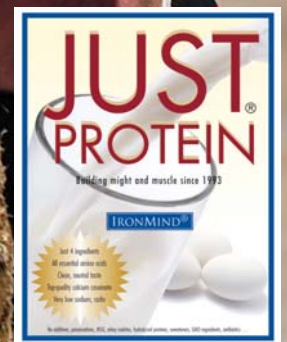


IRONMIND®

2018



Tools of the trade for serious strength athletes™
since 1988



Global Reach, Unearthly Quality



Captains of Crush® Grippers

The fastest route to the strongest grip

- the gold standard of grippers
- gorgeous, durable and precise
- 11 strengths for a perfect fit

Visit the IronMind e-store for specially priced sets and packages.

IRONMIND®

www.ironmind.com

CAPTAINS OF CRUSH® GRIPPERS — 11 strengths for a perfect fit

- | | | | |
|--------------|---|--------------|--|
| • No. 1401 | Guide — c. 60 lb. (novice, rehab) | • No. 1252 | No. 2 — c. 195 lb. (life-saving levels of grip strength) |
| • No. 1402 | Sport — c. 80 lb. (warm-up, conditioning) | • No. 1252.5 | No. 2.5 — c. 237.5 lb. (bridge to the No. 3) |
| • No. 1250 | Trainer — c. 100 lb. (strong guys start here) | • No. 1253 | No. 3 — c. 280 lb. (world-class, get certified) |
| • No. 1250.5 | Point Five — c. 120 lb. (bridge to the No. 1) | • No. 1253.5 | No. 3.5 — c. 322.5 lb. (bridge to the No. 4) |
| • No. 1251 | No. 1 — c. 140 lb. (already gripping, start here) | • No. 1272 | No. 4 — c. 365 lb. (be like Magnus Samuelsson!) |
| • No. 1251.5 | No. 1.5 — c. 167.5 lb. (bridge to the No. 2) | | |

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.

Grippers are the archetypal training tool for crushing grip strength

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



5-Finger Power



IMTUG™
CoC Captains of Crush Compatible

Here's how IMTUG delivers new levels of grip strength, 1 or 2 fingers at a time.



Middle and index fingers

+



Ring finger and pinky

+



Thumb

IRONMIND®

www.ironmind.com

A new direction in gripper training

Left-Turn grippers are the mirror-image of—and a perfect complement to—IronMind's gold standard Captains of Crush (CoC) grippers.



Left-Turn Grippers



- Tailor-made for lefties
- Refreshing change for righties
- Quickest route to the strongest grip for all hands
- CoC Captains of Crush compatible

IRONMIND®

www.ironmind.com

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)



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.

Wow! What's that?!

Meet Zenith,
the 21st century gripper
for strength and conditioning



- sculpted, ergonomic aircraft-grade aluminum handles feel smooth as silk
- proprietary spring: accurate, easy-riding, durable
- 6 strengths, from rehab to gripmaster
- CoC Captains of Crush compatible

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www.ironmind.com

ZENITH™



Captains of Crush compatible: the cutting-edge system for building grip strength

Your BFFs or your Frenemies

Keep them close



Captains of Crush, IMTUG, Zenith and Left-Turn grippers at your fingertips

IRONMIND®
www.ironmind.com

Caddies*

CoC Coil Caddy

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

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

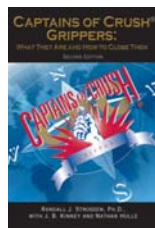
*grippers not included

Gripper Sets and Packages

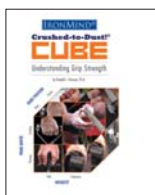
| | |
|---|----------|
| Coil Caddy Set of 4 Grippers | \$101.95 |
| Coil Caddy Set of 8 Grippers | \$183.95 |
| Set of 5 CoC Grippers & Small CoC Caddy for 5 | \$109.95 |
| Combo Caddy Set of 3 Grippers | \$81.95 |

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

Read: get smart, get motivated



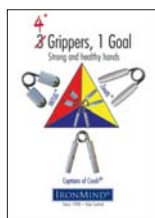
CAPTAINS OF CRUSH GRIPPERS: What They Are and How to Close Them
by Randall J. Strossen, Ph.D.
All you need to get strong and smart on CoC grippers.
No. 1354 (.5 lb.) \$19.95



CRUSHED-TO-DUST! CUBE: Understanding Grip Strength
Target your training for top performance. Free in e-store or download on website.



CAPTAINS OF CRUSH GRIPPERS INSTRUCTION BOOKLET
Basic training guide for the gold standard of grippers. Free in e-store or download on website.



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 in e-store or download on website.

CoC companions



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 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



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



CAPTAINS OF CRUSH STARBURST LOGO T-SHIRT

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

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

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

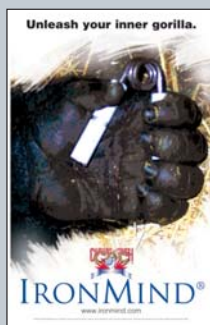
Cutting-edge grip training



Go-Really Grip™ Machine

Load up this classic guillotine-style grip machine and chop through your sticking points on grippers. Use as much (or little) weight as you prefer and do full-range, partial, or negative movements . . . micro load, too. Train one or two hands at a time.

CoC² Plus it's CoC², meaning Captains of Crush compatible: leverage your grip work on CoC grippers by getting Go-Really strong.



Free Inner Gorilla poster with purchase of Go-Really Grip Machine; use keycode GOREALLY. Offer good through December 31, 2018.

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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



Power play



CoC Silver Bullet Hold

Endurance, strength, and drama in one potent grip tool

- superb training with CoC grippers
- perfect for hands of all sizes and strengths
- a favorite grip contest worldwide—challenging for competitors and exciting for fans

IRONMIND®
www.ironmind.com

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 other CoC Silver Bullet sets and packages.

Turn your fingers into talons



EAGLE LOOPS™

When your fingers need to be super-strong, Eagle Loops are a training tool of first choice. Do chins, hangs for time, deadlifts, rows, sled pulls, and more. Train any combination of your fingers, except the thumbs. Use with bar or loading pin, not included. No. 1237 (.5 lb.) \$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

Break the world record on the Little Big Horn and your name will go on the official list!



R-RING™

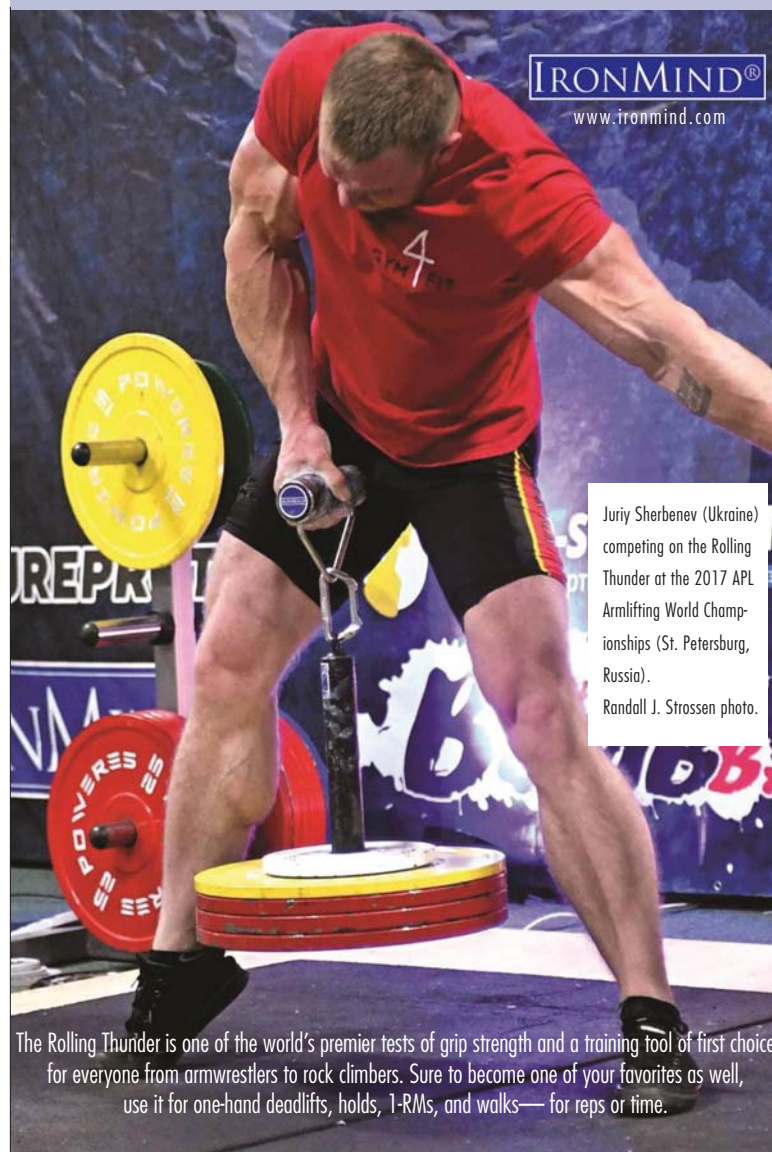
Use this ring weight handle for finger lifts, throwing, or even making your own Dinnie-style stones. 6" OD x 5/8" steel.

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.



Grip
strength
on a roll



Juriy Sherbenev (Ukraine) competing on the Rolling Thunder at the 2017 APL Armlifting World Championships (St. Petersburg, Russia).
Randall J. Strossen photo.

The Rolling Thunder is one of the world's premier tests of grip strength and a training tool of first choice for everyone from armwrestlers to rock climbers. Sure to become one of your favorites as well, use it for one-hand deadlifts, holds, 1-RMs, and walks—for reps or time.



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.

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

We challenge you



**Crushed
-to-
Dust!®**



Close a No. 2
Captains of Crush®
gripper



Lift 20 kg/45 lb. on
an IronMind Hub



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

Get strong – get certified

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

CTD CHALLENGE KIT

1 each CoC No. 2 gripper, Ironmind Hub, Rolling Thunder DL Handle. No. 1252-CTD (6 lb.) \$114.95



CTD CHALLENGE T-SHIRT

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

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

Thumb Think Special



If you can't wrap your four fingers around what you are grabbing, the strength of your grip will come down to the thumb. Think about that if you're a climber, MMA, in law enforcement, OCR, Special Forces or maybe looking to bump up your bowling.

Set a world record on the IronMind Hub or Block and your name will be added to the official list.



TITAN'S TELEGRAPH KEY™

Full range of motion

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

No. 1243 (7 lb.) \$86.95



IRONMIND HUB
Classic hub lift, for maximum lifts and holds, *a la* the Sultan's Squeeze. 2-7/8" diameter gripping surface.
No. 1244 (2 lb.)
Hub only \$25.95



IRONMIND BLOCK
Classic block lift for maximum lifts and holds, lateral raises, even strolls.
6" x 3" x 6".
No. 1248 (5 lb.) Block only \$32.95



IMTUG GRIPPERS
Pocket-sized, portable.
See page 3 for details.

Free poster!

Story of the Sultan's Squeeze poster with our compliments with purchase of an IronMind Hub (No. 1244), and 15" Olympic Loading Pin and Large Carabiner (No. 1314-C). Use code SQUEEZE.



Take your cue from Sultan Rachmanov and try your hand at the IronMind Hub for big gains in pinch grip strength. The current world record is 40.90 kg. 21" x 32", color as shown; comes rolled in a tube.
PS-SRSQ (1 lb.) \$17.95

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

Roll with the best

Get the upper hand whether it's controlling a handgun, another person, a baseball bat, tennis racquet or golf club.



One Wicked Wrist Roller
Train your grip, wrist and forearm in a flexion/extension movement, as when doing wrist curls (regular and reverse).

Twist Yo' Wrist
Radial-ulnar (thumbs up/pinkies up) training will hit everything from your elbows to your fingertips.

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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

ONE WICKED WRIST ROLLER™

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



See p. 19 for the Vulcan Racks III Wrist Roller Axle.

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.) \$96.95

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

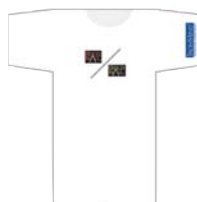
No. 1236-EX25 (5 lb.) 25 extra Level 5 Red Nails \$20.00

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

Get certified—join the Red and Gold Nail rosters!



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



RED NAIL—GOLD NAIL T-SHIRT

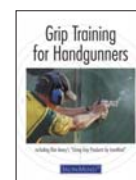
100% preshrunk cotton Hanes Beefy T-shirt, short sleeves, in white. L (42"—44"); XL (46"—48"); 2XL (50"—52"); 3XL (54"—56").

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

THE STACKER

This plate-loading grip-wrist-forearm challenger allows you to simulate Hermann Goerner's brick lifts (estimated at 40 kg/88 lb.): with multiple bricks stacked crosswise on the bottom brick, he'd grab the free end with his thumb on top and fingers underneath and lift the whole pile of bricks. If you train hard and smart on it, it will be your secret weapon for complete strength from elbow to fingertips. Uses standard plates only (not included); loading surface is 8".

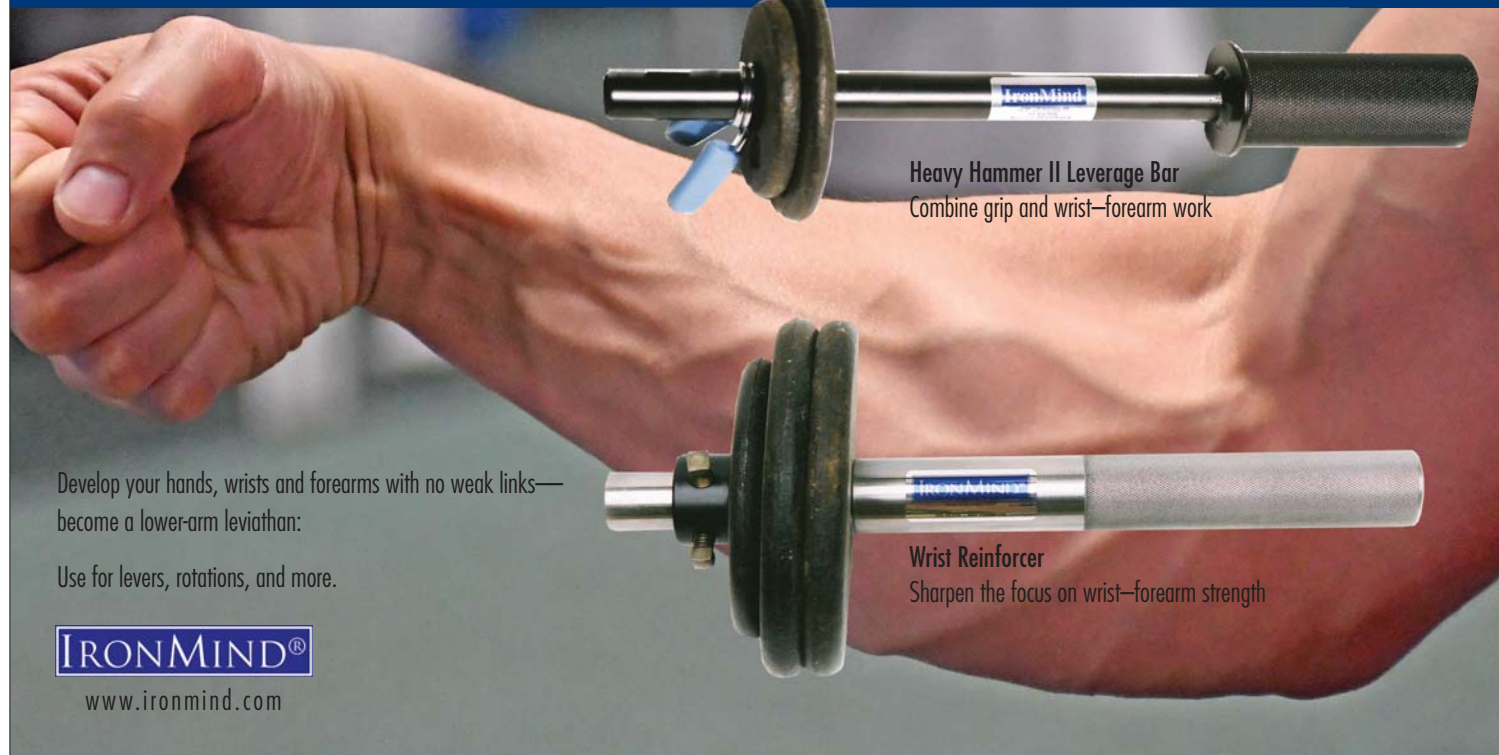
No. 1256 (4 lb.) \$34.95



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-RA10 with any purchase.

Hands, wrists and forearms, unite!



Heavy Hammer II Leverage Bar
Combine grip and wrist-forearm work

Wrist Reinforcer
Sharpen the focus on wrist-forearm strength

Develop your hands, wrists and forearms with no weak links—become a lower-arm leviathan:

Use for levers, rotations, and more.

IRONMIND®

www.ironmind.com

HEAVY HAMMER II™ LEVERAGE BAR

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.) \$47.95

WRIST REINFORCER™

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

Perfect for:

- cleans and presses
- levers
- swings, circles, figure-eights
- narrow pinch grip lifts
- club-type movements



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

Do
your
hands
need
some
TLC?

IRONMIND®

www.ironmind.com



Expand-Your-Hand Bands™



Zenith™ Gripper



Wrist Defender



IronMind™ EGG



Tool & Travel Kit



Dexterity Balls

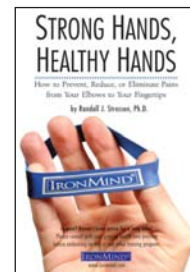
Prevent, eliminate or reduce hand pain — say good-bye to tennis and golfer's elbow.
Lower blood pressure, reduce stress and anxiety.
Enjoy life!

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, training booklet **\$52.95**
- EGG & BANDS KIT**
 Massage and muscle balance
No. 1428-EB (1 lb.) includes IronMind Green EGG, Expand-Your-Hand Bands, training booklet **\$31.95**
- Hand Action Kit**
 All-over strength and conditioning
No. 1428-G3 (3 lb.) includes Zenith Agility gripper, IronMind Green EGG, Expand-Your-Hand Bands, training 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, training 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, training booklet **\$72.95**



Strong Hands, Healthy Hands Booklet
 Training for Strong and Healthy Hands Kits. Free with purchase; or download from website.



Booklet free with purchase—just add it to your basket when checking out. www.ironmind-store.com

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™

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



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How to train with Expand-Your-Hand Bands video on the IronMind channel.



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

Use this friendly tool to gently loosen and stretch your joints, relieving pressure in the wrist and encouraging 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.

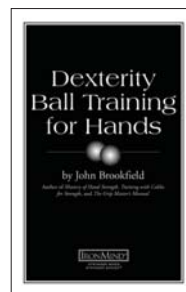
No. 1438 (2 lb.) \$22.95



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.

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 \$17.95



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.

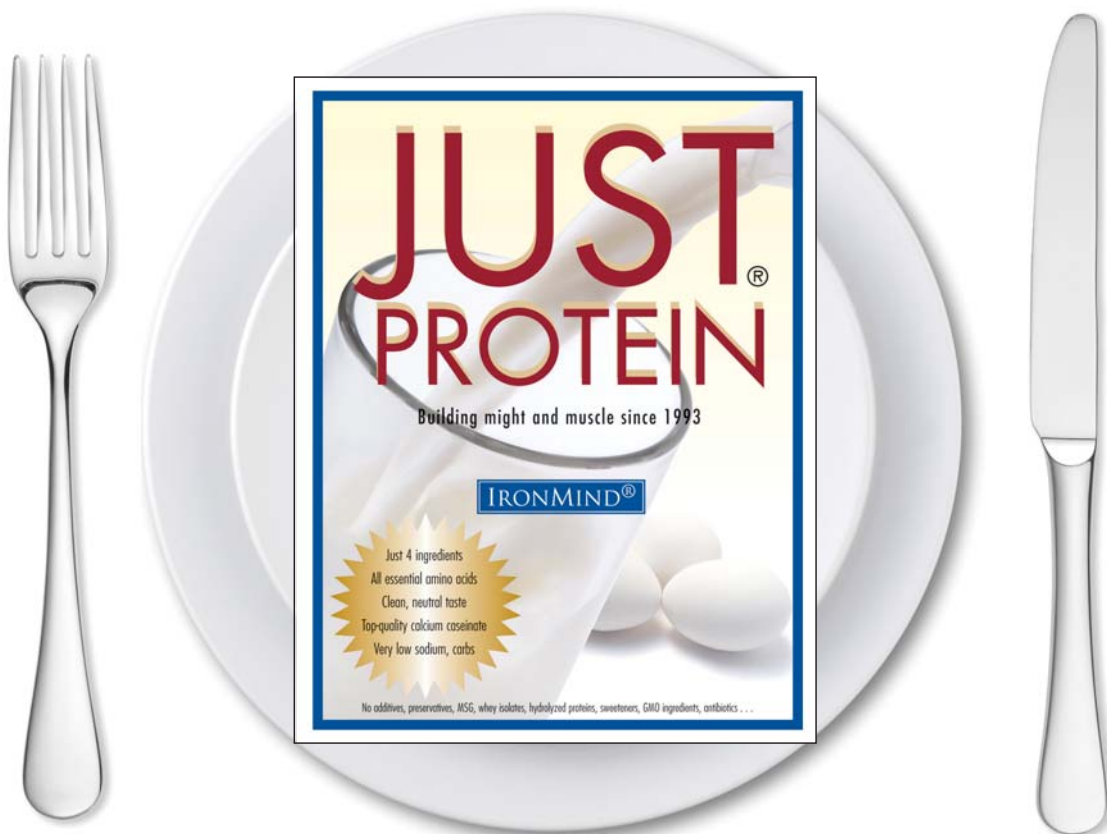
No. 1471 (1 lb.) \$25.95

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



High protein meal



- classic milk and egg protein with just 4 high-quality, natural ingredients*
- tastes good and mixes easily
- perfect for post-workout rebuilding and for meal replacement

Build muscle, burn fat



www.ironmind.com

*calcium caseinate (milk protein), instant non-fat dry milk, whole egg powder, natural vanilla-almond flavor, including all essential amino acids and no preservatives, additives or artificial ingredients

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

Classic vanilla: a 28-g serving (one dry oz. or about one-quarter measuring cup) contains 122 calories, 18 g protein, 7 g carbohydrates, 1 g fat, 5 mg cholesterol, 231 mg potassium, and 84 mg sodium; plus all essential amino acids. 80 one-quarter cup servings per 5-lb. bag.

No. 1261

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

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

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

IRONMIND LIFTING STRAPS

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

IronMind lifting straps: contest proven, workout ready

IronMind lifting straps are the top choice of the world's strongest men (and women).

IronMind Black and Fourth lifting straps in use (with an IronMind S-Cubed bar) at the World's Strongest Man contest.



See how to select and use 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.) \$14.95/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.) \$17.95/pair



BLACK AND FOURTH LIFTING STRAPS™

- 25-1/4" long, loop at one end
 - 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



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

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.



LARGE GYM BAG

Tough and versatile—and a frequent flyer.

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

No. 1235 (2 lb.) \$99.95

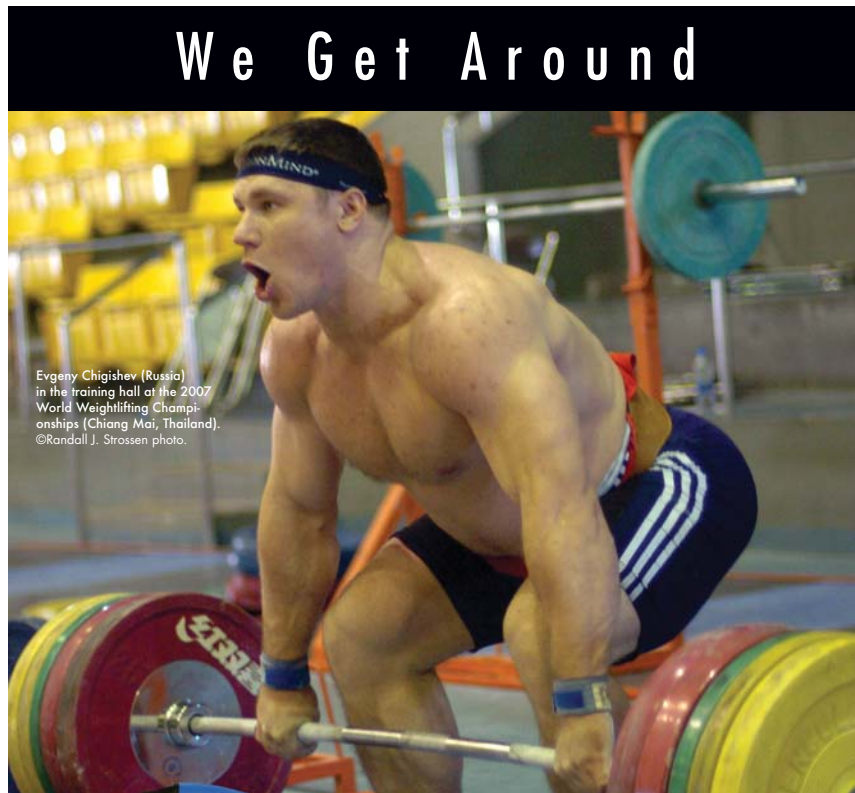


MINI-DUFFEL

Compact—and strong!—for quick missions.

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

No. 1238 (2 lb.) \$46.95



Tough-As-Nails™ Large Gym Bag

- An elite frequent flyer, this premier gym bag is easy to pack and has a huge appetite
- 20" x 11" x 10" and ready whether you are headed to the local gym or to Guangzhou, China
- Super-strong and tough Cordura® body, YKK zippers, detachable shoulder strap, pockets inside and out
- Made in the USA by IronMind—the leader in artisanal quality and cutting-edge designs for the strength world since 1988

IRONMIND®
www.ironmind.com



CARRYALL 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



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.) \$36.95



A pick-up truck with handles

QUARTER-TON TRUCKER

Bring on the cargo—big, heavy and awkward are fine.

- exceptional strength-to-weight ratio: 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
- fold it up to stow compactly

No. 1408 (2 lb.) \$65.95



Made in the USA.



Appropriate Dress Required



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 \$19.95 (5 lb.)

MILO OF CROTONA

Legendary inspiration! Milo of Crotona carries the bull. Blue, black and red.

No. 1233-MC2

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 IronMind—our take on painting our cultural history on a cave wall. Multi-colored.

No. 1233-SA2

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

T-shirts that talk



A LOT OF PHYSICAL IS MENTAL

The secret to getting stronger: think big.

No. 1233-PM



ARE YOU HANGING AROUND THE RIGHT BARS?

Say yes!—your future may depend on it.

No. 1233-RB



LIFT MORE THAN YOU CAN

Not just for 20-rep squats, it's the way to approach all of your goals.

No. 1233-LM

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



IRONMIND TRI-BLEND T-SHIRT

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

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



IRONMIND TANK TOP

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

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



An IronMind favorite!



LRT WORKOUT T-SHIRT™

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

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

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



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.) \$22.95



PT-PROVEN CAP

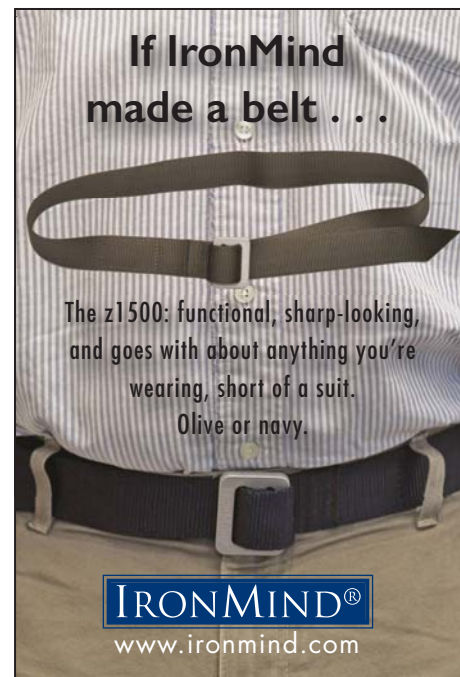
It has its roots in the U.S. Army and it's made in the USA. Warm, light, wicking, and quick drying, it will help your body preserve heat in the cold weather. Polartec® Classic Micro fleece; machine washable, in navy. One size fits just about anyone.
No. 1464 (.25 lb.) \$18.95



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



If IronMind made a belt . . .

The z1500: functional, sharp-looking, and goes with about anything you're wearing, short of a suit.
Olive or navy.

IRONMIND®
www.ironmind.com

Z1500 BELT

An honest-to-goodness 1,500 lb. strong, its uses are limited only by your imagination. 1-1/2" wide webbing belt with a satin aluminum anodized IronMind buckle: stealth goes tasteful and versatile. Sizes: 4-foot (48") and 5-foot (60").

No. 1462-SG Olive, a little stiffer webbing
No. 1462-N Navy, regular webbing
\$22.95 (.5 lb.)

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



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



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. USA-made.
No. 1261-BKT (2 lb.) \$11.95



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

In a field filled with flimsy, knock-down, fall-apart and me-too equipment

IronMind is a rock



SDC Center*

Command Chinning Bar*

*Unit is designed for permanent location.



Pillars of Power II™



Vulcan Squat Racks III™



Five Star Flat Bench II™

ALight™ Training Center



You Decide Double-Dip Bars

Strong enough for the world's strongest men, mobile and versatile. IronMind equipment allows you to train seriously in your backyard, basement, garage, barn, patio, kitchen, bedroom, office . . . since 1988 . . . designed and built to pass from one generation to the next.

IRONMIND®

www.ironmind.com

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** | \$999.95** |

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

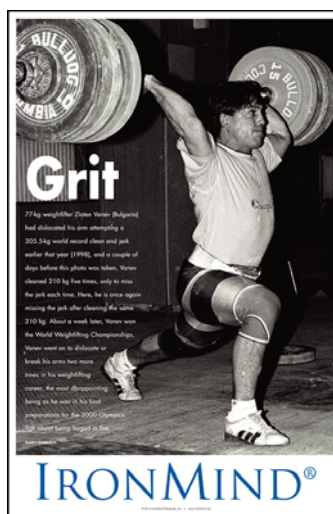
VULCAN III SQUAT RACKS

The true secret for getting stronger isn't what you might think: the strongest guys in the world get stronger the same way you do—by grinding out tough reps, workout after workout.

Nothing lends itself better to getting stronger or grinding out those results-producing reps than squats and if you're going to squat, some good racks are helpful.



Special offer: Free Grit poster with purchase of Vulcan III Squat Racks. Enter code POSTER in View Basket at Check-out.



IronMind Vulcan Racks

All welded, adjustable height and width, light enough to move easily and strong enough for IPF super heavyweight squats. Options for dipping and chinning, too.

IRONMIND®
www.ironmind.com



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) **\$667.90 + \$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

Dip heavy, dip often

Add slabs of muscle to your chest, triceps and delts. Build the kind of strength that moves your body—and even bigger weights—with ease.

De Rigueur Dipping Belt

Light, comfortable, strong—1,000-lb. loads are no sweat!

IRONMIND®
www.ironmind.com

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.) \$72.95

You Decide Double-Dip Bars optional (but desirable).

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) **\$629.90 + \$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) **\$619.90 + \$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) **\$699.90 + \$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) **\$294.90 + \$60.00 S&H***



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



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) **\$562.90 + \$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

ALIGHT TRAINING CENTER™

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.) \$239.95

If you're weight-conscious,
concerned with appearances,
and train seriously

ALight™

Squat
Dip
Chin

Made in the USA.

Beautifully crafted from aircraft-grade aluminum with quick, easy switch-outs for squats, dips and chins. Squat racks have 500-lb. capacity and weigh less than 35 lb.

IRONMIND®
www.ironmind.com



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" (87").

No. 1450-SDC \$999.95 + \$240.00 S&H*

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



Made in the USA.

Think *Bridge*, Not Bench

FIVE STAR FLAT 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

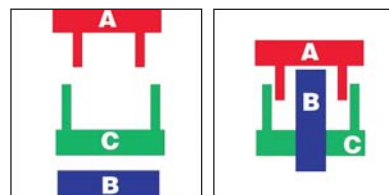


PILLARS OF POWER II+ SPOTTER RACKS

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



Squats

Bench presses

Free poster!



IRONMIND®
www.ironmind.com

PERFORMANCE BOOSTER

Complimentary *MILO®* poster with purchase of any piece of IronMind large gym equipment (weighs 50 lb. or more). Just enter POSTER in the keycode box at View Basket in the IronMind e-store.

Floor plans for squats and bench presses:

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

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.*

COMMAND CHINNING BAR

If pull-ups
are the center of
your training universe,
hang on to
this dedicated
pull-up station:
it's one stable
chinning unit.

COMMAND CHINNING BAR

Base roughly 4 ft. (1.2 m) square; fixed height is 7' 3" (87");
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" \$20.95/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

Special Offer!

15% discount for both

POWER PULL-UP SET

1 pair Eagle Loops and Bodyweight book
No. 1237-BW (1 lb.) \$41.95



EAGLE LOOPS

Dangle from your digits, one, two, three or four at a time, and build formidable levels of finger and upper-body strength. See p. 6.

BODYWEIGHT TRAINING FOR EXTRAORDINARY STRENGTH

by Brad Johnson

Tons of pull-up and push-up, and jackknife variations with progressions from the king of bodyweight training. 72 pp.

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



IRONMIND TOWEL

Loop the IronMind towel over the chinning bar and do pull-ups, working your grip along with your lats and biceps. See p. 16.

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)

The best, bar none

Zydrunas Savickas, the best of the best, at World's Strongest Man 2017 (Gaborone, Botswana) where he dunks easy reps with 700 lb. on the stretched Apollon's Axle that was first introduced to World's Strongest Man in 2011. A stretched version of the IronMind S-Cubed bar was also introduced at World's Strongest Man in 2011 and it's what Eddie Hall pulled 472.5 kg on this year.
Randall J. Strossen photo.



APOLLON'S AXLE BUFFALO BAR S-CUBED BAR

IronMind Bars

Apollon's Axle
The thick bar world champion, introduced in 1994 and used at World's Strongest Man since 2011

Buffalo Bar
Classic curves: Paul Anderson-ready cambered squat bar, since 1993

S-Cubed Bar
Strong, straight, stiff: developed in 2002 and used at World's Strongest Man since 2011

IRONMIND®
www.ironmind.com

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 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 BAR™

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



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).

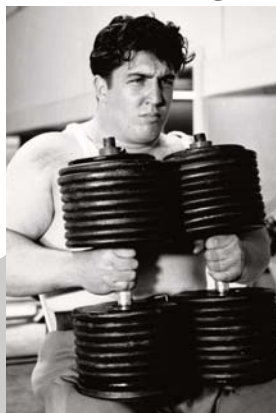
IronMind Big Boys



Big Boy DB Bars

- Extra-long, extra-strong, prime American steel
- Perfect for one-arm presses, rows, inclines and farmer's walks

Pat Casey getting ready to fire up a pair of 210s for 8 reps in the incline DB press, circa 1945.
Leo Stern photo.



Olympic Husky Handle DB Bars

- All the advantages and challenges of thick-bar training in a DB format
- Build your grip whether you're pushing or pulling



IRONMIND®
www.ironmind.com

Available as pairs or singles; with Bulldog II Collars and wrench.

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

| | | |
|---------|---------|---------|
| 1 pair | (1 lb.) | \$38.95 |
| 2 pairs | (2 lb.) | \$72.90 |

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

| | | |
|---------|---------|----------|
| 1 pair | (3 lb.) | \$59.95 |
| 2 pairs | (6 lb.) | \$116.90 |

IronMind Apollon's Axle



Jean-Francois Caron (Canada) tied for second with three other guys in the Squat Lift at the 2017 World's Strongest Man contest. That's a stretched Apollon's Axle, first commissioned by World's Strongest Man in 2011 and a regular ever since.
Randall J. Strassen photo

Strongman strong

Introduced in 1994, the IronMind Apollon's Axle is the dominant thick bar on the strongman circuit and has been a regular at the World's Strongest Man since 2011, as well as other grip competitions worldwide.

Use for everything from cleans and deadlifts to presses and squats.

IRONMIND®
www.ironmind.com

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



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

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



Squats—no back, no racks, no problem

Welcome to the world of hip belt squats: they allow you to squat with no pressure on your spine—and no load on your lumbar. And because the weight is always under you, there's **no need for racks or spotters**. You use **less weight**—and get **big-time quads** for your efforts.

Perfect for weighted dips and chins, pulls and drags, too.



SUPER SQUATS® HIP BELT

Versatile and effective:

- spare your 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
- Wicked-Strong™ construction; holds 3,500 lb. with ease

Also use for weighted chins, dips and calf work, plus a quick and easy way to pull or drag, and if you want to do 2-ton partials, you're covered, too. Proven worldwide since 1990.

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

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

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

Extraordinary effort. extraordinary results.



IRONMIND®

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3 Minutes,
3 Times a Week
Might Save
Your Life

In the meantime, it will make you feel better, look better and be better

Headstrap Fit for Hercules



Sleek, gorgeous, 1500 lb. strong, adjustable and ready to train the sides of your neck, along with the front and the back.

A HEADSTRAP FIT FOR HERCULES™

Holds 1,500 lb. with ease; 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

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.) \$19.95



Used at World's Strongest Man Since 2010

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.) \$54.95
- Small — 18" x 30"
(holds 100 lb. of sand)
No. 1390-E (1 lb.) \$42.95



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.) \$1.95 each



Sets:

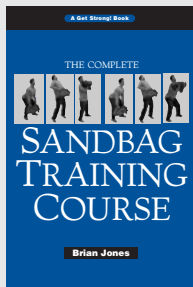
- Large sandbag, 2 large liners, training course
No. 1390 (3 lb.) \$64.95
- Small sandbag, 2 small liners, training course
No. 1390-S (2 lb.) \$54.95

THE COMPLETE SANDBAG TRAINING COURSE

by Brian Jones

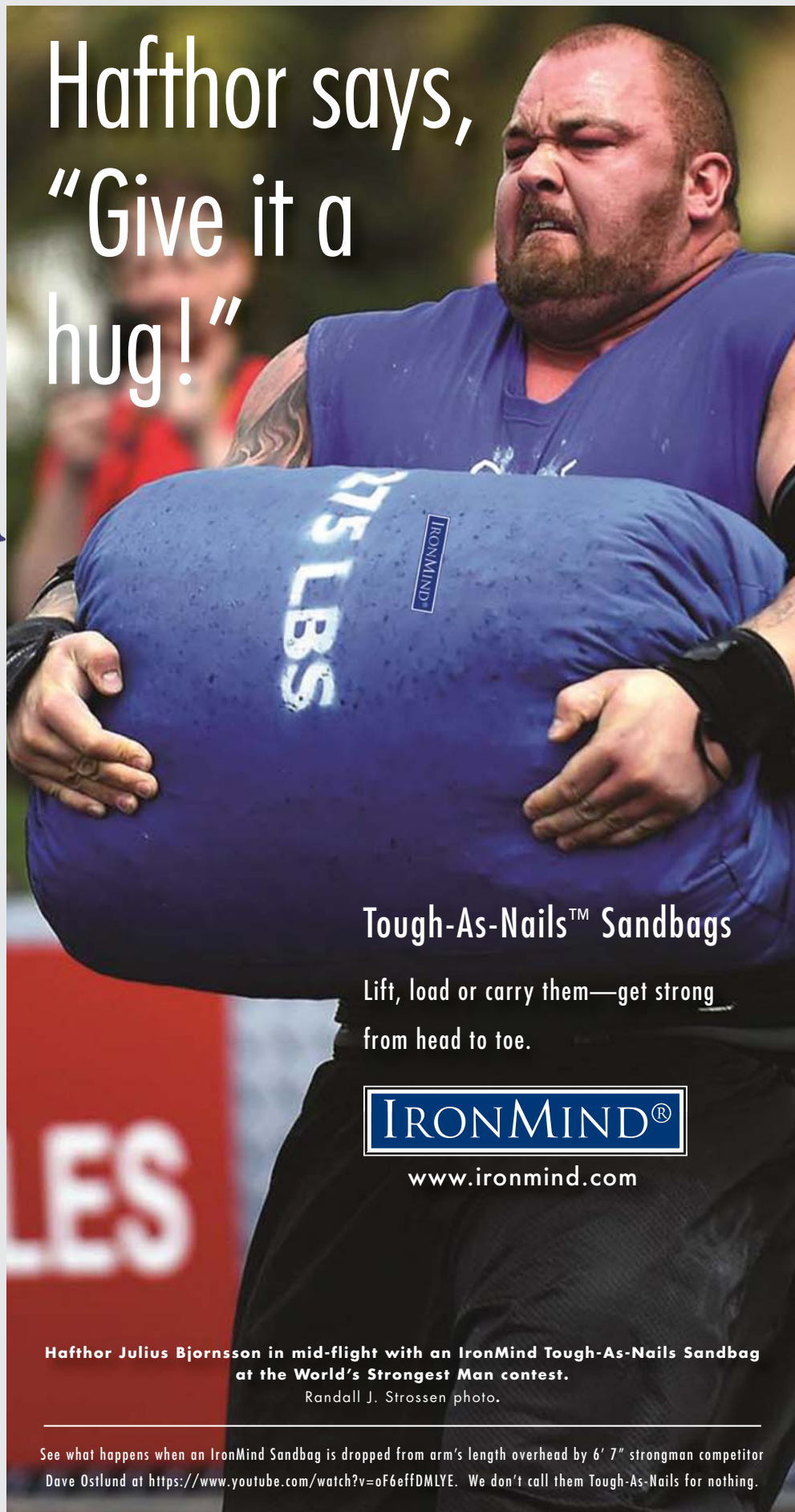
Build strength and stamina in a whole bunch of moves that go beyond the basic lifts and carries for head-to-toe training. 48 pp.

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



Made in the USA.

Hafthor says, "Give it a hug!"



Tough-As-Nails™ Sandbags

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

IRONMIND®

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**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.

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—15 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-l-l 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

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 | \$189.95 |
| 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

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.

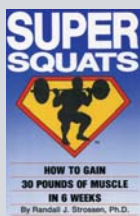
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Strength and bulk

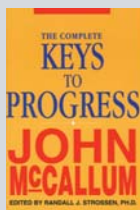
SUPER SQUATS: HOW TO GAIN 30 POUNDS OF MUSCLE IN 6 WEEKS by Randall J. Strossen, Ph.D.

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



THE COMPLETE KEYS TO PROGRESS

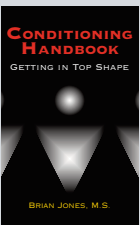
by John McCallum
This classic series from *Strength & Health* magazine in the 1960s is packed with routines for training from head to toes. 288 pp. No. 1287 (1 lb.) \$19.95



Conditioning and endurance training

THE CONDITIONING HANDBOOK: GETTING IN TOP SHAPE

by Brian Jones, M.S.
Conditioning and endurance training: physiology and programming, training ideas and workout routines for fitters, athletes, coaches and teams. 208 pp. No. 1389 (1 lb.) \$19.95



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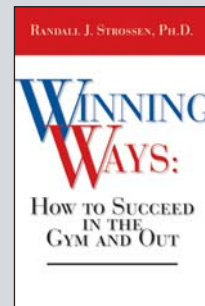
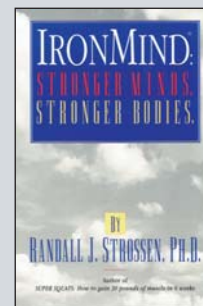


Mental tools and strategies for success

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.) \$16.95
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GPS for grip strength

If you've stalled out or lost your way on grip and lower arm strength training, these two books will get you to your destination.

Captains of Crush Grippers: What They Are and How to Close Them by Randall J. Strossen, Ph.D.
Joe Kinney calls it the owner's manual for CoC gripper.



Mastery of Hand Strength, 2nd Edition by John Brookfield
From the high chief of lower arm strength and endurance.

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CAPTAINS OF CRUSH GRIPPERS: WHAT THEY ARE AND HOW TO CLOSE THEM, 2/E by Randall J. Strossen, Ph.D.

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

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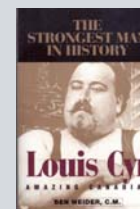
PAUL ANDERSON: THE MIGHTIEST MINISTER by Randall J. Strossen, Ph.D.

Olympic gold medalist, world champion, and world record holder in weightlifting, Paul Anderson was often named as the strongest man who ever lived. 160 pp. No. 1346 (1 lb.) \$24.95

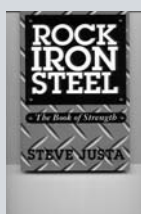


LOUIS CYR: AMAZING CANADIAN

by Ben Weider, C.M.
Story of the nearly mythical 19th-century strongman and master of the back lift and thick-handled heavy dumbbells. 160 pp. No. 1304 (1 lb.) \$12.95

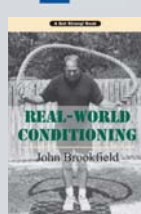


These IronMind e-books are available from Amazon, Barnes & Noble and iTunes



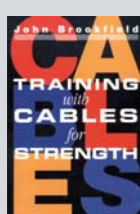
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by Steve Justa
The original functional training book for real-world strength and power. 112 pp.



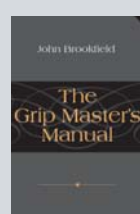
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Conditioning for stamina: go beyond your comfort zone as you maintain your pace with a mix of practical outdoor movements. 56 pp.



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Upper-body training from your neck down with a set of cables (think chest expanders, not machines) in a wide range of exercises. 128 pp.



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by John Brookfield
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OF STONES AND STRENGTH

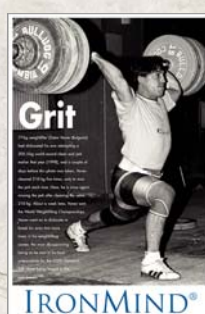
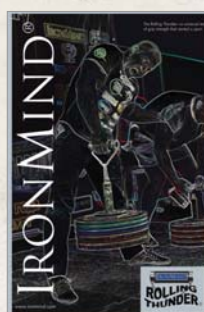
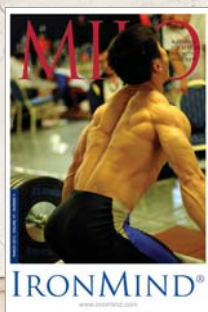
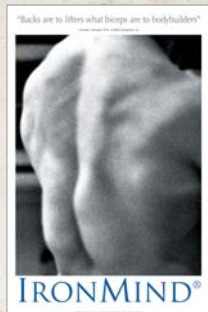
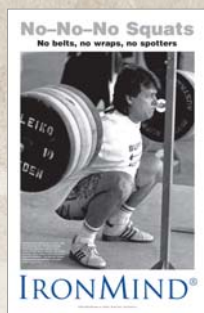
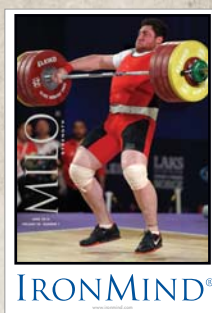
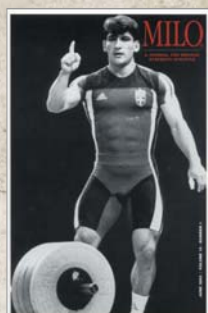
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by Paul Kelso
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All 25 videos
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For faster service in the U.S., ask for a quote on Next, 2nd, or 3rd business day delivery (Mon.–Fri.)* Please provide 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.

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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.

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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.

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IronMind's on-line store is PCI compliant and secured with a CompliAssure Secured 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 check-out 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 receive.

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 e-mail at any time.

Thank you for your interest in IronMind products!



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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).

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(SO WE CAN NOTIFY YOU OF YOUR SHIPMENT)

| ITEM NO. | ITEM NAME/STYLE | SIZE | QTY | PRICE | TOTAL WEIGHT | TOTAL \$ |
|----------|-----------------|------|-----|-------|--------------|----------|
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* 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
7.50% SALES TAX TO SUBTOTAL \$ _____

TOTAL \$ _____

Thank you for your order!

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.

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.

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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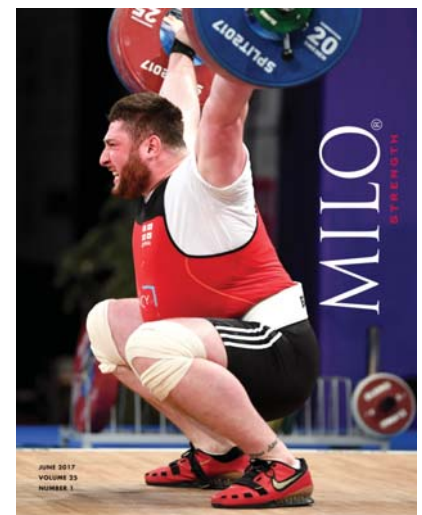
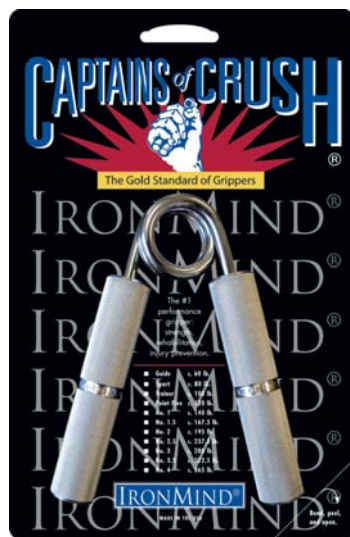
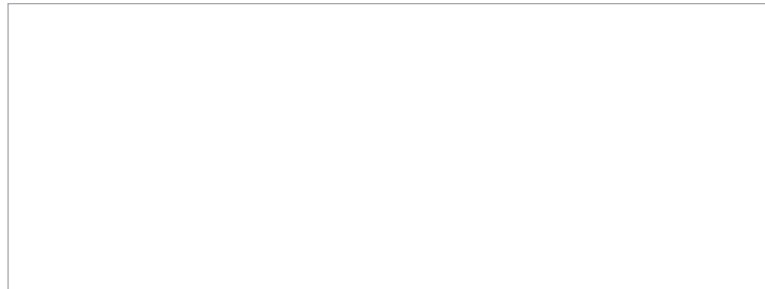
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"Rejoice always, pray without ceasing, give thanks in all circumstances . . ."

—1 Thess. 5:16–18a