

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



IRONMIND®

2019

**"I can eat a
CoC No. 4
for breakfast . . .
can you?"**



Three meters long, weighing 90 kg, Komodo dragon lizards can eat a whole cow in one sitting and a whole goat in one bite. They can run as fast as a human and are strong swimmers . . . and the smaller ones can climb trees, a vital skill they exercise at birth to escape their parents, who might otherwise eat them. Komodo dragon lizards were thought to be the stuff of myths until their existence was confirmed in the early 20th century. They have been called the perfect predator—a formidable example of what exists in the animal kingdom, and they inspired the movie *King Kong*.
IronMind® | ©Randall J. Strossen photo.



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!)

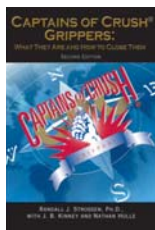
Each \$22.95 (1 lb.)

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)

Crushed-to-Dust®!

grip tools, educational materials, competition format . . .
from IronMind: Grip Central Since 1988

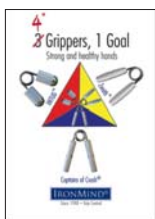
Read up, train smart, and gain big



**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



**CAPTAINS OF CRUSH GRIPPERS
INSTRUCTION BOOKLET***



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

*Free with each IronMind gripper order
or download on the IronMind website.



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.



www.ironmind.com

IronMind grippers: in line, ready for action



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

*grippers not included

Save with IronMind gripper caddy sets and packages

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

Coil Caddy Set of 4 Grippers	\$101.95
Coil Caddy Set of 8 Grippers	\$183.95
Set of 5 CoC Grippers & Small CoC Caddy for 5	\$109.95
Combo Caddy Set of 3 Grippers	\$81.95
Set of 10 CoC Grippers & Large Caddy for 10	\$204.95

Don't find the combination you want? Just ask.

Focus on your grip training

IMTUG™ GRIPPERS

7 strengths for targeted training, 1 or 2 fingers at a time

No. 1411	IMTUG1 (easiest)
No. 1412	IMTUG2
No. 1413	IMTUG3
No. 1414	IMTUG4
No. 1415	IMTUG5
No. 1416	IMTUG6
No. 1417	IMTUG7 (toughest)
Each \$22.95 (1 lb.)	

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

IMTUG™



Choosing an IMTUG

Use these IMTUGs			With these CoCs
Thumb/pinch	Ring/pinkie	Index/middle	
IMTUG1	IMTUG1	IMTUG2	Guide or Sport Trainer or No. 1
IMTUG2	IMTUG3	IMTUG4	No. 1 or No. 2
IMTUG3	IMTUG4	IMTUG5	No. 2 or No. 3
IMTUG4	IMTUG5	IMTUG6	No. 3 or No. 4
IMTUG5	IMTUG6	IMTUG7	



Middle and index fingers



Ring finger and pinky



Thumb

Z E N I T H™

ZENITH™ GRIPPERS

Silky-smooth for strength and conditioning,
6 levels

No. 1471	Agility (very easy)
No. 1475	Zenith Trainer
No. 1476	Zenith 1
No. 1477	Zenith 2
No. 1478	Zenith 3
No. 1479	Zenith 4 (very hard)
Each \$25.95 (1 lb.)	

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

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

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



Left-Turn Grippers

LEFT-TURN GRIPPERS

Tailor-made for lefties and all those who want
the mirror image of a CoC, 4 strengths

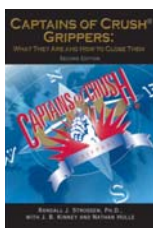
No. 1485	L-T Trainer	c. 100 lb.
No. 1486	L-T 1	c. 140 lb.
No. 1487	L-T 2	c. 195 lb.
No. 1488	L-T 3	c. 280 lb.
Each \$24.95 (1 lb.)		

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

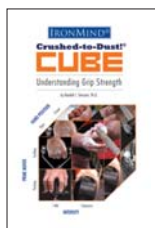
All 4 Left-Turn grippers:
 1485-4 (4 lb.) \$83.80 (\$20.95 each)



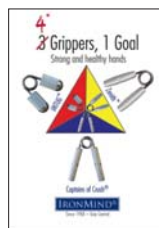
Captains of Crush Compatible **CoC²** grip tools are designed to boost your maximum Captains of Crush output



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



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



4 GRIPPERS, 1 GOAL: STRONG AND HEALTHY HANDS*



CAPTAINS OF CRUSH INSTRUCTION BOOKLET*



COC KEY: MILES TO MILS



CAPTAINS OF CRUSH GRIPPERS ID CARD



CAPTAINS OF CRUSH STARBURST LOGO T-SHIRT
 CAPTAINS OF CRUSH COMPASS T-SHIRT **New look!**

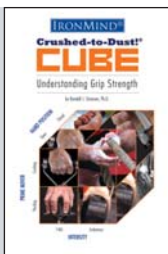


CAPTAINS OF CRUSH SONG

*Download a free copy on the IronMind website.
 Check the IronMind e-store for these and other gripper accessories.

Crushed-to-Dust!® Cube*

*Download on the IronMind website or request a copy from the IronMind e-store.



Step beyond crushing, supporting and pinching:
here's how your grip works and how best to train it . . .
and here are the IronMind tools to get you there

IronMind's grip tools are the only
choice for crushing, pinching,
wrist and finger strength around
the globe.

Want to set a world record?
It's got to be IronMind. Check
out the rules and world records
pages on the IronMind website.

Take your crushing grip through its paces



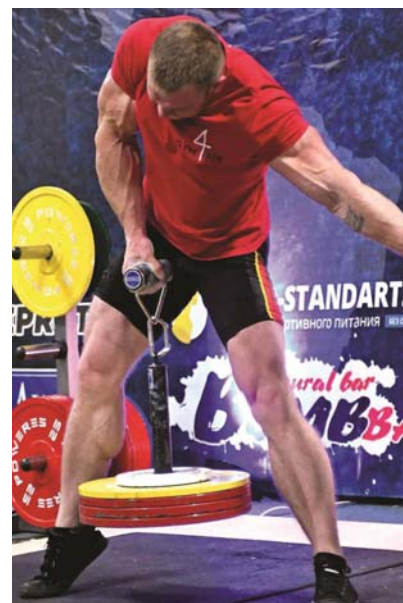
GO-REALLY GRIP™ MACHINE

Chop through your sticking points on grippers; use as much (or as little) weight as you prefer and do full-range, partial, or negative movements . . . micro load, too. Train one or two hands at a time. 12" Olympic loading pin (good for as much weight as you can stack on it!); weighs 50 lb. (Olympic plates not included.)

No. 1242 \$289.95 + 65.00 S&H*

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

One of the world's premier tests of grip strength
and a training tool of first choice from
armwrestlers to rock climbers



The world-famous Rolling Thunder, where armlifting
and grip competitions began . . . it's the grip training tool
that started a sport

CoC Silver Bullet Hold

Endurance, strength, and drama:

- superb training for CoC grippers
- perfect for hands of all sizes
- the heart and soul of grip contests worldwide

The world record on the CoC
Silver Bullet Hold for men, with
the CoC No. 3 gripper, is 57.15
sec. and for women, with the
CoC No. 2 gripper, 45.42 sec.
What can you do?

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



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

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

COC SILVER BULLET & DISC COMBO
No. 1467-2 (6 lb.) \$159.95

ROLLING THUNDER® REVOLVING DEADLIFT HANDLE

Use it for one-hand
deadlifts, holds, 1-RMs
and walks—for reps
or time. 7-1/2" in length
(rotating portion is 6"
in length); 2-3/8" in diameter.

No. 1246 (3 lb.) \$89.95



Test yourself: the current Rolling Thunder world record is
287 lb./130.5 kg.

Crushed-to-Dust!®!

grip tools,
educational materials,
competition format . . .
from IronMind:
Grip Central Since 1988



Free poster!

Rolling Thunder poster with our com-
plements 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.



TITAN'S TELEGRAPH KEY™

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



IRONMIND HUB

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

The current world record is 43.8 kg/96.36 lb.* What can you lift?



IRONMIND BLOCK

Classic block lift for maximum lifts and holds, lateral raises, even strolls. 6" x 3" x 6".
No. 1248 (5 lb.) Block only \$41.95

The current world record is 51.4 kg/113.31 lb.*
How close can you come?



THE STACKER

This plate-loading grip—wrist—forearm challenger allows you to simulate Hermann Goerner's brick lifts (estimated at 40 kg/88 lb.). Uses standard plates only (not included); loading surface is 8".
No. 1256 (4 lb.) \$34.95

IRONMIND®

www.ironmind.com



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 43.8 kg.*

*Check the IronMind website for updates on world record lifts.

IMTUG™



Use IMTUG for training your thumb and pinch grip in two ways



(See p. 3)

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

CRUSHED-TO-DUST! 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").
1233-CTD-15 (.5 lb.) \$19.95

Free when you certify on the CTD Challenge!

Make you fingers steely-strong

R-RING™

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

No. 1258 (2 lb.) \$24.95



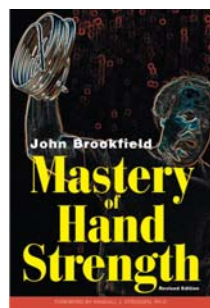
Please note: the R-Ring uses the heavy-duty carabiner (No. 1314A) as a connecting link to the loading pin; the small snap clip (No. 1313A) will not fit.



EAGLE LOOPS™

When your fingers need to be super-strong, these are the training tool of first choice. Do chins, hangs for time, deadlifts, rows, sled pulls, and more. Train any combination of your fingers, except the thumbs. Use with bar or loading pin, not included.

No. 1237 (.5 lb.) \$36.95/pair



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

Crushed-to-Dust®!

grip tools, educational materials,
competition format . . . from IronMind:
Grip Central Since 1988

Lower-arm, strength, endurance, and muscle mass

Radial-ulnar (thumbs up/pinkies up)
training hits everything from your elbows
to your fingertips



Lower-arm strength, endurance,
and muscle mass



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



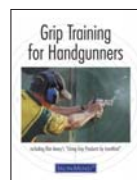
ONE WICKED WRIST ROLLER™

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.) \$79.95



See p. 11 for
the Vulcan
Racks III Wrist
Roller Axle.



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

1442-AV (.25 lb.) \$5.00; or use code AH-RA10 with any purchase.



LITTLE BIG HORN

Blacksmiths demonstrated their superior grip strength by lifting an anvil by the horn, and now you can train progressively on this test of grip strength. 6" long x 3" in diameter at one end, tapering down to 1-1/2".

No. 1257 (8 lb.) \$84.95

Break the world record (107.29 kg men/61.45 kg women) on the Little Big Horn and your name will go on the official list!



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 \$34.95
Add No. 1313A (.25) small snap clip, holds loads up to 200 lb. \$2.00

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

*Loading pin required for:

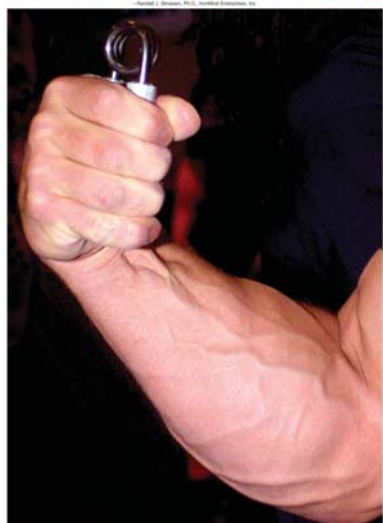
- Rolling thunder Deadlift Handle
- IronMind Hub
- IronMind Block
- One Wicked Wrist Roller
- Little Big Horn
- Outer Limits Loops
- R-Ring

Loading pin recommended for:

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

Develop your hands—wrists—forearms into one solid unit Use for levers, rotations, and more

"Tis better to be forearmed than forewarned."



IRONMIND®

For poster, see p. 9.



HEAVY HAMMER II™ LEVERAGE BAR

Combine grip and wrist—forearm work

The 2" diameter handle works your grip as you lever it up and down. Longer and lighter, for lighter weights (made of tubing). Overall length is 18"; loading surface is 1" in diameter and 4" long; takes exercise plates (not included) and comes with a spring clip collar.

No. 1255 (3 lb.) \$52.95

WRIST REINFORCER™

Sharpen the focus on wrist—forearm strength

14" long with a 1-3/8" diameter knurled handle; takes exercise plates (plate-loading end is 1-1/16" diameter, 4-1/4" long); comes with a Bulldog II Collar. (Plates shown not included.)

No. 1260 (7 lb.) \$76.95



Perfect for:

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

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; 3 of the fear-some Red Nails; and 1 Challenge Gold Nail
- one pair of official IronMind bending pads, along with instructions for bending
- Tool & Travel Bag

No. 1236 (9 lb.) \$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-EX6LD (2 lb.) 6 Gold Challenge Nails, Level G \$9.95

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

Active rest and conditioning

EXPAND-YOUR-HAND BANDS™

Dynamic range of motion and
overall hand health



Focus on the extensors for muscle balance and stress reduction—a magic wand when it comes to preventing or rehabilitating tennis elbow and other hand,

wrist and elbow maladies. Portable, easy and fun to use. 2 complete sets of 5 different strength bands for progressive training.

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

OUTER LIMITS LOOPS™

Static (isometric) work for
serious extensor training



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

No. 1377 (.5 lb.)

\$36.95/pair



IRONMIND® EGG

Easy, Grip, Go!

Warm-ups, active rest and recovery, stress-relief, repping out, or max efforts, squeeze as gently or as ferociously as you'd like. Egg-shaped polymer is easy on the soft tissue of your hand and retains its shape. 4" long and 7-1/4" around the widest part, in two strengths:

- No. 1425-G Green EGG — softer, with a greater dynamic range when squeezed; perfect for rehab
- No. 1425-B Blue EGG — firmer, stiffer, with a useful amount of give

Each \$19.95 (.5 lb.)

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

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

Focus on strong and healthy hands



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



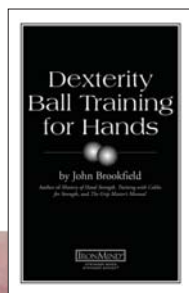
www.ironmind.com



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
- those with chronic hand pain
- youth in formative years
- prehab and rehab
- those with a very weak grip

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 for you

• 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

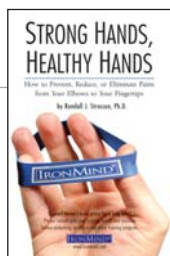
• DESK TOOLS

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.



TOOL & TRAVEL KIT

Perfect for keeping grip tools at hand (bag only). For details, see p. 19.

No. 1474 (1 lb.) \$36.95

Built muscle, burn fat

JUST PROTEIN®

4-star bill of health

- ★ Classic milk and egg protein with just 4 top-quality ingredients*
- ★ Perfect for post-workout rebuilding and meal replacement
- ★ Tastes great and mixes easily
- ★ No antibiotics, preservatives, fillers, additives or artificial sweeteners

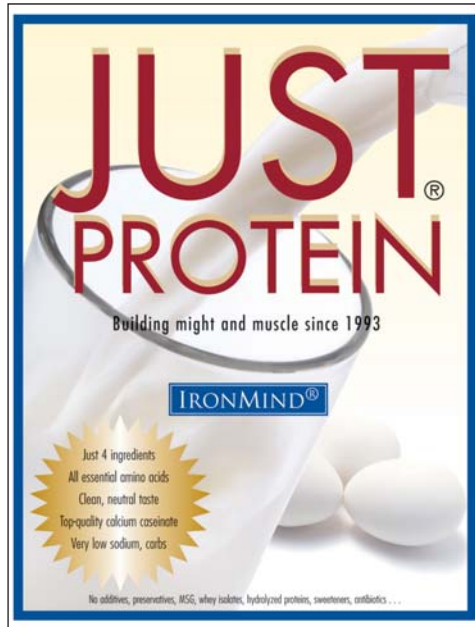
*calcium caseinate (milk protein), instant non-fat dry milk, whole egg powder, natural vanilla-almond flavor, and including essential amino acids

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

No. 1261

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

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



IRONMIND®
www.ironmind.com

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



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.

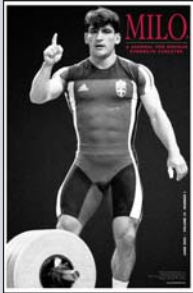
No. 1424 (1 lb.) \$9.95

Poster power

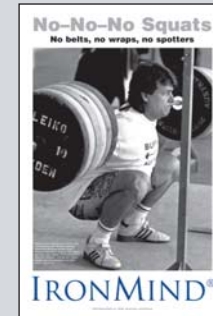
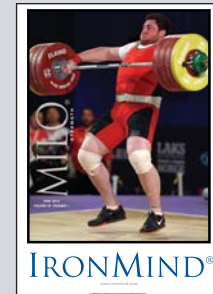
IRONMIND® / MILO® POSTERS

Each 21" x 32", in colors as shown. Photos by Randall J. Strossen, Ph.D. Each \$17.95 (1 lb.)

Save on 3 or more posters!



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



Squat—Dip—Chin! Choose from 3 training centers



ALight™ Training Center



Vulcan Squat Racks III™



SDC Center*

*Unit is designed for permanent location.



www.ironmind.com

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	\$749.95**	\$979.85**	\$999.95**

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

VULCAN SQUAT RACKS III

- compact design and easy breakdown for serious workouts at home
- more than strong enough for 1,000-lb squats
- proven for more than 20 years

Perfect for:

- squats
- presses and jerks from the racks
- lunges
- benches
- inclines
- good mornings

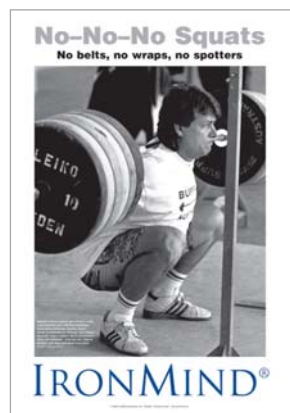
Height adjusts from 37-1/2" to 64"; width adjusts from 16-1/2" to 49". Weighs 65 lb.; padded saddles.

No. 1217 VR III Squat Racks (base unit and squat uprights) **\$579.90 + \$108.00 S&H***

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



Made in the USA.



Free poster!

IronMind's iconic photo of Ivan Chakarov (Bulgaria) squatting 270 kg for a rock-bottom triple dubbed "no-no-no" by Randall Strossen since Chakarov had no belt, no wraps, no spotters. Use code POSTER.

DOUBLE-DIP BAR UPRIGHTS

If you already own our Vulcan Racks Base Unit and would like the Double-Dip Bar Uprights for adding slabs of muscle and more might to your chest, shoulders and arms, here they are. Use with parallel traditional grip or turned at 45 degrees on comfortable and secure 1-1/2"-diameter handles. Height adjusts from 48-1/2" to 52-1/2".

- **No. 1311 Double-Dip Bar Uprights** (uprights only) **\$167.95 + \$45.00 S&H***



VULCAN RACKS III CHINNING BAR

If you do strict chins (no giant swings or kipping pull-ups, please), this super-strong chinning unit will handle the heaviest weights you can dish out. Chinning bar is a comfortable 1-1/2" in diameter and 48-1/2" long. Height adjusts from 56-1/4" to 83-1/2".

- **No. 1217-CBS Chinning bar setup** (chinning bar and sideposts only; VR base not included) **\$249.95 + \$60.00 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. 6)

- **No. 1217-WRB Wrist Roller axle only** (VR base/sideposts not included) **\$94.95 + \$46.00 S&H***



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

Squats—no back, no racks, no problem



SUPER SQUATS® HIP BELT

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

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

Perfect for weighted dips and chins, pulls and drags, and if you want, 2-ton partials, too. Proven 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.) **\$144.95 (S, M), \$149.95 (L, XL), \$169.95 (2XL)**



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



www.ironmind.com

VR III YOU DECIDE DOUBLE-DIP BARS



- 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

No. 1312 You Decide Double-Dip Bars and Base** (base unit and double dipping bar uprights) **\$619.90 + \$108.00 S&H***

No. 1311 Double-Dip Bar Uprights (uprights only) \$167.95 + \$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

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) \$729.90 + \$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



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

No. 1228 \$359.95 + \$103.00 S&H*

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



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.

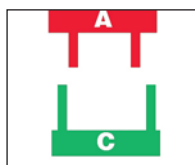
No. 1310 (2 lb.) \$76.95

PILLARS OF POWER II+ SPOTTER RACKS

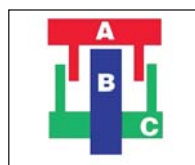
Portable, storable and no-nonsense protection on squats and bench presses. Syncs with Vulcan Racks, ALight, and Five Star Flat Bench. Height adjusts from 22" to 34" in 2" increments; width from 16-1/2" to 49" with a 28" long padded loading surface (landing strip). Weighs 70 lb.

No. 1227 \$589.90 + \$108.00 S&H*

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



Squats



Bench presses

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.*



Made in the USA.

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

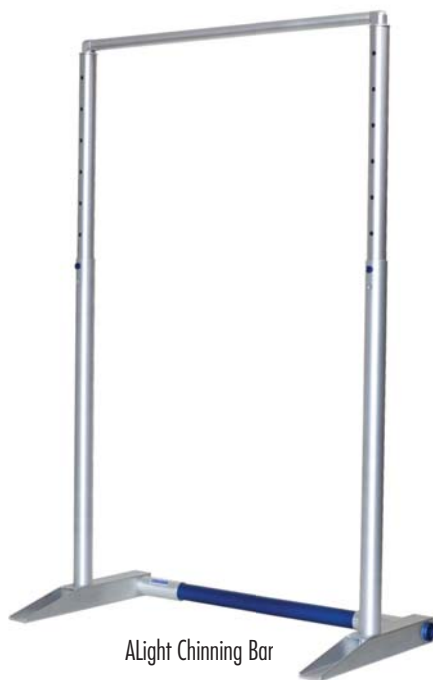


Made in the USA.

IRONMIND®

www.ironmind.com

Light as a feather, strong as an ox



ALight Chinning Bar

ALIGHT TRAINING CENTER™

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

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

No. 1480 \$749.95 + \$107.00 S&H*

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



Weighs less than a set of golf clubs.

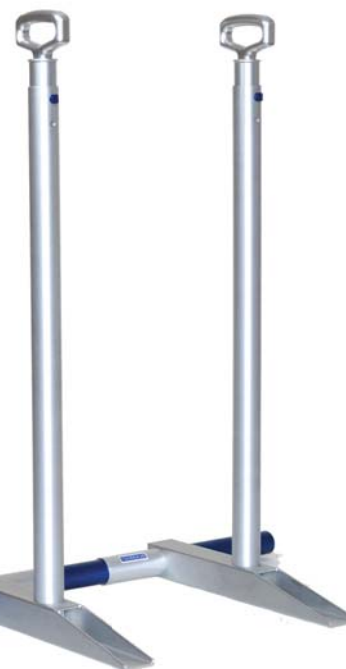
ALIGHT TRANSPORT BAG

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



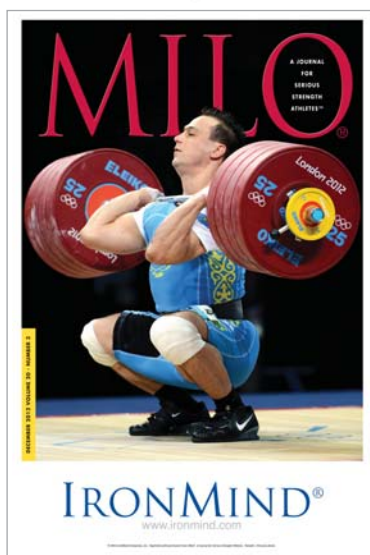
ALight Squat Racks



ALight Dipping Bars



Made in the USA.



Free poster!

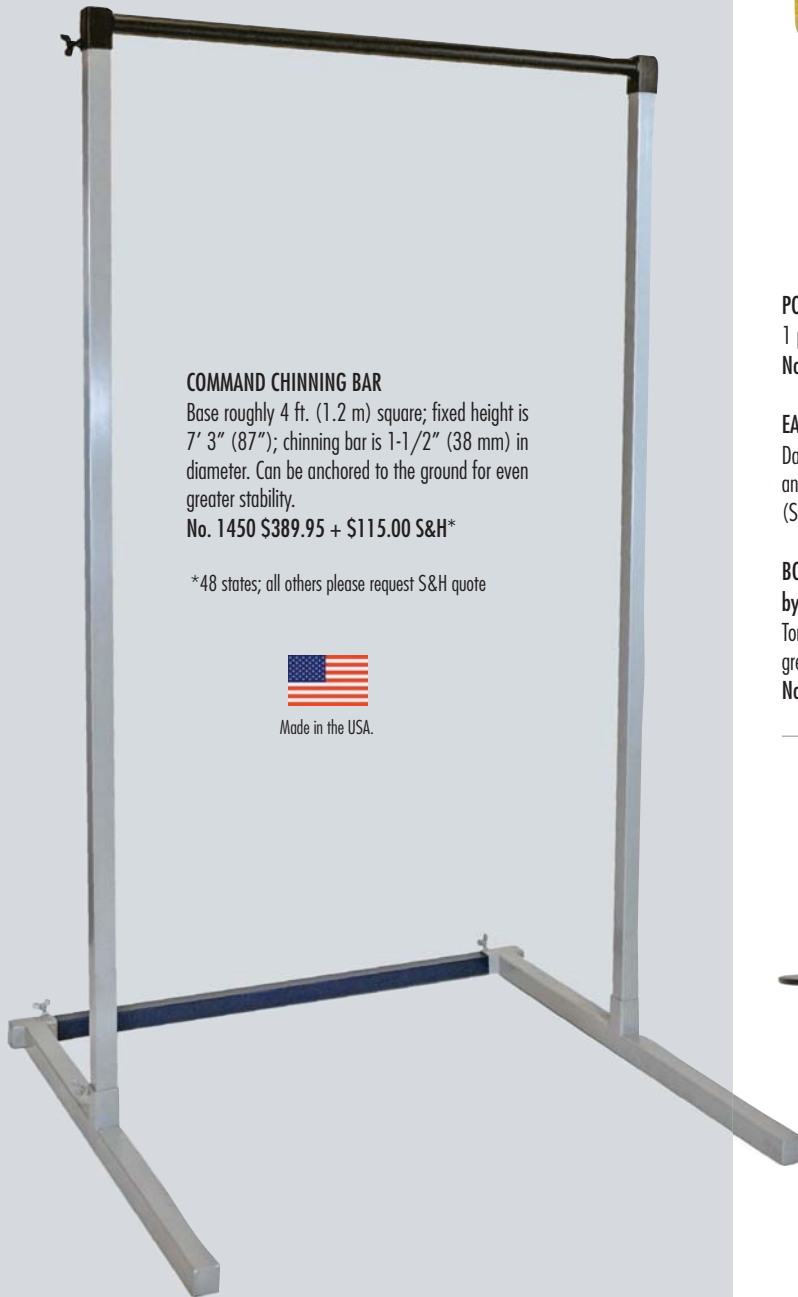
PERFORMANCE BOOSTER

Complimentary MILO® poster with purchase of any piece of IronMind large gym equipment (weighs 50 lb. or more). Use code POSTER.

IRONMIND®
www.ironmind.com

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



Made in the USA.

IRONMIND®

www.ironmind.com

Pull-up power



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



POWER PULL-UP SET — SAVE 20%!

1 pair Eagle Loops and Bodyweight book

No. 1237-BW (1 lb.) \$40.95

EAGLE LOOPS

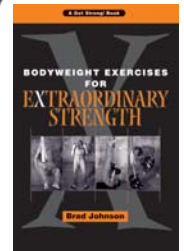
Dangle from your digits, one, two, three or four at a time, and build formidable levels of finger and upper-body strength. (See p. 6.)

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



Work your grip along with your lats and biceps



IronMind Hub
(p. 5)



IronMind Towel
(p. 20)



IronMind Block
(p. 5)



R-Ring Handle
(p. 6)



Little Big Horn
(p. 6)



Rolling Thunder Revolving Deadlift Handle
(p. 4)



Captains of Crush Grippers
(p. 2)

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.



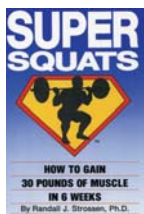
All IronMind equipment made in the USA—
always has been.

Strength and bulk

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 \$669.95
+ \$76.00 S&H*



SUPER SQUATS: HOW TO GAIN 30 POUNDS OF MUSCLE IN 6 WEEKS

by Randall J. Strossen, Ph.D.
The book you love to hate has one clear message: step up to the challenge of getting bigger and stronger, *sans* drugs, fancy equipment, or food fads. 112 pp.
No. 1200 (.5 lb.)
\$16.95

S-CUBED BAR™

Strong, straight, and stiff

If you're regularly lifting weights in the half-ton-plus range, you'll appreciate a bar that's a little thicker than normal and extra-long, with plenty of room for a 3XL or 4XL body.

No. 1223 \$649.95
+ \$76.00 S&H*



Thick bar of champions

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 \$289.95
+ \$68.00 S&H*

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

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 \$329.95

No. 1224-S (8 lb.) single dumbbell with collars \$169.95

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.) \$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.) \$74.95

2 pairs (6 lb.) \$145.90

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 \$399.95

No. 1249-S (13 lb.) single dumbbell with collars \$204.95



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

IronMind Lifting Straps

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



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



SHORT & SWEET™

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

No. 1234 (.25 lb.) \$9.95/pair



STRONG-ENOUGH™

- 21-1/4" long, loop at one end
- 1-1/2" wide
- top pro strongman choice; best general purpose

No. 1239 (.25 lb.) \$13.95/pair



BLUE TWOS™

- 23-1/4" long, loop at one end
- 1-3/4" wide
- extra length/width; for big wrists, thick bars

No. 1448 (.5 lb.) \$18.95/pair



SEW-EASY™

- 21-1/4" closed loop
- 1-1/2" wide
- weightlifters of all types; easy to use

No. 1437 (.25 lb.) \$14.95/pair

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



See IronMind's YouTube channel for choosing and using IronMind's Lifting Straps.



BLACK AND FOURTH™

- 25-1/4" long, loop at one end
- even more length/width; for larger wrists, thicker bars

No. 1445 (.5 lb.) \$21.95/pair

Tough-As-Nails Bags

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.

"World traveler"



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

IRONMIND®

www.ironmind.com

"Strong, light, fast."



MINI-DUFFLE

Compact—and strong!—for quick missions.

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

No. 1238 (2 lb.) \$46.95

"The go-to for grip kings."



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



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

"A pickup truck with handles."



COMPACT TRUCKER TOTE

Just as strong as its big brother, this mini-tote can handle heavy things like shots or barbell plates, but also hold lunches, a thermos of Just Protein, the newspaper, a couple of grippers, and more. Small enough to be handy; big enough to do the job. In this day of "supply your own bag," it's indispensable. 17" x 11" x 6"; 20" handles.

No. 1456 (1 lb.) \$47.95

The right clothes for tough workouts



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



IRONMIND TRI-BLEND T-SHIRT — New Blue-Gray!

This T-shirt is a soft, trim, quick-drying tech blend, equally at home lifting, running, lounging. These shirts feel great! Heather gray or blue-gray; 50% poly/25% cotton/25% rayon; short sleeves. Sizes: L (42"–44"); XL (46"–48"); 2XL (50"–52"); 3XL (54"–56"). No. 1233-IMS (.5 lb.) \$19.95



IRONMIND TANK TOP

Retro, real, all cotton. 100% preshrunk cotton; white or heather gray. M (40"); L (44"); XL (48"); 2XL (52"). No. 1446 (.5 lb.) \$12.95



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



IRONMIND BASEBALL CAP

A traditional favorite with "coolest baseball cap" looks. 100% cotton canvas, six-panel unconstructed crown with contrast sandwich bill, stitched eyelets, embroidered IronMind logo. Navy/white; adjustable in one size. No. 1230-IM (.5 lb.) \$22.95

Z1500 BELT

Three Looks, All Good

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

No. 1462-SG Olive/Satin, a little stiffer webbing

No. 1462-N Navy/Satin, regular webbing

No. 1462-RD Navy/Red, 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.) \$18.95



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

9X World's Strongest Man Veteran



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.) \$44.95

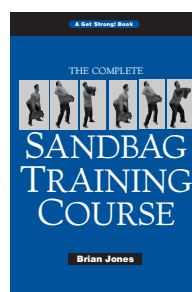
Liners:

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

Just
3 minutes
a day,
3 times
a week—
feel better,
look better,
and it
might save
your life



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.)
\$109.95



RED-I-BELT

This belt has a multitude of uses, from rigging up systems for chins, flyes, 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



RED-I-BELT AND HANDY HANDLE

Add a rigid polycarb handle and maximize its use.
No. 1232-BH (1 lb.) \$28.95



HANDY HANDLES

Pair of polycarb handles, 5" long, 1-1/4" ID, 1" OD.
No. 1240-PCH (.5 lb.) \$20.00



Watch the IronMind video on how to use the Headstrap Fit for Hercules.

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

Road tested at the highest levels

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.

Small	5'-0"–5'-8", 100–170 lb.
Medium	5'-8"–6'-2", 170–250 lb.
Large	5'-10"–7'-0", 250–400 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.) \$269.95



"It's just plane strong."



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

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. (One Wicked Wrist Roller not included; see p. 6.)

No. 1457-S1 \$159.95 + \$70.00 S&H*

- Amp up your wrist, grip, or finger strength: use a One Wicked Wrist Roller, Rolling Thunder Handle or Eagle Loops to pull your sled



(p. 4)



(p. 6)

See the IronMind e-store for specially priced harness and sled combos.



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A quarter century at the top of the strength world

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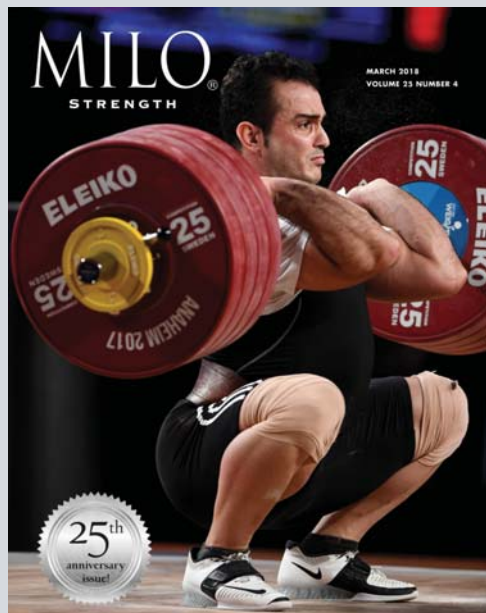
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Bill Starr Oly lifting	No. 1282-BS	26 issues	\$165.36
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3. Complete the order form and mail it to us with your payment: check, MO, or bank card details (card number, expiration date and security code).

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):

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COUNTRY _____

PHONE # (_____) _____ DAY ☐ EVENING ☐

(IN CASE WE HAVE QUESTIONS)

EMAIL _____

(SO WE CAN NOTIFY YOU OF YOUR SHIPMENT)

Thank you for your order!

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

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

PAYMENT

☐ CHECK, MONEY ORDER OR CASHIER'S CHECK

CREDIT CARD: ☐ VISA ☐ MC ☐ AMEX

NO. _____

EXP. DATE _____

3- OR 4-DIGIT SECURITY CODE _____

BILLING ADDRESS, IF DIFFERENT FROM SHIPPING ADDRESS

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

	48 states	HI, AK*
0.25 lb.	\$4.00	\$4.00
0.5 lb.	\$6.00	\$6.00
0.75 - 1 lb.	\$10.00	\$10.00
1.25 - 2 lb.	\$18.00	\$15.00
2.25 - 4 lb.	\$20.00	\$22.00
4.25 - 7 lb.	\$24.00	\$32.00
7.25 - 10 lb.	\$26.00	\$42.00
10.25 - 15 lb.	\$32.00	\$55.00
15.25 - 20 lb.	\$37.00	\$67.00
20.25 - 25 lb.	\$44.00	\$75.00
25.25 - 30 lb.	\$50.00	\$87.00
30.25 - 35 lb.	\$56.00	\$96.00
35.25 - 40 lb.	\$60.00	\$103.00
40.25 - 45 lb.	\$64.00	\$107.00
45.25 - 50 lb.	\$69.00	\$112.00

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	\$12.00
0.75 - 2 lb.	\$18.00
2.25 - 3 lb.	\$29.00
3.25 - 4 lb.	\$42.00
4.25 - 5 lb.	\$47.00
5.25 - 6 lb.	\$52.00
6.25 - 8 lb.	\$56.00
8.25 - 10 lb.	\$61.00
10.25 - 12 lb.	\$68.00

Over 12 lb., please write for S&H quote

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

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

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

Over 10 lb., please write for S&H quote

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

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

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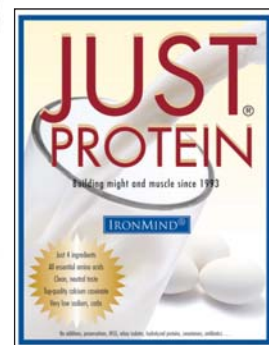
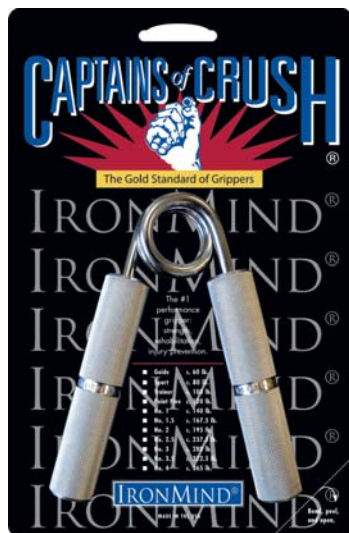
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"Rejoice always, pray without ceasing, give thanks in all circumstances . . ."—1 Thess. 5:16–18a