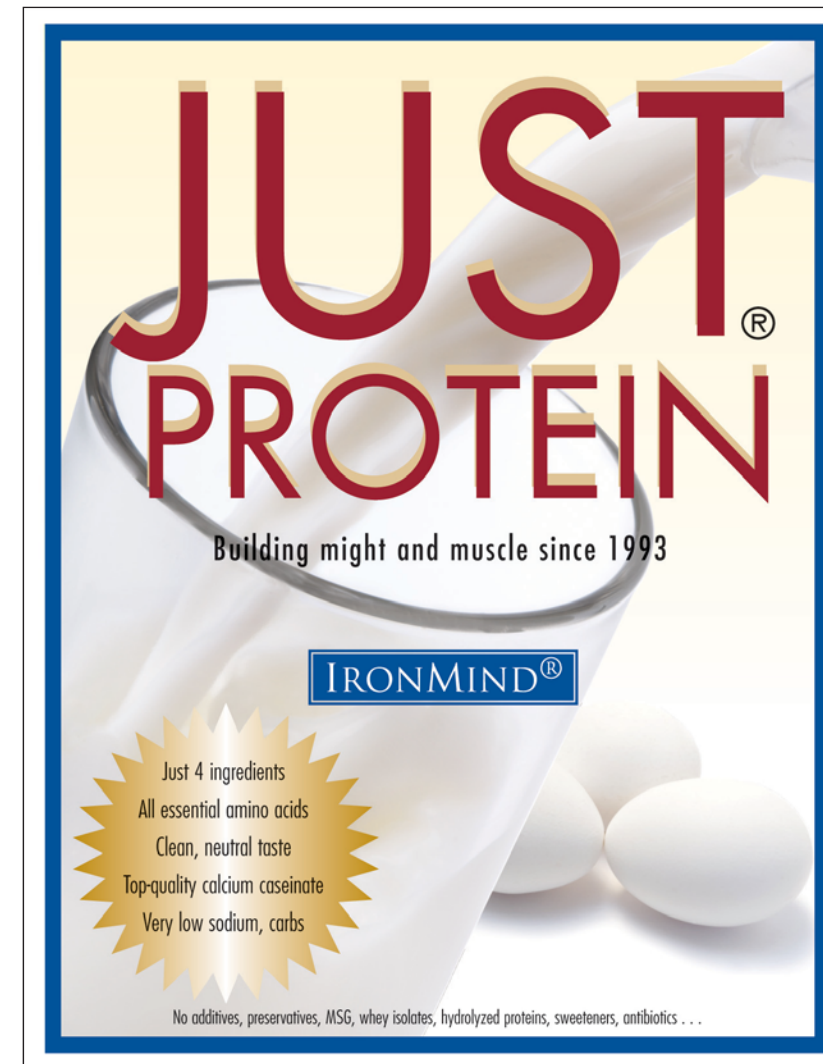
*"The go-to for grip kings"*

### TOOL & TRAVEL KIT

Its multi-tasking design makes it easy to carry your favorite grip tools.  
No. 1474 (1 lb.) \$47.95

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

## The clean, simple way to refuel for strength and health



### Just Protein®: Drink to Your Health

*We could go the lab,  
Mix some chemicals and do the usual blab:  
Anabolic this, enhanced that,  
Big words that leave you flat,  
Products that take all your cash,  
Promising results in a flash.*

*Or, we could take the best food around,  
Milk and eggs — solid, proven and sound —  
We blend them together so you could do the same,  
Shows you're smart and that that you know the game.*

*So do your squats and don't forget to run,  
Build strength and health, and have some fun.*

### 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.) \$76.95  
5 — 5-lb. bags (28 lb.) \$369.75 (\$73.95/bag)  
10 — 5-lb. bags (56 lb.) \$709.50 (\$70.95/bag)

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

# IRONMIND®

## VULCAN RACKS SYSTEM III

### Squat—Dip—Chin Muscle Mantra #1

**W**ant 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 on 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!

Dip!

#### 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)  
\$589.90 + \$175.00 S&H\*

Vulcan Squat Racks III™



All IronMind equipment  
made in the USA.

## Squat—Dip—Chin

#### VR III YOU DECIDE DOUBLE-DIP BARS 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"; from 48-1/2" to 52-1/2".

**No. 1311 Double-Dip Bar uprights\*\*** (uprights only; VR base not included)  
\$199.95 + \$85.00 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](http://ironmind.com) for details on all combinations and components of the Vulcan Racks III System.



You Decide  
Double-Dip Bars & Base

#### 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



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 + \$85.00 S&H\*

Chinning Bar Setup & Base





## Forge bigger forearms



Wrist Roller Axle Setup & Base

### VULCAN RACKS III WRIST ROLLER AXLE SETUP

Wish your forearms were the size of a shoebox? Use your One Wicked Wrist Roller to torch your forearms without putting any strain on your shoulders or back, so your forearms will grow, grow, grow. Height adjusts from 37-1/2" to 69-1/2"; axle is 1-1/16" in diameter.

No. 1217-WRB Wrist roller axle only (VR base and One Wicked Wrist Roller not included) \$109.95 + \$70.00 S&H\*

No. 1217-WRS Wrist roller axle with sideposts (VR base and One Wicked Wrist Roller not included)

\$279.95 + \$100.00 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

## 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

**You Tube** The IronMind video shows you the how-to of the SUPER SQUATS Hip Belt.



### SUPER SQUATS T-SHIRT

Power yourself through squats. 100% soft-style cotton; multi on royal blue.

1233-SSC (.5 lb.) \$24.95

Sizes M (38–40") L (42–44"); XL (46–48"); 2XL (50–52"); 3XL (54–56").

# IRONMIND®

## Tools for transformation



### 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 \$639.90 + \$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
- flyes
- 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.

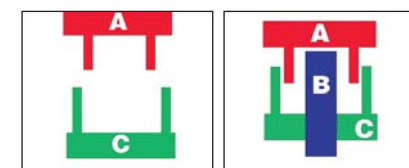
Removable high-density, closed-cell top, so it can go fully dressed or naked, as you choose. 48" x 12" x 17", weighs 60 lb.

No. 1228 \$389.95 + \$175.00 S&H\*



Floor plans for squats and bench presses:

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



Squats

Bench press



All IronMind equipment made in the USA.

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®

## IronMind® Bars: Strength, power, muscle mass

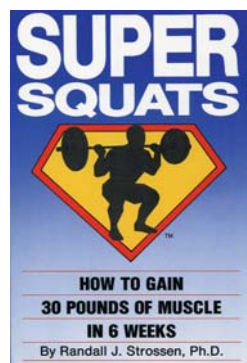
- Squat more
- Bench more
- Deadlift more

### 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\*



### 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



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 \$949.95 + \$130.00 S&H\*

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

### SQUAT MORE THAN YOU CAN T-SHIRT

100% preshrunk cotton Hanes Beefy T-shirt, short sleeves, in white with blue/black.

1233-SQM (.5 lb.) \$19.95

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

## 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 \$459.95

No. 1224-S (8 lb.) single dumbbell with collars \$234.95



### 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 \$419.95

No. 1249-S (13 lb.) single dumbbell with collars \$214.95



### 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.) \$56.95

2 pairs (2 lb.) \$102.90

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

1 pair (3 lb.) \$94.95

2 pairs (6 lb.) \$176.90

### TUF-CLOTH™

Keep your natural-finish IronMind bars nice and shiny with this multi-purpose dry protectant, for a durable, rust-blocking finish. Tested and used by Navy SEALs.

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



All IronMind equipment made in the USA.

# IRONMIND®

## 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 bailouts
- No. 1234 (.25 lb.) \$10.95/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.) \$20.95/pair



### SEW-EASY™

- 21-1/4" closed loop
  - 1-1/2" wide
  - weightlifters of all types; easy to use
- No. 1437 (.25 lb.) \$16.95/pair

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

## 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

### IRONMIND 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.) \$289.95



### 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

## Small but essential

### NEW! COMPACT, 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.) \$9.95  
Set of 3 \$25.95



### GYM CHALK

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

No. 1268 (2 lb.) \$16.95



### JOHNSON & JOHNSON COACH ATHLETIC TAPE

Tape first, and then hook. 1-1/2" wide and 15 yards long.

No. 1269 (.5 lb.) 3 rolls \$19.95

## 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

**You Tube** 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



