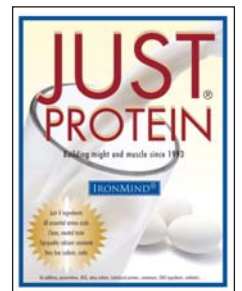
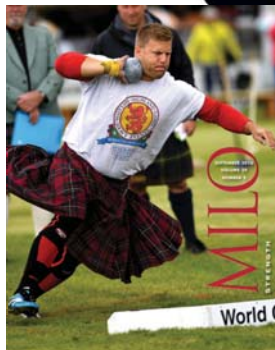


IRONMIND®

2017



Tools of the trade for serious strength athletes™ . . . most of them unique, all of them top quality
Since 1988

The #1 tool for grip strength

I've bought your CoC grippers and Expand-Your-Hand Bands and they're amazing. The quality is above all and every person I shake hands with comments on my grip. They're as fun as can be and I tell everyone about them.

—B. K., San Antonio, TX

Captains of Crush®

The Gold Standard of Grippers

- Precise, durable, good-looking
- 11 strengths for non-stop gains

IRONMIND®
www.ironmind.com

CAPTAINS OF CRUSH® GRIPPERS

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)

Get Strong! Get Certified

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 the IronMind website for the Rules for Closing and Certification.

Crushing Grip

Grippers are the archetypal training tool for crushing grip strength.

LEFT-TURN GRIPPERS

4 strengths for focused training

1485 — L-T Trainer c. 100 lb.

1486 — L-T 1 c. 140 lb.

1487 — L-T 2 c. 195 lb.

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)

*The Zenith gripper is as smooth as silk from initial squeeze to closure. . . .
I had trouble putting it down.—G. P., Batavia, OH*

ZENITH™ GRIPPERS

6 strengths for all users

- 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)

Visit the IronMind website for more information and FAQ on IronMind grippers.

IMTUG™: TWO-FINGER UTILITY GRIPPERS

7 strengths for targeted training

No. 1411 IMTUG1 (easiest) No. 1415 IMTUG5

No. 1412 IMTUG2 No. 1416 IMTUG6

No. 1413 IMTUG3 No. 1417 IMTUG7 (toughest)

No. 1414 IMTUG4 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)

Select the right IMTUGs based on which CoC grippers you are using:

If you're doing your work sets on these CoC grippers:

Use these IMTUGs to zero in on your thumb and other fingers:

Guide or Sport	Thumb	Ring/pinkie	Index/middle
Trainer or No. 1	IMTUG1	IMTUG3	IMTUG2
No. 1 or No. 2	IMTUG2	IMTUG4	IMTUG4
No. 2 or No. 3	IMTUG3	IMTUG5	IMTUG5
No. 3 or No. 4	IMTUG4	IMTUG6	IMTUG6
	IMTUG5	IMTUG7	IMTUG7

Left-Turn



Grippers No hand left behind

Left-Turn grippers are the mirror image of—and a perfect complement to—IronMind's gold standard Captains of Crush grippers. If you're left-handed, or even if you aren't, you'll want to grab this new gripping experience.



IRONMIND®

www.ironmind.com



Zenith—the art of grip training



- Train for strength and condition
- Silky smooth ride, easy on your hands
- 6 strengths for all kinds of hands

IRONMIND®

www.ironmind.com



Index and middle fingers
(crushing grip)



Ring finger and pinky
(crushing grip)



Thumb
(pinch grip)

Five Finger Wonder

Train one or two fingers at a time—including your thumb for new levels of grip strength



IMTUG™

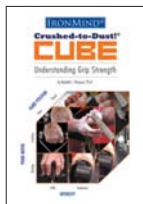
CoC Captains of Crush Compatible

IRONMIND®

www.ironmind.com



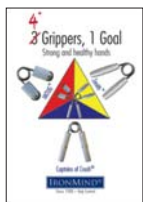
CAPTAINS OF CRUSH GRIPPERS: What They Are and How to Close Them by Randall J. Strossen, Ph.D., with J. B. Kinney and Nathan Halle.
All you need to get strong and smart on CoC grippers.
No. 1354 (.5 lb.) \$19.95



CRUSHED-TO-DUST! CUBE
Understanding grip strength: target your training for top performance. Free with purchase.



CAPTAINS OF CRUSH GRIPPERS INSTRUCTION BOOKLET
Basic training guide for the gold standard of grippers. Free with purchase.



4 GRIPPERS, 1 GOAL: STRONG AND HEALTHY HANDS
Training booklet for IronMind's team of grippers—Captains of Crush, IMTUG, Zenith, and Left-Turn—for superior grip strength and hand health. Free with purchase.



CAPTAINS OF CRUSH GRIPPERS ID CARD

It IDs your membership in the largest, strongest grip community in the world. When you certify, we'll send a card showing your accomplishment. First card free with the purchase of a Captains of Crush gripper; one free card per customer.
No. 1250-C (.25 lb.) Additional cards \$2.00 each



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

Firearms expert and professional shooter Ron Avery tells how he trained with IronMind's grip products after surgery to rebuild the grip strength in his hands. **1442-AV (.25 lb.) \$5.00;** or use code AH-RAT0 with any purchase



CAPTAINS OF CRUSH SONG CD

by Trevor Laing
Get fired up for your next workout. \$5.00 from each CD is donated to the worldwide emergency relief organization Doctors Without Borders (Medecins Sans Frontieres). 1:54 minutes.
No. 1403 (.25 lb.) \$8.95



COC KEY: MILES TO MILS

GPS for your grip training: measure the gap between where you are and your goal—precisely. Steps of 2, 4, 6, 8, 10, 12, 14 and 16 mm, along with 19 and 54 mm measures; aircraft-grade aluminum. Overall length 2-1/8". No. 1440 (.25 lb.) \$9.95



CAPTAINS OF CRUSH STARBURST LOGO T-SHIRT

Multi on white or black 100% preshrunk cotton Hanes Beefy T-shirt, short sleeves. L (42"—44"); XL (46"—48"); 2XL (50"—52"); 3XL (54"—56"). No. 1233-CC (.5 lb.) \$19.95

Succession Planning

Not just a corporate thing, it's essential for making progress on grippers. Get your warm up, work set and challenge grippers lined up and ready for action. Maybe you finish off with an IMTUG or two, and then a Zenith. Is there a Left-Turn gripper in the mix, too?

IronMind gripper caddies: the first name in grippers also give you the tools to get the most from them.



CoC V-Caddy



Combo Caddy



CoC Coil Caddy

CADDIES*

Keep your CoC grippers within easy reach, ready for training. For the quickest gains, take a lesson from Magnus Samuelsson and do your gripper training in between sets of squats and bench presses, for example.

COMBO CADDY

- No. 1472 (1 lb.) for 8 grippers, 10" x 4" \$24.95

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" \$19.95

IMTUG™ MINI-CADDY

- No. 1433-T-7 (1 lb.) for 7 IMTUGs, 8" x 2" \$18.95

COC COIL CADDY

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

*grippers not included

See the IronMind e-store for more gripper sets and packages. Don't see what you want? Ask us!



www.ironmind.com

Gripper Sets and Packages

Pair IronMind grippers with caddies in myriad combinations that save you money, such as:

Set of 5 CoC Grippers & Small CoC Caddy for 5	\$109.95
Combo Caddy Set of 3 Grippers	\$81.95
Coil Caddy Set of 4 Grippers	\$101.95
Coil Caddy Set of 8 Grippers	\$183.95

Crushing Grip

Picture a firm hand shake or hanging onto the handle of hammer, for example: that's what we call crushing grip and it's at the core of hand strength.

We don't call it
the CoC Silver Bullet
for nothing



- superb training tool
- perfect for hands of all sizes
- challenging for competitors—exciting to watch at grip contests



COC SILVER BULLET
No. 1467 (.25 lb.) \$15.95

COC SILVER BULLET DISC
2.5 kg calibrated.
No. 1467-DSC (6 lb.) \$129.95

COC SILVER BULLET & DISC COMBO
No. 1467-2 (6 lb.) \$134.95

See the IronMind e-store for more CoC Silver Bullet sets and packages.

Get go-rilly strong!



Free Inner Gorilla poster with purchase of Go-Really Grip Machine; use key-code GOREALLY. Offer good through December 31, 2017.



Go-Really Grip™ Machine

Do partials, negatives or full movements... micro load, too, if that floats your boat... train one hand at a time, or two.

CoC Plus it's CoC², meaning Captains of Crush Compatible, so if your inner gorilla has been calling, maybe it's time to get Go-Really strong.

IRONMIND®

www.ironmind.com

GO-REALLY GRIP™ MACHINE

12" Olympic loading pin (good for as much weight as you can stack on it!); weighs 50 lb. (Olympic plates not included.)
No. 1242 \$259.95 + 65.00 S&H*

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



Four fiercely strong fingers

Eagle Loops™
Chins, hangs for time, deadlifts, rows, and more, even sled and truck pulls, turn into finger-strengthening moves *par excellence*. Train any combination of your fingers, except the thumbs.

IRONMIND®
www.ironmind.com

EAGLE LOOPS™
Use with bar or loading pin, not included.
No. 1237 (.5 lb.) \$34.95/pair



CLAW CURL

Dynamic range of motion

Do curls with your fingers, for rehab, conditioning, or CoC No. 3 levels of grip strength. Fingers slip into individual pockets. (Use with a loading pin and clip, not included.)

No. 1378 (.5 lb.) \$34.95/pair



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". Use a loading pin (not included) for quick, easy weight changes.

No. 1257 (8 lb.) \$74.95



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.

No. 1258 (2 lb.) \$24.95

Please note: the R-Ring uses the heavy-duty carabiner (No. 1314A) as a connecting link to the loading pin; the small snap clip (No. 1313A) will not fit.



ROLLING THUNDER®

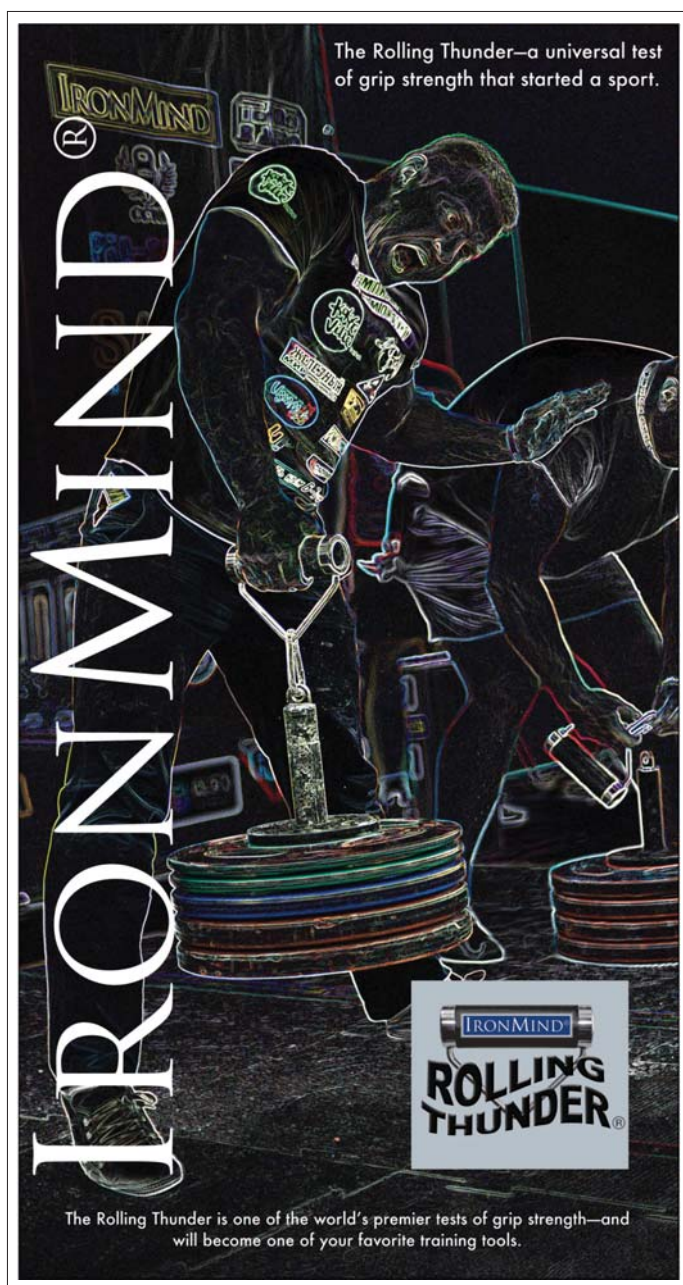
REVOLVING DEADLIFT HANDLE

7-1/2" in length (rotating portion is 6' in length); 2-3/8" in diameter.

No. 1246 (3 lb.) \$79.95

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.



The Rolling Thunder—a universal test of grip strength that started a sport.

IRONMIND®

ROLLING THUNDER®

The Rolling Thunder is one of the world's premier tests of grip strength—and will become one of your favorite training tools.

Pinch Grip

Pinch grip power comes down to the strength of your thumb. Here's how you train it.

Thumbs up for pinch grip power

Put the Titan's Telegraph Key™ in your arsenal for weapons-grade thumb and finger strength.

TITAN'S TELEGRAPH KEY™
No. 1243 (7 lb.) \$86.95



IRONMIND HUB
2-7/8" diameter
gripping surface.
No. 1244 (2 lb.)
Hub only \$25.95



**BLOCKBUSTER
PINCH GRIP BLOCK**
Maximum lifts and holds—try
strolling with it!—and even lat-
eral raises. 6" x 3" x 6".
No. 1248 (5 lb.)
Block only \$32.95



IMTUG GRIPPERS
Pocket-sized, portable—train
your pinch grip in two ways.
7 strengths.
See p. 3 for details.

Pinch gripping for all applications, from wrestlers to law enforcement
and everything in between.

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 \$29.95
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 \$46.95
Add No. 1314A (.25 lb.) large carabiner, holds loads up to 6,600 lb. (!)
\$10.00

*Loading pin required for:

- Rolling Thunder Revolving Deadlift Handle
- IronMind Hub
- Blockbuster Pinch Grip Block
- One Wicked Wrist Roller
- Little Big Horn
- Outer Limits Loops
- Claw Curl
- R-Ring

Loading pin recommended for:

- Twist Yo' Wrist
- De Rigueur Dipping Belt
- SUPER SQUATS Hip Belt
- Headstrap Fit for Hercules
- Eagle Loops

We challenge you Crushed-to-Dust!®



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



Lift 20 kg/45 lb. on an
IronMind Hub



Close a
No. 2 Captains of Crush® gripper

Get strong – get certified
on this test of all-round grip strength excellence

CTD CHALLENGE KIT

Here's everything you need to train for the Crushed-to-Dust! Challenge in one package:

- 1 – No. 1252 – No. 2 CoC gripper
- 1 – No. 1244 – IronMind Hub
- 1 – No. 1246 – Rolling Thunder DL Handle
- No. 1252-CTD (6 lb.) \$112.95

Note: If you need a loading pin and clip, please see item Nos. 1313-C and 1314-C.



CTD CHALLENGE T-SHIRT

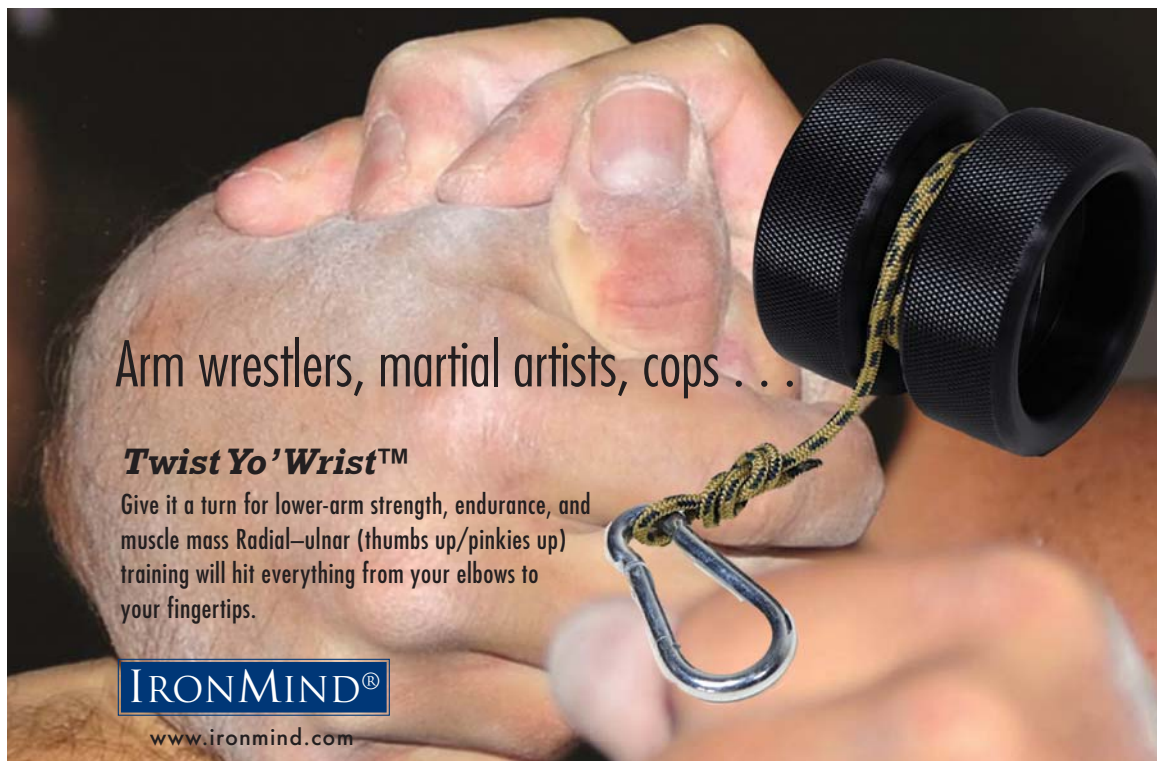
Multi on white 100% preshrunk cotton Hanes Beefy
T-shirt, short sleeves. Sizes: L (42"–44"); XL (46"–
48"); 2XL (50"–52"); 3XL (54"–56").

No. 1233-CTD-15 (.5 lb.) \$19.95

IRONMIND®

www.ironmind.com

Wrist/forearm strength is a specialty in itself, but it's also the platform required for strong hands to perform at their best.



Arm wrestlers, martial artists, cops . . .

Twist Yo' Wrist™

Give it a turn for lower-arm strength, endurance, and muscle mass Radial-ulnar (thumbs up/pinkies up) training will hit everything from your elbows to your fingertips.

IRONMIND®

www.ironmind.com

TWIST YO' WRIST™

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

Roll with the best

ONE WICKED WRIST ROLLER™

Start working those lower limbs, making them an offer they can't refuse: fall off or grow bigger and stronger. 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.) \$76.95



VULCAN RACKS III WRIST ROLLER AXLE

Use the Wrist Roller Axle to roll in a free-standing mode; the One Wicked Wrist Roller's slick bushing system gives it a smooth ride. You can also use a 1" or 1-1/16" bar in a power rack. Wrist Roller Axle is 1-1/16" in diameter and 49" long.

No. 1217-WRB wrist roller axle only \$79.95

No. 1217 & 1217-WRB Vulcan Racks and axle \$609.85



For more Vulcan Racks III System options, visit the IronMind e-store.

Make short-steel bending your act of passion

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, and 3 of the fearsome Red Nails
- one pair of official IronMind bending pads, along with instructions for bending
- Tool & Travel Bag

No. 1236 (9 lb.) \$95.95



Extra nails:

No. 1236-EX50 50 extra nails (please specify Level 1, 2, 3 or 4) \$26.00

• (3 lb.) Levels 1 & 2

• (5 lb.) Levels 3 & 4

No. 1236-EX25 (5 lb.) 25 extra Level 5 Red Nails \$20.00

No. 1236-C (.25 lb.) hand pads (pair) only \$5.00/pair

Who will be the first to be certified for bending the Gold Nail?

Get certified—join the
Red and Gold Nail rosters!



RED NAIL—GOLD NAIL T-SHIRT

100% preshrunk cotton Hanes Beefy T-shirt, short sleeves, in white. L (42"—44"); XL (46"—48"); 2XL (50"—52"); 3XL (54"—56").

No. 1233-RGN (.5 lb.) \$18.95

Add some leverage to your training

HEAVY HAMMER II™ LEVERAGE BAR

Combine grip and wrist—forearm work

Train everything from your elbow to your fingertips in one movement—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.) \$46.95



WRIST REINFORCER™

Focus solely on wrist—forearm

Lever it, and do hold-outs for time, circles, and figure-eights—and work your wrists and forearms into one very strong and 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.) \$69.95



The Wrist Reinforcer: A Versatile Tool by Christian Schyberg

The Wrist Reinforcer can be used for wrist strengthening in a lot of different ways. You can do traditional wrist exercises, such as wrist circles, figure-eight movements and hammer lever exercises, but you can also be a bit unorthodox with the exercises.

You can load the Wrist Reinforcer and do cleans and presses. The leverage factor makes it quite a bit different than doing cleans and presses with a dumbbell or a barbell. The wrists are really challenged with this exercise. Kettlebells are often touted for their versatility, but I don't think they can match the Wrist Reinforcer on that point. Right away, I can only think of one advantage the kettlebell will have over the Wrist Reinforcer—kettlebells are better suited as push-up handles.

You can actually do one-handed swings with the Wrist Reinforcer, too. The grip work is different than with a one-handed kettlebell swing. When swinging the Wrist Reinforcer, it works the grip more like a club; rather than pushing against the fingers, it pulls through the grip. And you don't have to be afraid that the plates will fly off the handle; the collar will keep the plates safely in place.

If you do pinch grip training, the Wrist Reinforcer can be useful for that, too. You can do very narrow pinch lifts with the Wrist Reinforcer. Doing pinch lifts on the knurled end of the handle is relatively easy; the knurling obviously gives a good gripping surface. Also, loading the handle and then pinch-gripping the loaded end is much more challenging. It is an extremely narrow pinch grip, and the handle is so smooth on the loaded end that it takes quite a good grip to hold it.

The last use of the Wrist Reinforcer that I will mention is as a Chi Ishi. If you are into martial arts, you might know the Okinawan strength tool, Chi Ishi, which is usually a stick or handle with a stone or concrete block on one end. It is used for different club-like movements and for static holds. The handle of the Wrist Reinforcer is not as long as a traditional Chi Ishi handle, but it is very useful for Chi Ishi movements. The Wrist Reinforcer has the advantage that the weight can be adjusted to the trainee's level.

Because of the leverage factor, almost any lift you do with the Wrist Reinforcer will work the wrists thoroughly. All in all, I find the Wrist Reinforcer a tremendously versatile and useful training tool, which I highly recommend.

HAND HEALTH

Active Rest/Conditioning

IRONMIND STRONG AND HEALTHY HANDS KITS

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

Select the Strong & Healthy Hands Kit that's just right:

- **HAND/WRIST COMBO:** Target hand and wrist, eliminate pain
No. 1428 (3 lb.) includes IronMind Green EGG, Expand-Your-Hand Bands, Wrist Defender, and training booklet \$54.95
- **EGG & BANDS KIT:** Massage and muscle balance
No. 1428-EB (1 lb.) includes IronMind Green EGG, Expand-Your-Hand Bands, and booklet \$32.95

- **HAND ACTION KIT:** All-over strength and conditioning
No. 1428-G3 (3 lb.) includes Zenith Agility gripper, IronMind Green EGG, Expand-Your-Hand Bands, and booklet \$52.95
- **GRIPPER & BANDS KIT:** Ins and outs of healthy hands
No. 1428-GB (1 lb.) includes Zenith Agility gripper, Expand-Your-Hand Bands, and booklet \$34.95
- **DESK TOOLS:** Digital fitness from elbows to fingertips
No. 1428-5 (4 lb.) includes Zenith Agility gripper, IronMind Green EGG, Expand-Your-Hand Bands, Wrist Defender, and booklet \$72.95

Your hands work hard all day

IronMind™ EGG

Expand-Your-Hand Bands™

Tool & Travel Kit

Zenith™ Gripper

Wrist Defender

Dexterity Balls

Treat them right: IronMind's Strong & Healthy Hands Kits

Prevent, eliminate or reduce hand pain and say good-bye to tennis and golfer's elbow. Lower blood pressure. Reduce stress and anxiety. Enjoy life!

IRONMIND®
www.ironmind.com

Strong Hands, Healthy Hands Booklet
Training for Strong and Healthy Hands Kits. Free with purchase.

Active Rest/Conditioning



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)

WRIST DEFENDER

Now with wrist strap—take it for a walk! Use this friendly tool to gently loosen and stretch your joints, relieving pressure in the wrist and encouraging increased range of motion and flexibility.

Ergonomic shape, 6" x 2" and 1-1/4 lb.; contains no sand or lead.

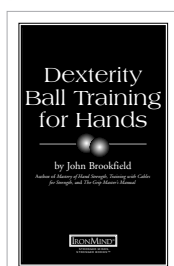
No. 1438 (2 lb.) \$22.95



DEXTERITY BALLS

These ancient balls should be in the hands of grip-strength specialists and everyone who would benefit from increased manual dexterity, range of motion, and muscle control. Includes "Dexterity Ball Training for Hands" course by John Brookfield. Two sizes:

- **No. 1263-I (1 lb.)** Level I chrome balls (with chimes) are 1-1/2" in diameter and 4 oz.; set of 3 plus course \$16.95
- **No. 1263-II (3 lb.)** Level II iron balls are 2-1/4" in diameter and 1-1/4 lb. (.6 kg); set of 2 plus course \$42.95
- **No. 1263-DXC (.25 lb.)** course only \$5.00



ZENITH AGILITY GRIPPER

Light action for every hand

This friendly Zenith™ gripper is designed for everyone who wants to take his or her hands for the equivalent of a daily walk: regular use will keep your hands strong, agile and limber, and the silky-smooth handles feel good even on tender hands. Ergonomic aluminum handles; less resistance than a CoC Guide gripper.

No. 1471 (1 lb.) \$25.95

Especially helpful for:

- seniors, both men and women
- youth in formative years
- those with a very weak grip
- those with chronic hand pain
- prehab and rehab



Extensors

Extensive Excellence

Known as Grip Central since 1988, IronMind pioneered the partnership of strong and healthy hands, and in 2004, we took note that virtually 100% of grip training focuses on flexors, the muscles that close your hand—leaving the extensors crying out for a little attention, too.

Enter Expand-Your-Hand Bands, which focus on the extensors, the muscles that open your hands—paving the way to muscle balance. They are 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—a superb stress-reduction tool, too. Comes with 2 complete sets of 5 different strength bands for progressive training.



EXPAND-YOUR-HAND BANDS

Dynamic range of motion and overall hand health

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

OUTER LIMITS LOOPS™

Static (isometric) work for serious 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.) \$34.95/pair



11

STRONGER MINDS, STRONGER BODIES™

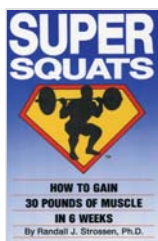
Strength and bulk

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

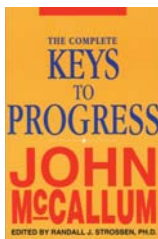


Head-to-toe training

THE COMPLETE KEYS TO PROGRESS

by John McCallum
This classic series from *Strength & Health* magazine in the 1960s, is

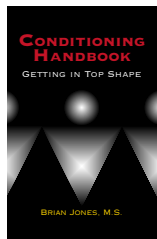
packed with routines for training from head to toes. 288 pp. No. 1287 (1 lb.) \$19.95



Conditioning and endurance training

THE CONDITION- ING HANDBOOK: GETTING IN TOP SHAPE

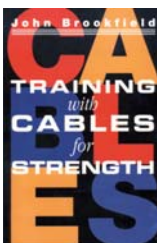
by Brian Jones, M.S.
Physiology and programming, along with a broad menu of training ideas and workout routines for fitters, athletes, coaches and teams. 208 pp. No. 1389 (1 lb.) \$19.95



Upper-body training

TRAINING WITH CABLES FOR STRENGTH

by John Brookfield
Train everything from your neck down with a set of cables (think chest expanders, not machines) in a wide range of exercises. 128 pp. No. 1303 (.5 lb.) \$19.95



Mental tools and strategies for success

IRONMIND: STRONGER MINDS, STRONGER BODIES by Randall J. Strossen, Ph.D.

WINNING WAYS: HOW TO SUCCEED IN THE GYM AND OUT by Randall J. Strossen, Ph.D.

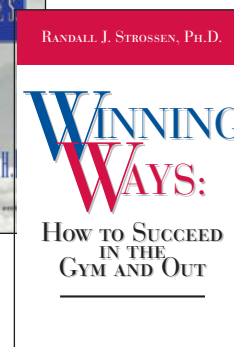
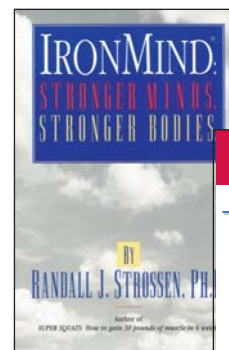
The complete collection from the popular monthly sports psychology column that ran in *Iron Man* magazine for over 12 years:

- *IronMind: Stronger Minds, Stronger Bodies*—the first 60 lessons in managing your life for success and satisfaction. 192 pp. No. 1305 (1 lb.) \$19.95
- *Winning Ways: How to Succeed In the Gym and Out*—the next 85 lessons on maximizing your potential and boosting your performance. 208 pp. No. 1288 (1 lb.) \$16.95

No. 1305-2 (2 lb.) both books \$33.90



Visit Amazon.com, Kobo, Barnes & Noble, and iTunes for e-book purchase.

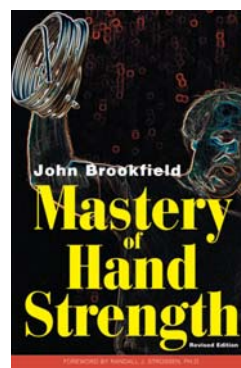
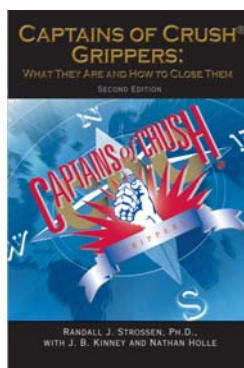


Grip and lower-arm training

CAPTAINS OF CRUSH GRIPPERS: WHAT THEY ARE AND HOW TO CLOSE THEM, 2/E

by Randall J. Strossen, Ph.D.,
with J. B. Kinney and Nathan Holle

Joe Kinney calls it the CoC owner's guide, what you need to get strong and smart on Captains of Crush grippers. 192 pp. No. 1354 (.5 lb.) \$19.95



MASTERY OF HAND STRENGTH, REVISED EDITION

by John Brookfield

THE book on grip and lower-arm training, it is bulging with exercises for building strength from your elbows to your fingertips. 112 pp.

No. 1273 (.5 lb.) \$19.95

Get Strong! Books

Each Get Strong! Book helps you master the moves, with how-tos, exercises, and a lot of photos.

Sandbag training



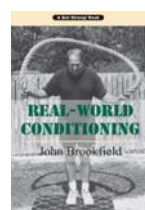
THE COMPLETE SANDBAG TRAINING COURSE

by Brian Jones

Go beyond the sandbag basic lifts and carries for head-to-toe training with this simple, effective tool. 48 pp.

No. 1400 (.25 lb.) \$13.95

Conditioning for stamina



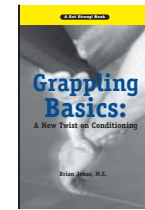
REAL-WORLD CONDITIONING

by John Brookfield

Train your mind and body to keep going when it counts: go beyond your comfort zone as you maintain your pace with a mix of practical outdoor movements. 56 pp.

No. 1470 (.25 lb.) \$13.95

Grappling for conditioning



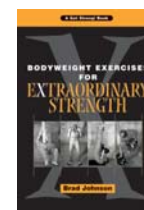
GRAPPLING BASICS: A NEW TWIST ON CONDITIONING

by Brian Jones, M.S.

Hone your grappling skills and build leg and arm strength, toughen your joints and tendons, and expand your range of motion and flexibility. Over 300 photos; 112 pp.

No. 1435 (.5 lb.) \$16.95

Bodyweight training



BODYWEIGHT EXERCISES FOR EXTRAORDINARY STRENGTH

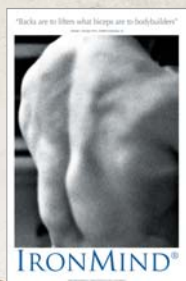
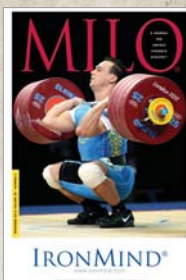
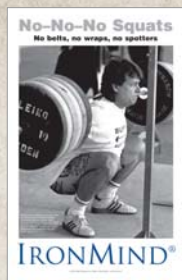
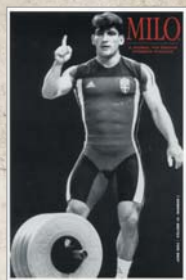
by Brad Johnson

Learn from the king of pull-ups, push-ups, and jackknives and get very strong in a multitude of directions—plus your body will feel like a feather. 72 pp.

No. 1396 (.5 lb.) \$13.95

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Poster power



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for all MILO posters.

IRONMIND®

www.ironmind.com



NEW!

OPEN STONE

Kilts, camaraderie, and fun. As world champion Scott Rider said, "I wish I had gotten involved ten years earlier."

PS-SR



NEW!

TALAKHADZE

Georgian superstar of weightlifting Lasha Talakhadze doing a 212-kg snatch like a hot knife cutting through butter.

PS-LT212



NEW!

JUST PLANE STRONG

Hafthor Julius Bjornsson in a duel with a Hercules C-130 military transport plane.

PS-JPS

Each 21" x 32", in colors as shown.

Photos by Randall J. Strossen, Ph.D.

Each \$17.95 (1 lb.)

For more IronMind® / MILO® posters, visit the IronMind e-store at www.ironmind.com.

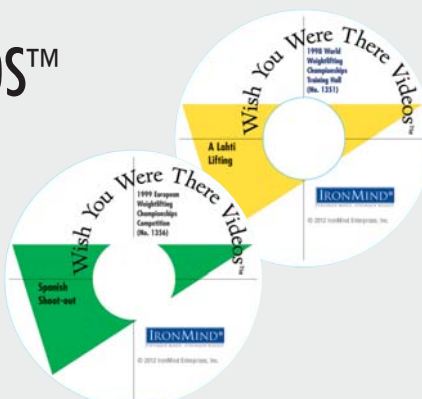
Before YouTube there was

WISH YOU WERE THERE VIDEOS™

Video Verité for Strength Athletes

IronMind's signature blend of world-class performances in these classic videos.

Featuring the best weightlifters in the world at the European and World Weightlifting Championships in the training hall and in competition, these action-packed DVDs capture some jaw-dropping lifts and are guaranteed to inspire you to train like a madman. 1993 to 2002.



Save on quantity orders:

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3 - 5	15%
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For a complete list of Wish You Were There videos, please visit our e-store at www.ironmind.com.

MOBILE TRAINING SOLUTIONS

No matter where you train . . .

Rock-solid, works everywhere



Pillars of Power II™



Vulcan Squat Racks III™



You Decide Double-Dip Bars



ALight™ Training Center



Five Star Flat Bench II™



SDC Center*

Command Chinning Bar*

*Unit is designed for permanent location.

Easy setup, easy takedown, easy storage.

1–2–3 Squat–Dip–Chin! Choose from 3 training centers.

Which training system is best for you?

	ALight	VR III	SDC
Squat capacity	700 lb.	1,000 lb.	1,000 lb.
Dips	Adjustable width; hands parallel or 45°	Adjustable width; hands parallel or 45°	Adjustable width; hands parallel or 45°
Chins	Strict only	Strict only	Kip, kip, hooray*
Bench press	No	Yes	Yes
Portable	Extremely (squat racks weigh less than 32 lb.)	Very (squat racks weigh 54 lb.)	No, not meant for regular disassembly
Swap-outs: squat, dip, chin	Extra easy	Very easy	Very easy for squats and dips; chinning bar fixed
Height/width adjustments	Yes, squats, dips, chins	Yes, squats, dips, chins	Yes for squats and dips; chinning bar at fixed height
Footprint	24" x 47-1/2"	24" x 52"	72" x 52"
Squat racks height	48" to 83"	37-1/2" to 64"	37-1/2" to 64"
Max height chinning bar	83"	83-1/2"	87"
Price to squat, dip, chin	\$699.95**	\$882.85**	\$989.95**

*some cheating is okay—test, adjust, be safe! **plus S&H and tax, where applicable

ALIGHT TRAINING CENTER™

Your out-of-this-world mobile training center

ALight™

1 Base, 3 Tops
squat, dip, chin anywhere

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

Chinning
bar
attachment

Dipping
handle
attachment

IRONMIND®
www.ironmind.com

Light as a feather, strong as an ox

- 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

ALIGHT TRAINING CENTER

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

No. 1480 \$699.95 + \$95.00 S&H*

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

Weighs less than a set of golf clubs.



ALIGHT TRANSPORT BAG

Pack and carry your ALight Training Center wherever you go: this specially-designed Tough-As-Nails™ bag protects all the pieces.

No. 1480-TB (7 lb.) \$219.95

IRONMIND SDC CENTER: SQUAT, DIP, CHIN!

Maximum gains in a compact area via the big three of the strength and muscle world: squat, dip and chin at world-class levels.

Combines the Vulcan Racks and Command Chinning Bar with a reduced footprint:

- No. 1450 Command Chinning Bar
- No. 1217-B Vulcan Racks Base Unit with no crosstube (it shares the crosstube with the Command Chinning Bar)
- No. 1217-VR Vulcan Racks Squat Uprights
- No. 1311 You Decide Double-Dip Bar Uprights

Footprint: 52" wide, 72" front to back; chinning bar at fixed height 7' 3".

No. 1450-SDC \$989.95 + \$240.00 S&H*

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



VULCAN III SQUAT RACKS

The sultan of squat racks and the top choice for rock-solid squat racks and the no-excuses workouts that go with them.

- 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 from the racks
- lunges
- good mornings
- benches
- inclines
- wrist roller work

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) \$529.90 + \$90.00 S&H*

No. 1217-B VR III Base Unit only (left/right base units with blue crossbar) \$419.95 + \$90.00 S&H*

No. 1217-VR Squat Uprights** only (squat uprights with padded saddles) \$119.95 + \$35.00 S&H*

Visit the IronMind website for more information on the many combinations and components of the Vulcan Racks III System. Here's what you need if you want to:

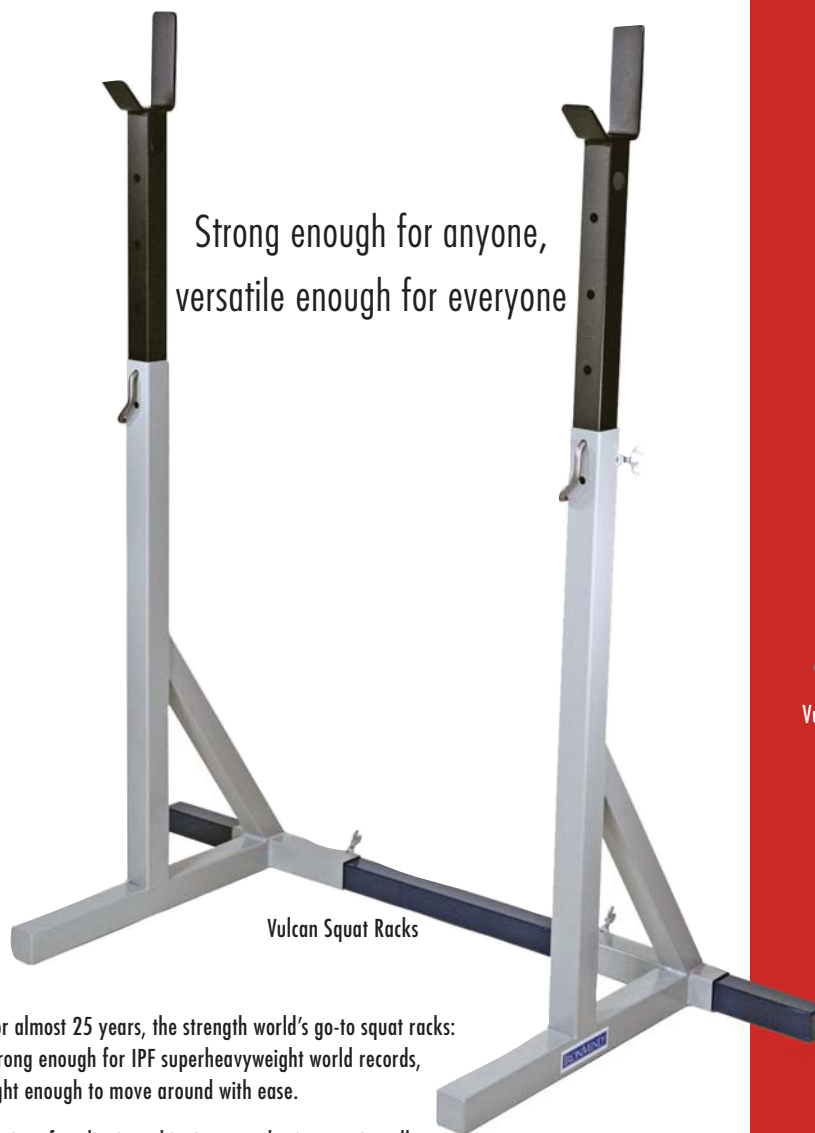
- Squat only — No. 1217
- Squat and dip — No. 1217-DB Vulcan Racks III Squat Racks with Double-Dip Bar Uprights (base unit, squat uprights and double-dip bar uprights) \$662.90 + \$130.00 S&H*
- Squat, dip and chin — No. 1217-DB, No. 1217-CBS
- Squat and chin — No. 1217, No. 1217-CBS
- Squat, dip, chin and roll — No. 1217-DB, 1217-TC

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

Vulcan Racks III

The World's Premier Squat Racks

Strong enough for anyone,
versatile enough for everyone



Vulcan Squat Racks

For almost 25 years, the strength world's go-to squat racks: strong enough for IPF superheavyweight world records, light enough to move around with ease.

Options for dipping, chinning—and using a wrist roller, just like in Odd Haugen's grip contests.

... and more



You Decide Double-Dip Bars



Vulcan Racks Chinning Bar Setup



Vulcan Racks Wrist Roller Setup



Made in the USA

IRONMIND®

IRONMIND STICKERS

For gym walls and cabinets, tool boxes, and the like. 12" x 3.1875" IronMind logo.

No. 1450-L-IM (.25 lb.) \$3.00

Dip like you mean it

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.) \$71.95

Enter IronMind's De Rigueur Dipping Belt, a striking assembly of space age nylon and aluminum bonded together with our Wicked-Strong™ technology. And while your bulky belt (leather and chains notwithstanding) might not safely hold 100 lb., our streamlined beauty toys with a ton, literally.

For powerlifters and strongman to climbers and OCRs, this is the belt to take to the dance.

IRONMIND®
www.ironmind.com



Comfortable, looks sharp, super-strong



VR III YOU DECIDE DOUBLE-DIP BARS

Dip heavy, dip often, and get the chest, shoulders, and triceps you've been lusting after.

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) **\$552.90 + \$90.00 S&H***

No. 1311 Double-Dip Bar Uprights only \$147.95 + \$45.00 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

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-C Full setup** (base unit and chinning bar setup) **\$639.90 + \$135.00 S&H***
- **No. 1217-CBS Chinning Bar Setup** only** (sideposts and chinning bar) **\$219.95 + \$50.00 S&H***
- **No. 1217-CBB Chinning Bar only** (if you already have the sideposts, top bar only) **\$89.95 + \$30.00 S&H***



VULCAN RACKS III WRIST ROLLER AXLE

Slide your One Wicked Wrist Roller on the axle and blast your forearms until they are so fried, they have to grow. Height adjusts from 37-1/2" to 69-1/2"; axle is 1-1/16" in diameter. (One Wicked Wrist roller not included; see p. 8.)

- **No. 1217-W Full setup** (base unit and wrist roller setup) **\$609.90 + \$135.00 S&H***
- **Add-on to pre-2011 VR sets — No. 1217-WRS Wrist Roller Axle Setup** only** (sideposts and wrist roller axle) **\$209.95 + \$55.00 S&H***
- **Add-on to VR sets 2011 and after — No. 1217-WRB Wrist Roller Axle only** (no sideposts needed) **\$79.95 + \$35.00 S&H***
- **Chin and roll full setup — No. 1217-A VR III Chinning Bar and Wrist Roller Axle** (base unit, sideposts, chinning bar, and wrist roller axle) **\$689.90 + \$145.00 S&H***
- **Chin and roll add-on — No. 1217-TC Chinning Bar and Wrist Roller Setups**** (chinning bar, wrist roller axle, and sideposts) **\$289.90 + \$60.00 S&H***



N.B. No. 1254 One Wicked Wrist Roller is not included in above units (see p. 8)

COMMAND CHINNING BAR

If pull-ups are the center
of your training universe,
take charge with the
Command Chinning Bar:
it's one stable pull-up station.

COMMAND CHINNING BAR

Base roughly 4 ft. (1.2 m) square; fixed height is 7' 3";
chinning bar is 1-1/2" (38 mm) in diameter. Can be
anchored to the ground for even greater stability.

No. 1450 \$389.95 + \$115.00 S&H*

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

Pull-up power

Hook-ups for chins, pulls, drags



ENDLESS LOOPS

Use them individually, in pairs, or hooked together in chains. Not just for chins, they come in handy when pulling from the floor. Infinitely useful. Grip tools/carabiners not included.)

Available in pairs or full sets. 4 flat lengths:

No. 1447-12 (.25 lb.)	12"	\$12.95/pair
No. 1447-24 (.25 lb.)	24"	\$14.95/pair
No. 1447-36 (.25 lb.)	36"	\$19.95/pair
No. 1447-48 (.5 lb.)	48"	\$24.95/pair
No. 1447 (1 lb.)	full set, 1 pair of each	\$69.95



DAISY CHAINS & CARABINERS

Bale hitch or clip onto a bar for chins, hip lifts, hip belt squats, etc. Three 4" yellow loops and one 7" red loop, total 19"; holds 3,000 lb. with ease. Bar and carabiner not included.) **No. 1220A (.5 lb.) \$22.95/pair**

LARGE CARABINER

For loads up to 6,600 lb.!

No. 1314A (.25 lb.) \$10.00 each

A few months ago I purchased my first set of [Captains of Crush] grippers. I worked my way up to the No. 1.5 set before participating in Tough Mudder Kentucky. Wow . . . what a difference training with the grippers has made.—R. F., Wyoming, MI

EAGLE LOOPS

Dangle from your digits, one, two, three or four at a time, and build formidable levels of finger and upper-body strength. Or link them to a tow strap and try pulling a bus. No. 1237 (.5 lb.) \$34.95/pair

Special Offer!

15% discount for both

POWER PULL-UP SET

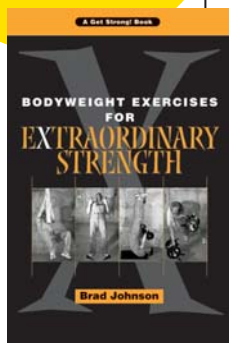
1 pair Eagle Loops and Bodyweight book
No. 1237-BW (1 lb.) \$40.95

BODYWEIGHT TRAINING FOR EXTRAORDINARY STRENGTH

by Brad Johnson

Tons of pull-up and push-up variations with progressions from the king of bodyweight training.

No. 1396 (.5 lb.) \$13.95



**Four
fiercely
strong
fingers**

Eagle Loops™
Chins, hangs for time, deadlifts, rows, and more, even sled and truck pulls, turn into finger-strengthening moves *par excellence*. Train any combination of your fingers, except the thumbs.

IRONMIND®
www.ironmind.com

GRIPPER ON A STRING

Explosive grip strength and eye-hand coordination

One of John Brookfield's earliest Grip Tips* involved hanging a Captains of Crush Trainer gripper from a bar or rafter—an Endless Loop works perfectly here—and explosively grabbing and closing it for reps, letting go in between. The gripper hangs at chest height, and you start each time with your hand at your hip, as if you are drawing a gun, quickly grabbing the gripper and closing it in one swift, smooth movement.

- CoC Trainer gripper and 24" Endless Loop** No. 1250-EL (2 lb.) \$24.95
- Zenith Trainer gripper and 24" Endless Loop** No. 1475-EL (2 lb.) \$27.95

*see www.ironmind.com > Media for dozens of Grip Tips from John Brookfield

**other strengths of CoC or Zenith grippers may be substituted; please leave a note at Check-out



IRONMIND TOWEL

Loop the IronMind towel over the chinning bar and do pull-ups, working your grip along with your lats and biceps. 100% cotton, 24" x 44".

No. 1231 (.5 lb.) \$17.95

More pull-up options

Test your grip strength when doing pull-ups: suspend any of these Crushed-to-Dust! grip tools from a chinning bar:



Hub-style Pinch Gripper
(p. 7)



Little Big Horn
(p. 6)



Rolling Thunder Revolving Deadlift Handle
(p. 6)



R-Ring Handle
(p. 6)



Blockbuster Pinch Grip Block
(p. 7)



Captains of Crush Grippers
(p. 2)

Think *Bridge*, Not Bench



Perfect for:

- neck work
- presses and curls
- flyes
- bench presses
- leg raises
- step-ups
- deadlifts
- psyching up
- taking a rest . . . and more

No. 1228 \$329.95 + \$85.00 S&H*

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

The Five Star Flat Bench has the structural integrity of a bridge, for built-in confidence and no collapses. All-steel, fully-welded construction; tested with static loads in the tons, not pounds.

Trim, MOMA-ready, with a removable high-density, closed-cell top, so you can go fully dressed or naked, as you choose. 48" x 12" x 17", weighs 60 lb. Made in the USA, of course.

IRONMIND®

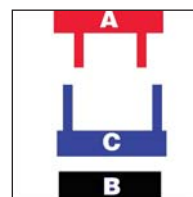
www.ironmind.com

Bench press alert!

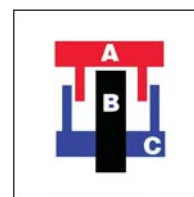
For safety's sake, a number of exercises should ALWAYS be performed with a foolproof spotting system in place—and one exercise that maims or kills people with some regularity is the garden-variety bench press. Our safety advice: never ever bench press without a proven spotting system. *Never. Ever.*

Floor plans for squats and bench presses:

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



Squats



Bench presses

Free poster!



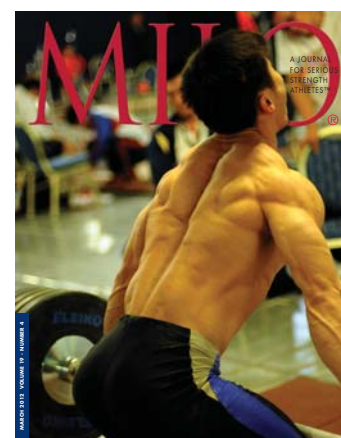
PILLARS OF POWER II+ SPOTTER RACKS

Portable, storable and no-nonsense protection on squats and bench presses. Syncs with Vulcan Racks, ALight, 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 \$529.95 + \$85.00 S&H*

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



IRONMIND®

www.ironmind.com

PERFORMANCE BOOSTER

Complimentary **MILK®** 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 \$659.95 + \$70.00 S&H*

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.

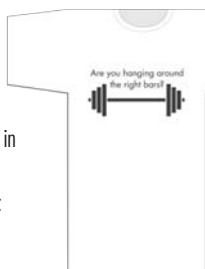
No. 1223 \$649.95 + \$70.00 S&H*

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

HANGING AROUND THE RIGHT BARS T-SHIRT

A weightlifting bar like is a magic wand: expect to be transformed. 100% preshrunk organic cotton short-sleeve shirt in white with black/blue design. L (44"); XL (48"); 2XL (52"); 3XL (56").

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



Single or double?

BIG BOY DUMBBELL BARS™

Use these extra-long, extra-strong, prime American steel dumbbell bars to do one-arm presses like big boys Paul Anderson, Chuck Ahrens and Pat Casey; also perfect for rows, deadlifts and farmer's walks. Brutally strong U.S. prime alloy steel in natural finish, 24" long overall, with knurled 1-3/8" diameter handles. Ends are turned down to 1-1/16" for exercise plates; loading surface is 9-1/4" on each end. Includes Small Bulldog II Collars and a wrench.

No. 1224 (16 lb.) pair of dumbbells with collars \$309.95

No. 1224-S (8 lb.) single dumbbell with collars \$159.95



Are You Hanging Around the Right Bars?



Buffalo Bar

Paul Anderson-ready: cambered for squats, good mornings, lunges and Hise shrugs.

S-Cubed Bar

Strong, straight, stiff: used at World's Strongest Man since 2011.

Apollon's Axle

Thick bar world champion, used at World's Strongest Man since 2011.

IRONMIND®

www.ironmind.com

BULLDOG II™ COLLARS

These retro-tech collars hang on so tight that they bite into the bar. Best applied with a wrench to your plate-loaded dumbbells: the teeth you save may be your own.

Electroless nickel-plated. Comes with an IronMind wrench (also made in the USA, of course).

No. 1226-S Small size for exercise bars (1" or 1-1/16" bar); 1" in width:

1 pair	(1 lb.)	\$36.95
2 pairs	(2 lb.)	\$69.90

No. 1226-L Large size for Olympic bars (approx. 1.97" diameter), 1-1/2" in width:

1 pair	(3 lb.)	\$58.95
2 pairs	(6 lb.)	\$113.90



IronMind Apollon's Axle

APOLLON'S AXLE

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. While it excels in strongman, it's also perfect for grip guys and anyone interested in functional strength.

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.

No. 1271 \$249.95 + \$60.00 S&H*

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

Mikhail Koklyaev, attacking the Apollon's Axle as a weightlifter, cleaning the bar rather than using the continental style, and then jerking it overhead, at the 2009 Giants Live! Mohegan Sun.



Strongman strong

Put the Apollon's Axle to work for you:

- cleans and deadlifts
building and testing your grip strength
- presses and squats
big results from your triceps to your quads

Used in World's Strongest Man (since 2011) and grip competitions worldwide



Want to look like Misha? Check out the IronMind Tank Top, in white or grey, in the IronMind e-store at www.ironmind.com.

Single or double?

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 \$369.95

No. 1249-S (13 lb.) single dumbbell with collars \$189.95



 **Hot tip:**
It's also perfect for CoC grippers!



TUF-CLOTH™

Keep your natural-finish IronMind bars nice and shiny by wiping them down as needed with this multi-purpose dry protectant, for a durable, rust-blocking finish. Tested and used by Navy SEALs.
No. 1285 (.25 lb.) \$13.95

Just Plane Strong



Draft Horse Pulling Harness
Proven at World's Strongest Man year after year

IRONMIND®
www.ironmind.com

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Road tested at the highest levels

Official harness of the World's Strongest Man contest—14 years and counting

IRONMIND DRAFT HORSE PULLING HARNESS™

Now in 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. Hook up whatever, wherever and p-u-u-u-u to your heart's content.

Small	5'-0"–5'-8", 100–170 lb.	Large	5'-10"–7'-0", 250–400 lb.
Medium	5'-8"–6'-2", 170–250 lb.	X-Large	5'-10"–7'-0", over 400 lb.

If you are between two sizes, go for the larger harness because it can be worn very loosely. **No. 1222 (4 lb.) \$249.95**

IT'S TOUGH SLEDDING

An all-terrain vehicle for pulling and dragging

Gain the benefits of pulling a sled: cardiovascular training, fat burning, muscle building, and endurance. 27-1/2" x 18" with 12" loading pin for Olympic plates. Weighs 39 lb.; includes heavy-duty carabiner. (Wrist roller not included.)

No. 1457-S1 \$129.95 + \$60.00 S&H*

- Fry your forearms: use a One Wicked Wrist Roller to pull your sled: stand in place, wind up your wrist roller to pull your sled, watch your forearms grow
- Amp up your grip strength: attach a Rolling Thunder Handle to pull your sled—or try using the Eagle Loops, for extra finger power



PULL-EASE HARNESS

This good-looking, pared-down harness has the high-strength capacity to pull and drag whatever you choose. IronMind tough, it packs small and pulls big for conditioning and endurance workouts in a yard, in a field, or on the beach—eager to pull-ease. One size.

No. 1482 (2 lb.) \$99.95

10-FOOT STRONG TOW STRAP

Super-strong, it's just what you need for towing a sled, a log or a tire. 10' webbing with loops on each end; 5,000-lb. capacity. **No. 1461 (.5 lb.) \$29.95**



Special Offer!

Discounts on sled combos

1222-S1 Draft Horse Pulling Harness and It's Tough Sledding \$339.95

1482-S1 Pull-Ease Harness and It's Tough Sledding \$204.95

1254-S1 One Wicked Wrist Roller and It's Tough Sledding \$184.95

S&H any combo: \$70.00*

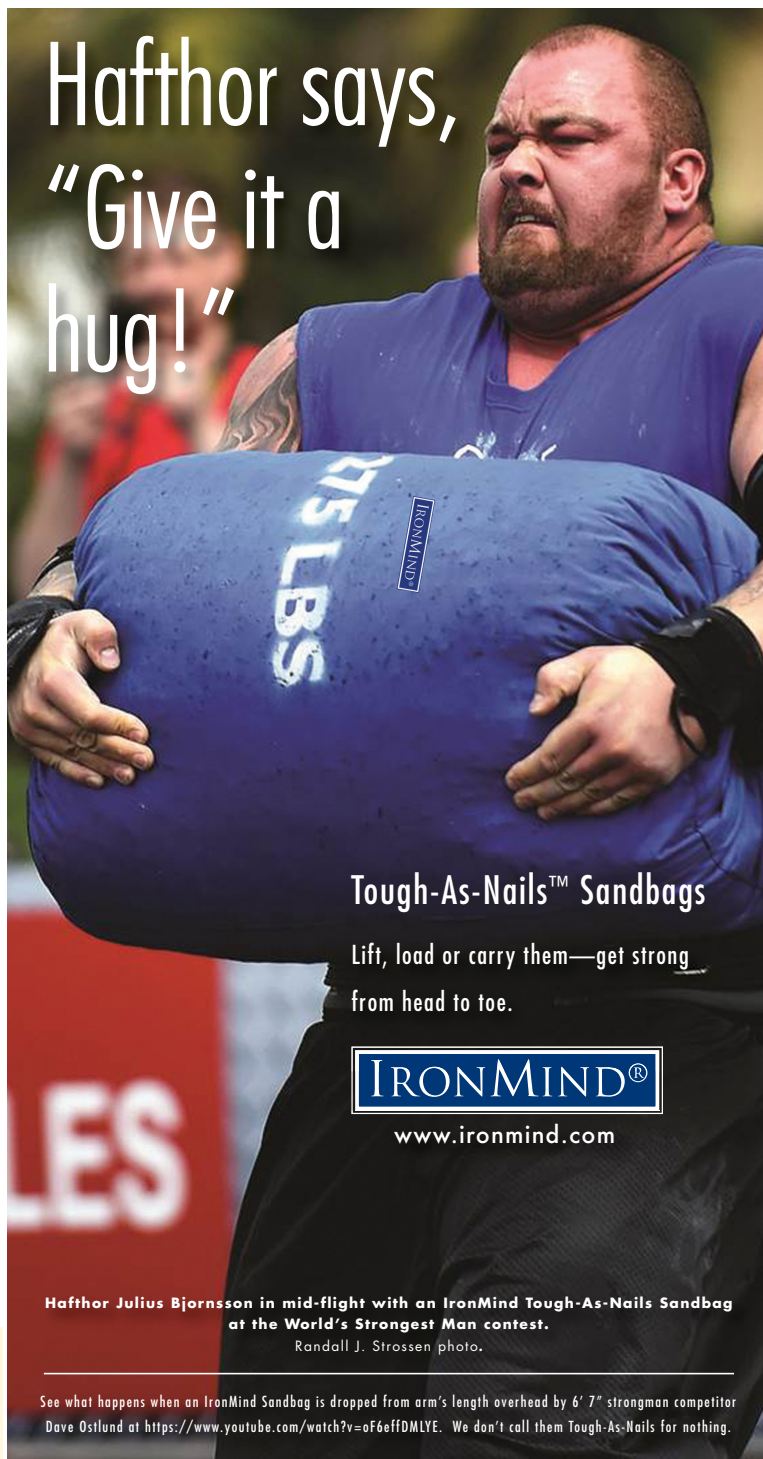
Add a 10-Foot Strong Tow Strap at a 15% discount.

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



Used at World's Strongest Man Since 2010

Hafthor says,
"Give it a
hug!"



Tough-As-Nails™ Sandbags

Lift, load or carry them—get strong
from head to toe.

IRONMIND®
www.ironmind.com

Hafthor Julius Bjornsson in mid-flight with an IronMind Tough-As-Nails Sandbag
at the World's Strongest Man contest.
Randall J. Strossen photo.

See what happens when an IronMind Sandbag is dropped from arm's length overhead by 6' 7" strongman competitor
Dave Ostlund at <https://www.youtube.com/watch?v=oF6effDMLYE>. We don't call them Tough-As-Nails for nothing.

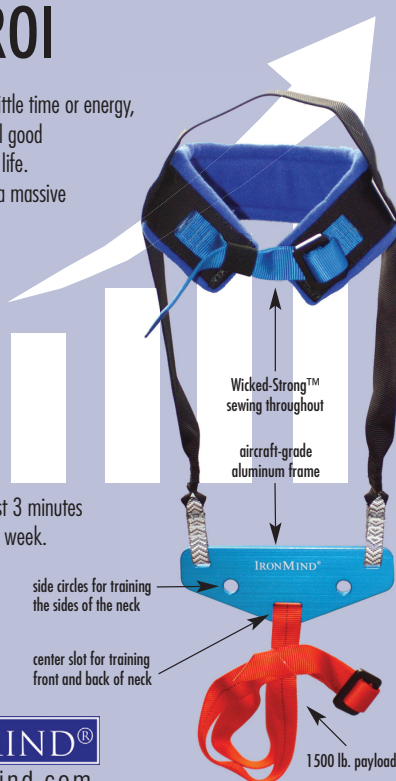
A quick note on your [Headstrap Fit for Hercules], I finally figured out how to properly use
the small holes on the [frame]. OMG! It should come with a warning that says it'll not only
humble you and make your neck sore but it will force you to stretch out the neck of your
shirts as well. I absolutely love it!—E. C., Houston, TX

Huge ROI

Neck training takes little time or energy,
but it makes you feel good
and might save your life.
And you don't need a massive
4-way neck machine
to do the job, either.

Meet IronMind's
Headstrap Fit
for Hercules,
aka The Four-Way
Wonder.

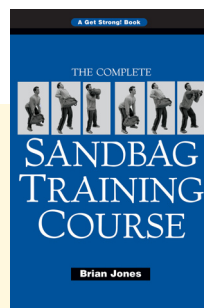
Huge payback on just 3 minutes
of training 3 times a week.



IRONMIND®
www.ironmind.com

A HEADSTRAP FIT FOR HERCULES™

Sharp-looking, adjustable, holds 1,500 lb. with ease. Just 3 minutes of neck training 3 times a
week will make you feel great—and no more 14" shirts. 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.) \$99.95



The Complete Sandbag Training Course by Brian Jones
Build strength and stamina in a whole bunch of moves.
No. 1400 (.25 lb.) \$13.95

TOUGH-AS-NAILS™ SANDBAGS

Rock on, indoors or outside, they're made for tough stuff, like lifting, carrying, throwing, loading—
and unlike a stone, they allow urban dwellers to do cavemen-centric training anywhere.

Cordura® sandbags:

- Large — 24" x 36" (holds 300 lb. of sand)
No. 1390-A (3 lb.) \$52.95
- Small — 18" x 30" (holds 100 lb. of sand)
No. 1390-E (1 lb.) \$41.95



Liners:

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

- Large — 28" x 40"
No. 1390-C (.5 lb.) \$2.00 each
- Small — 20" x 36"
No. 1390-B (.25 lb.) \$1.65 each

Sets:

- Large sandbag, 2 large liners, training course
No. 1390 (3 lb.) \$64.95
- Small sandbag, 2 small liners, training course
No. 1390-S (2 lb.) \$54.95

SUPER SQUATS® Hip Belt

No backs, racks, or spotters required



Squat, chin, dip, pull, drag . . . and with the strength to hold 2 tons, do hip lifts, too!

IRONMIND®

www.ironmind.com



Hip belt squats spare your back while you fry your legs *a la* 1998 World's Strongest Man, CoC4 '04 gripper certified, and past Rolling Thunder world record holder Magnus Samuelsson.

SUPER SQUATS® HIP BELT

Versatile and effective:

- spare your back: squat without loading up your spine or your lower back
- focus the effort on your legs
- very safe: the weight is always under you
- efficient: it's a tough move, so a little weight goes a long way
- keep training your legs if you have an arm or shoulder injury
- portable, for travel or going to the gym
- holds 3,500 lb. with ease

Also use for weighted chins and dips; and if you have an urge to pull a sled, the SUPER SQUATS Hip Belt can do that, too.

Comes with a pair of Daisy Chains and two large carabiners (bar and loading pin not included). Adjustable in 5 sizes based on actual waist (not pants) size:

Small	26"–30" waist	XL	42"–50" waist
Medium	31"–35" waist	2XL	51"–58" waist
Large	36"–41" waist		

No. 1220 (3 lb.) \$134.95 (\$139.95 L, \$149.95 XL & 2XL)

I just wanted to express my "strong satisfaction" with the SUPER SQUATS Hip Belt. For several years I have been unable to train my legs due to my very bad lower back . . . thanks to the squat belt, I am back in the game, a truly minor miracle!—S. S., E. Stroudsburg, PA

Gym on the go

Essential Fabled Cables



Ready for strength, flexibility, and stretches wherever you are.

Set includes handles and 5 bands; extra bands available.

IRONMIND®

www.ironmind.com

ESSENTIAL FABLED CABLES

Streamlined for fit, feel and function, our "chest expander" is ready for action at home, in the gym, at work, or on the road. Get your running shoes and you can train cardio as well as strength, head to toe. Rigid handles; comes with 6 natural rubber bands, each about 4 kg (9 lb.) of resistance. No. 1240 (2 lb.) \$42.95

Single bands: natural rubber, each about 4 kg (9 lb.) of resistance. 1/2" width, 16-1/2" flat length. Maximum recommended elongation is 100%.

1240-C (.25 lb.) \$1.25



Cable sheath/travel case: coated 210-denier oxford cover with hook and loop closure. 60" x 7". No. 1240-S (.25 lb.) \$30.00



TRAINING WITH CABLES FOR STRENGTH

by John Brookfield

Over 50 exercises with cables for building strength, stretching, and doing neck work. No. 1303 (.5 lb.) 19.95

MILO PACKAGE: Training with Cables or Bands

10 issues with articles on resistance training with bands or cables for flexibility and functional strength. 1282-TC \$116.45

JUST PROTEIN®

Building might and muscle since 1993

IRONMIND®

Just 4 ingredients
All essential amino acids
Clean, neutral taste
Top-quality calcium caseinate
Very low sodium, carbs

No additives, preservatives, MSG, whey isolates, hydrolyzed proteins, sweeteners, GMO ingredients, antibiotics...

The search is over

Just Protein:
build muscle,
burn fat

- classic milk and egg protein
- just 4 high-quality ingredients* and all essential amino acids
- pleasant taste; mixes easily
- no preservatives, additives or artificial ingredients

Perfect for post-workout recovery, meal replacement or as a regular part of your diet.

*calcium caseinate (milk protein); instant non-fat dry milk; whole egg powder; natural vanilla-almond flavor

IRONMIND®
www.ironmind.com

JUST PROTEIN®

Classic vanilla

3-star bill of health

- ★ Just 4 top-quality ingredients: calcium caseinate (milk protein), instant non-fat dry milk, whole egg powder, natural vanilla-almond flavor
- ★ Clean profile: lower in sodium, fewer calories, lower cholesterol, and no added sugars, fillers, preservatives, or artificial flavors
- ★ Neutral, pleasant taste in all kinds of shakes, mixes well; no chemical aftertaste

A 28-g serving (one dry oz. or about one-quarter measuring cup) contains 122 calories, 18 g protein, 0 carbohydrates, 1 g fat, 3 mg cholesterol, 7 mg potassium, and 12 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.) **\$334.75 (\$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)

Using
Just Protein
is easy

HERE'S THE SCOOP

Add one or two scoops of Just Protein to milk, juice, or water; holds 2 dry oz.
No. 1261-SCP (.25 lb.) \$2.50



MUSCLE BUCKET™

This high-density white polyethylene pail, with its 2-gal. capacity, secure lid, and strong handle, is an easy-to-access home for your bag of Just Protein. American-made, FDA-approved, and BPA-free.
No. 1261-BKT (2 lb.) \$11.95



No. 1261-SB (2 lb.) scoop and bucket \$13.45

TURBO-SHAKER

Pour in your favorite liquid, add Just Protein, snap on the lid, and shake it a few times. A low-tech wonder. Holds 3 cups.
No. 1424 (1 lb.) \$9.95



No. 1261-3 (3 lb.) scoop, bucket, and shaker \$20.95

TRAINING GEAR

IRONMIND LIFTING STRAPS

The *choice* of the world's strongest men (and women) . . . and we mean *choice*.

“I’ll pay you
to use these straps . . .”



Not something you’ll hear from IronMind because our lifting straps are so good that top guys *turn down* money from other companies so they can keep using them.

That’s how superior IronMind lifting straps are—since 2000, probably responsible for more top deadlifts in strongman than all other lifting straps combined.

IRONMIND®
www.ironmind.com

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

If you’re not using IronMind Lifting Straps, you’re probably not lifting as much as you could be!

5 styles

SHORT & SWEET LIFTING STRAPS™

- 18" long, no loop
 - 1-1/2" wide
 - classic style for Olympic weightlifters; short for bailouts
- No. 1234 (.25 lb.) \$8.95/pair



SEW-EASY LIFTING STRAPS™

- 21-1/4" closed loop
 - 1-1/2" wide
 - weightlifters of all types; easy to use
- No. 1437 (.25 lb.) \$13.95/pair



STRONG-ENOUGH LIFTING STRAPS™

- 21-1/4" long, loop at one end
 - 1-1/2" wide
 - top pro strongman choice; best general purpose
- No. 1239 (.25 lb.) \$13.95/pair



BLUE TWOS LIFTING STRAPS™

- 23-1/4" long, loop at one end
 - 1-3/4" wide
 - extra length/width; for big wrists, thick bars
- No. 1448 (.5 lb.) \$16.95/pair



BLACK AND FOURTH LIFTING STRAPS™

- 25-1/4" long, loop at one end
 - 2" wide
 - even more length/width; for larger wrists, thicker bars
- No. 1445 (.5 lb.) \$20.95/pair



15% discount on 6 pairs or more: perfect for clubs and teams, coaches, contests, and gyms

PR clothing: wear for best results

Performance casual

IRONMIND TANK TOP

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

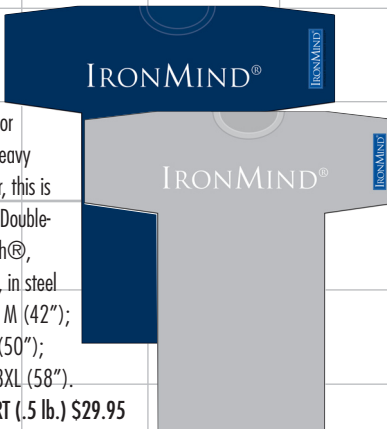
No. 1446 (.5 lb.) \$12.95



LRT WORKOUT T-SHIRT™

Whether hot or
cold, lifting heavy
or running far, this is
your go-to T. Double-
layer 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



FAVORITE TECH T-SHIRT™

It's soft, but durable;
functional, but easy to
care for. Look sharp when
the weather turns cool.

Dri-Release® fabric in navy
with white IronMind logo, in
sizes L (46"), XL (50"),
2XL (52"); cut generously.
No. 1233-FV-LS (.5 lb.)
\$28.95



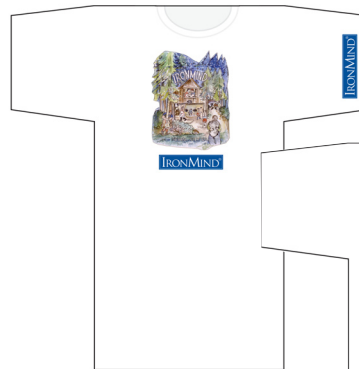
For more T-shirt and apparel options,
visit the IronMind e-store.

IRONMIND®

www.ironmind.com

Return of the classics

An updated look on some IronMind favorites, back by popular demand



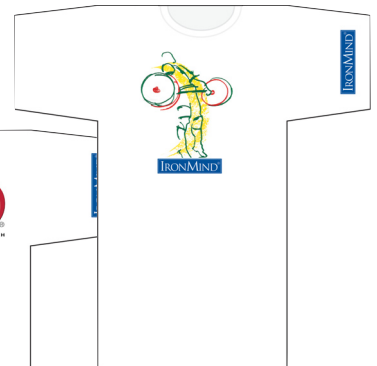
STRENGTH ATHLETES

Local artist Loana Beeson, famous
for her scenes of Nevada City life,
created this colorful display of the
strength athlete's world just for Iron-
Mind—our alternative to painting
our cultural history on a cave wall.
Multi-colored. No. 1233-SA2



MILO OF CROTONA

Legendary inspiration! Milo of
Crotona carries the bull. Blue,
black and red. No. 1233-MC2



SECOND PULL

Explode! Acceleration is what
the second pull is all about,
and this shirt should give you
the right picture. Multi-colored.
No. 1233-PL2-2



SQUATS: BREAKFAST OF CHAMPIONS

They work your legs, yes, and also your whole body, head to toe,
from the inside out. No. 1233-SBC

100% preshrunk cotton Hanes Beefy T-shirt, short sleeves, in white. L
(42"–44"); XL (46"–48"); 2XL (50"–52"); 3XL (54"–56").
Each \$18.95 (5 lb.)

The bottom line

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

No. 1455 (1 lb.) \$22.95



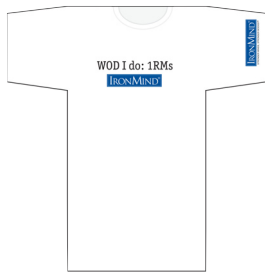
GOOD-OLD BASIC SWEATPANTS

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. Size
(flat waist/length):
M (28"/29.5");
L (30"/30"); XL (32"/30.5"); 2XL (36"/31").
No. 1466 (1 lb.) \$28.95



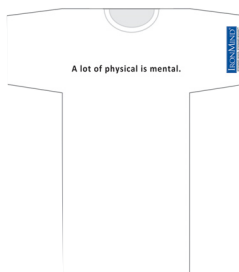
T-shirts that talk



WOD I DO: 1RMS
Singles for strength.
No. 1233-1RM (in white)



**L'ÉPAULÉ-JETÉ:
THE KING OF LIFTS**
We're talking the clean and jerk,
imported from France.
No. 1233-LEJ



A LOT OF PHYSICAL IS MENTAL
The secret to getting
stronger: think big.
No. 1233-PM (in white)



**ARE YOU HANGING AROUND
THE RIGHT BARS?**
Say yes!—your future may
depend on it.
No. 1233-RB (in white)



LIFT MORE THAN YOU CAN
Not just for 20-rep squats, it's the way
to approach all of your goals.
No. 1233-LM (in white)

100% preshrunk organic cotton, longer cut, in white. L (44"); XL (48"); 2XL (52"); 3XL (56").
Each \$19.95 (.5 lb.)

Headwear



IRONMIND BASEBALL CAP
The return of a traditional favorite. 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.) \$19.95



PT-PROVEN CAP
It has its roots in the U.S. Army and it's made in the USA. Warm,
light, wicking, and quick drying, it will help your body preserve
heat in the cold weather. Polartec® Classic Micro fleece; machine
washable, in navy. One size fits just about anyone.
No. 1464 (.25 lb.) \$17.95



NO-SWEAT SWEATBAND
It's the coolest way to keep sweat out of
your eyes while grinding through a workout
or cruising along on a run. Dryline® fabric
wicks and washes easily; tie-on style in navy.
No. 1463 (.25 lb.) \$13.95

Extras that might be essential



Z1500 BELT
An honest-to-goodness 1,500 lb. strong, its uses are limited only by your
imagination. Olive 1-1/2" wide webbing belt with a satin aluminum an-
odized IronMind buckle: stealth goes tasteful and versatile. Two sizes:
4-foot (48") and 5-foot (60").
No. 1462-SG (.5 lb.) \$22.95



IRONMIND GYM TOWEL
You'll find it on the field, in the gym, wherever sweat is being slung.
Use it to train your neck and your grip, too. 100% cotton, 24" x 44".
No. 1231 (.5 lb.) \$17.95



MUSCLE BUCKET
This high-density white polyethylene pail, with its 2-gal. capacity, secure lid,
and strong handle, is the perfect home for your gym chalk. American-made.
No. 1261-BKT (2 lb.) \$11.95



GYM CHALK
Sweaty hands and big weights don't mix—
here's the answer. Box of eight 2-oz. blocks.
No. 1268 (2 lb.) \$14.95



**JOHNSON & JOHNSON COACH
ATHLETIC TAPE**
Tape first, and then hook.
1-1/2" wide and 15 yards long.
No. 1269 (.5 lb.) 3 rolls \$11.95

Proven for years around the world; great-looking; and constructed of super-tough Cordura® with YKK zippers in task-specific designs—all made in the USA, of course.

Tough-As-Nails™ Bags

Long haul carriers



100% no-nonsense, abrasion-resistant, super-tough royal blue Cordura® with black trim—all made in the USA.

IRONMIND®
www.ironmind.com



Large Gym Bag
Tough, versatile—an elite frequent flyer



Mini-Duffel
Compact—and strong!—for quick missions



Caryall Bag
Your go-to tote for daily essentials—anywhere



Quarter-Ton Trucker
Bring on the cargo—its heart is pure truck



Tool & Travel Kit
Carry your grip tools—or use as a travel kit

Strong, good-looking, easy to pack—they go everywhere.

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.) \$94.95

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.) \$44.95

CARYALL BAG

Your go-to tote for training and travel

- easy-to-pack, spacious interior
- perfect size: 15" long x 13" high x 6" wide; reinforced seams
- secure zipper closing; 2 large outside pockets, 1 inner zippered pocket
- 28" handles to shoulder, if needed; rolled at center for easy carry
- fold it up to stow compactly

No. 1465 (2 lb.) \$67.95

QUARTER-TON TRUCKER

A pick-up truck for your hand or shoulder. Bring on the cargo (big, heavy and awkward are fine). With its exception strength-to-weight ratio, it holds 500 lb. with ease, again and again.

- 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.) \$64.95



GO-TO-GRIP TOOL KIT

The Tool & Travel Kit holds the essentials for grip competitors.

Kit includes:

No. 1246 — Rolling Thunder DL handle

No. 1467 — CoC Silver Bullet

No. 1252 — 1 CoC No. 2 gripper*

No. 1253 — 1 CoC No. 3 gripper*

No. 1474 — 1 Tool & Travel Kit

No. 1474-GT (5 lb.) \$152.95



4-GRIPPERS TOOL KIT

Carry and store your grippers and more. 1 each CoC Trainer and CoC No. 1 grippers, IMTUG3, Zenith 1, and Tool & Travel Kit.

No. 1474-4G (4 lb.) \$99.95

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 lay flat; all interior seams bound

No. 1474 (1 lb.) \$34.95

*substitute any CoC/IMTUG for another CoC/IMTUG by leaving a note at Check-out in the e-store

HELPFUL INFORMATION ABOUT ORDERING AND SHIPPING

Domestic orders

Domestic orders are shipped via USPS or UPS, with delivery in 2 to 7 business days. A business day is Mon.–Fri. (except holidays) and does not include weekends.

For faster service in the U.S., ask for a quote on Next, 2nd, or 3rd business day delivery (Mon.–Fri.).* Please provide a street address and phone number for all expedited shipping.

**For example, if you select 2-business day air shipping, you will receive your order 2 business days after your order is shipped; if you order on Wednesday, your order will (normally) ship on Thursday, for delivery the following Monday.*

International orders

International orders are shipped via USPS or UPS, with delivery in 2 to 3 weeks (varies by type of service and destination country).

International payment options include VISA, MC, or AMEX bank cards, direct or via PayPal; or wire transfer of funds (US\$20.00 fee for this service).

For international orders, please note that upon delivery, you will be required to pay any duties and taxes owed to your government. As these can be sizeable for some countries, we recommend that you check with your local customs office for a schedule of these charges before placing your order. For large equipment shipped to Canada via UPS, you will also be required to pay brokerage fees upon delivery.

Returns and refunds

We want our customers to be satisfied. If for any reason you are not happy with any of our products, you may return it within 30 days in new condition for a refund or exchange, whichever you prefer. Refunds are for the amount of the item only and do not include S&H charges. Customers pay S&H on return shipments as well as S&H for items requested in exchange.

We try to be perfect in our order fulfillment and shipping, but in the case of an IronMind error, IronMind will pay S&H charges to retrieve a wrong or damaged item, as needed. Please contact us immediately if your order is not correct or does not arrive in good condition.

Please note that food supplements cannot be returned once opened, and videos cannot be returned unless the item is defective, in which case we are happy to replace it with another copy of the same video.

Privacy–Security

IronMind's on-line store is PCI compliant and secured with a GoDaddy.com Web Server Certificate. Transactions on the site are protected with up to 256-bit Secure Sockets Layer encryption. You can rest assured that our e-store and the information you have provided are fully secure.

In addition, IronMind has documented security procedures for handling your customer information. IronMind does not sell, rent, or share its list of customers, nor do we purchase names from other companies or make sales calls. We respect your privacy and use e-mail addresses and phone numbers to answer questions or to clarify orders.

For those who have not clicked Do Not Email at Checkout in our e-store, we may send special offers from time to time. You can request that we do not send these special offers by letting us know at sales@ironmind.com or by clicking the Unsubscribe button on any of the email special offers you received.

If you have any questions or comments, please do not hesitate to contact us at sales@ironmind.com.

Customer service

We welcome your comments and questions. Our phone hours are 9:30 A.M.–4:00 P.M. PST, Monday through Friday, and you can send a fax or an e-mail at any time.

Thank you for your interest in IronMind products!



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)
 E-MAIL _____
 (SO WE CAN NOTIFY YOU OF YOUR SHIPMENT)

ITEM NO.	ITEM NAME/STYLE	SIZE	QTY	PRICE	TOTAL 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

BANK 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
7.625% SALES TAX TO SUBTOTAL \$ _____

TOTAL \$ _____

Thank you for your order!

B 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.	\$9.00	\$9.00
1.25 - 2 lb.	\$13.00	\$14.00
2.25 - 4 lb.	\$16.00	\$20.00
4.25 - 7 lb.	\$18.00	\$30.00
7.25 - 10 lb.	\$20.00	\$38.00
10.25 - 15 lb.	\$25.00	\$50.00
15.25 - 20 lb.	\$30.00	\$60.00
20.25 - 25 lb.	\$35.00	\$65.00
25.25 - 30 lb.	\$40.00	\$75.00
30.25 - 35 lb.	\$45.00	\$85.00
35.25 - 40 lb.	\$50.00	\$90.00
40.25 - 45 lb.	\$55.00	\$95.00
45.25 - 50 lb.	\$60.00	\$100.00
Over 50 lb., please write for S&H quote		

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

C Canadian Shipping Chart C (USPS Airmail Service)

0.5 lb. or less	\$10.00
0.75 - 1 lb.	\$14.00
1.25 - 2 lb.	\$19.00
2.25 - 3 lb.	\$25.00
3.25 - 4 lb.	\$31.00
4.25 - 5 lb.	\$42.00
5.25 - 6 lb.	\$45.00
6.25 - 7 lb.	\$48.00
7.25 - 8 lb.	\$50.00
8.25 - 9 lb.	\$53.00
9.25 - 10 lb.	\$56.00
10.25 - 11 lb.	\$58.00
11.25 - 12 lb.	\$61.00
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.

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

0.5 lb. or less	\$12.00
0.75 - 1 lb.	\$20.00
1.25 - 2 lb.	\$40.00
2.25 - 3 lb.	\$54.00
3.25 - 4 lb.	\$60.00
4.25 - 5 lb.	\$66.00
5.25 - 6 lb.	\$69.00
6.25 - 7 lb.	\$72.00
7.25 - 8 lb.	\$75.00
8.25 - 9 lb.	\$80.00
9.25 - 10 lb.	\$85.00
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.

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Prices and product specifications may change at any time; please see the IronMind e-store for current prices and shipping rates. If you have any questions, please contact IronMind at sales@ironmind.com; we are happy to help you.



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STRONGER BODIES™

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

No. 1202-EGC

Well done, IronMind team! 5/5 for your service!

—T. S., Perm, Russia

*I wasn't sure what to expect from the Zenith 3 . . . I like the spread and not just the shape and feel of
the handles, but the smooth texture. The new style and individuality of the Zenith has gone on to reignite
my enthusiasm for hand grippers*

—A. P., Bracknell, UK

Top of class in the world of strength



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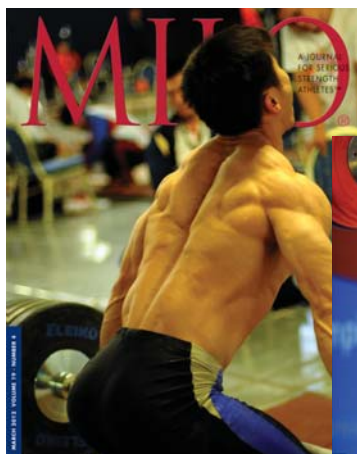
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