



IRONEDGE  
25 KG  
IRONEDGE

**SERIOUS** 2013 **TRAINING**

**IRONEDGE**



**IRONEDGE**

## FOR OVER 10 YEARS NOW IRON EDGE HAVE BEEN AT THE FOREFRONT OF HIGH PERFORMANCE STRENGTH TRAINING IN AUSTRALIA.

The company was born out of a desire to provide a better, more useful way of training athletes. It's this mission that continues to drive the company.

The product range and training education services are designed for those who take their training seriously. No gimmicks, no fads. It's a results focused philosophy that we define as 'The 5 Principles of Serious Training':

1. Train the primal movement patterns
2. Vary the implements and intensity
3. Resistance must be 3-dimensional
4. Train frequently
5. Incorporate prehab and rehab protocols

In the past 12 months Iron Edge has introduced some exciting new products including the Iron Cage, Bulgarian Bags and Elite Bumper Plates. On top of that we've launched our sponsor program. We're now an Official Partner of reigning NRL Premier, The Melbourne Storm and Australia's toughest obstacle race, Spartan Race.

We're also very proud to announce our 2013-14 brand ambassadors; current Australian Powerlifting Champion, Steve Pritchard and powerlifting sensation Martin Nguyen. Martin is just 20 and already one of Australia's most promising athletes. He is an unofficial world record holder in the 75kg class and a World Champion in the making. It's our privilege to be helping him get there.

I trust you'll find plenty to interest you in this catalogue. It's the product of years working with Australia's elite coaches, athletes and teams. Iron Edge has helped make them the best. And we can do the same for you. We guarantee it.

Yours Sincerely  
Rick Ravensdale

Founder and Director  
Iron Edge

# IRON EDGE

## HIGH PERFORMANCE TRAINING GEAR

### WHO WE SUPPLY

#### AFL

Brisbane  
Collingwood  
Carlton  
Essendon  
Fremantle  
Geelong  
Gold Coast  
Melbourne  
North Melbourne  
Richmond  
St Kilda  
Western Bulldogs  
Adelaide  
Sydney  
Hawthorn  
Port Adelaide  
Greater Western Sydney  
West Coast

#### ADF

Australian Army  
Australian Navy  
Australian Air Force  
Australian SAS

#### GYMS

YMCA  
Genesis  
Goodlife  
Virgin Active  
Fitness First  
Fenix Fitness Clubs  
Performance Training Centre  
South Pacific Health Club  
RACV

#### RUGBY

Melbourne Storm  
Brisbane Broncos  
Newcastle Knights  
West Sydney Tigers  
Waratahs  
Manly-Warringah Sea Eagles  
Melbourne Rebels  
St George Illawarra Dragons  
Canterbury-Bankstown  
Bulldogs  
Brumbies Rugby

#### INSTITUTES

Australian Institute of Sport  
Victorian Institute of Sport  
New South Wales Institute of Sport  
Queensland Academy of Sport  
Western Australian Institute of Sport

#### OTHER

Cricket Australia  
Tennis Australia  
Melbourne Victory Soccer  
South Dragons Basketball  
CrossFit Boxes  
Australian Baseball  
Professional Golf Association of Australia  
Original Bootcamp Australia  
Metropolitan Fire Brigade  
Basketball Australia  
Boot Camps Australia



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# TESTIMONIALS

## COLLINGWOOD FOOTBALL CLUB

"Iron Edge has introduced to the Collingwood Football Club some very functional and innovative training strategies which have provided us with an opportunity to enhance the player's strength and power characteristics. Implementing kettlebells into our conditioning program has enabled a specific application towards Australian Rules Football. The Collingwood Football Club are continually seeking cutting-edge equipment and transferring training adaptations to the sporting environment; Iron Edge Kettlebells will provide an opportunity to progress to a new level of performance."

— **David Buttifant PhD**  
Collingwood AFL Physical Preparation Manager

## RICHMOND FOOTBALL CLUB

"Iron Edge has continued to provide the Richmond Football Club with high quality, innovative, high-performance products. Their products, service and support have been exceptional for the long time we have been associated with them. We consider the team at Iron Edge as colleagues at the elite level of strength and conditioning."

Having dealt with Rick and his team at Iron Edge for a number of years, I have always been impressed with their high performance products and quality educational resources and advice. As a strength and conditioning team at Richmond Football Club we pride ourselves on setting higher standards for our athletes, and we demand the same high standards from our equipment. This is why we endorse Iron Edge and its products."

— **Matt Hornsby**  
Elite Performance Manager

## GEELONG FOOTBALL CLUB

"Geelong Football Club prides itself on leading the way in strength training applied to the sporting field. This is why we have teamed up with Iron Edge in the outfitting of our state-of-the-art gymnasium."

The quality of Iron Edge products is second-to-none. They continue to innovate when it comes to design and application of implements to functional strength training.

The research performed by Iron Edge takes them around the world to find the best products available and bring them to the Australian consumer; this includes the best bumper plates, kettlebells and barbells available. Iron Edge provide immediate attention to customer needs and maintain a close relationship, providing a high quality of service on the back of a great product.

They back up their products with the ability to educate the customer on the most appropriate and safest way to use the equipment through their training courses. Iron Edge is a reputable and reliable company and one we will continue to work with in the future."

— **Dean Robinson**  
High Performance Manager, Geelong Football Club

## ELITE SPORTS PERFORMANCE, MELBOURNE

"Iron Edge has been a great resource for innovative training products and information. Iron Edge have conducted numerous kettlebell seminars at our facility which resulted in us purchasing two full sets. This has proven to be a very effective addition to our facility which we use in the preparation of all of our athletes. Iron Edge continue to deliver superior products and progressive training information."

— **Martyn Girvan**  
B. Sc. Exercise Science  
B. A. Psychology

## CRONULLA SHARKS RUGBY LEAGUE

"Dealing with Iron Edge has been a pleasure. The ever-growing range of cutting-edge products on offer allows us to continually train and push our athletes in every discipline. Be it for maximal strength, explosive power, general conditioning or flexibility, they have the gear we need. I would highly recommend them to anyone competing/training at the top level and any athlete serious about their training."

— **Trent Elkin**  
Strength and conditioning coach, Cronulla Sharks

## FREMANTLE FOOTBALL CLUB

"I've been using Iron Edge equipment both personally and professionally since their early days when they just produced kettlebells. In the last five years they have shown great leadership in the industry to provide a range of equipment that is incredibly functional and virtually indestructible. The breadth of the Iron Edge range accounts for all training modalities, and as they are constantly adapting to market requirements, there is always more equipment (and crazy ways to use it) just around the corner."

The new facility Rick has created at Glen Iris is essentially a temple dedicated to training in the rawest and most brutal manner possible and a true work of art! It is worth visiting just to have a look at all the gear you'd like to get for Christmas."

Without doubt I will continue to utilise IRON EDGE equipment now and into the future!"

— **Jason Weber**  
Sports Science Manager

# MELBOURNE STORM

"Iron Edge's range of innovative training implements is easily the best I have seen. They've enabled me to implement unique strength and conditioning programs which have certainly contributed towards the premiership success of the Storm. I expect we'll work closely with them for many years to come."

— **Alex Corvo**  
Physical Performance Coach  
Melbourne Storm and Australian Kangaroos Rugby League



**IRONEDGE**

IRON EDGE - OFFICIAL PARTNER  
OF THE MELBOURNE STORM



# CONDITIONING TOOLS

A MULTITUDE OF STRENUOUS AND ENGAGING WAYS TO GET YOU FUNCTIONALLY FIT AND STRONG. IMPLEMENTS LIKE AQUA BAGS, BULGARIAN BAGS AND POWER ROPES WILL CHALLENGE NOT ONLY YOUR LEVEL OF FITNESS, BUT YOUR NOTIONS OF HOW TO INCREASE IT.

# POWER ROPES

## FIFTEEN METRES OF HARD WORK

THE POWER ROPE IS CLASSIC IRON EDGE: A NEW, UNUSUAL IMPLEMENT THAT HAS A PAIN FACTOR THAT FAR OUTSTRIPS ITS INNOCUOUS APPEARANCE.

Simple to set up and equally as simple to use, it provides an intense upper-body workout in a very brief period of time. Five minutes with a Power Rope and many will walk around it forever after as though it's a snake.

The benefits of Power Rope training are twofold; it provides a gruelling cardiovascular workout while training both grip strength and shoulder endurance.

Power Ropes will deliver great cardio results without the pounding and stress of running long distances. An extra benefit of working with ropes is that they require a coordinated physical effort emanating from the core; you have to revert to using your core as the prime mover to keep the ropes going.

Ropes don't require a high level of skill to use: minimal instruction and practice is all you need to get started. They are easy to store and because they are not mechanically complex, are very easy to maintain. Power Ropes are also available with nylon casing that protects them from the elements and prevents them from shedding. This makes them ideal for boot camps and outdoor sessions.



**BEST SELLER** 15M POWER ROPE, 1.5" THICK  
Made from sisal with sealed ends.



15M POWER ROPE, 2" THICK  
Made from sisal with sealed ends.



15M POWER ROPE WITH NYLON CASING, 1.5" THICK  
Nylon cover and sealed ends provides a longer lifespan.



15M POWER ROPE WITH NYLON CASING, 2" THICK  
Nylon cover and sealed ends provides a longer lifespan.



15M POWER ROPE PACK  
1 x 15m Power Rope, 1.5" thick  
1 x 15m Power Rope, 2" thick  
1 x Utility Strap



POWER ROPE PACK WITH NYLON CASING  
1 x 15m Power Rope, 1.5" thick with nylon casing  
1 x 15m Power Rope, 2" thick with nylon casing  
1 x Utility Strap



COMPLETE ROPE PACK  
1 x 15m Power Rope, 1.5" thick  
1 x Rope Anchor  
1 x Rope Wall Mount  
1 x Utility Strap

## ACCESSORIES



ROPE ANCHOR  
Attach to wall for secure anchoring point.



ROPE WALL MOUNT  
Store your Power Rope off the floor and out of the way.



IRON EDGE POWER ROPES EBOOK  
The Power Ropes eBook takes you through 21 of the best rope exercises with detailed instructions and images.

# BULGARIAN BAGS

TWO YEAR WARRANTY

NEW

**IF YOU WANT TO GET STRONG, DO IT LIKE AN EASTERN EUROPEAN**

THE BULGARIAN BAG'S INGENUOUS DESIGN WAS INSPIRED BY SHEPHERDS, THE STRONGEST MEN IN THE VILLAGE. THE FEATS OF STRENGTH THEY PERFORMED WITH SHEEP AND GOATS BECAME INTEGRAL TO EASTERN EUROPEAN WRESTLER'S TRAINING.

Bulgarian Bags develop grip strength, rotational power and can be used to load up body-weight exercises like squats, lunges, presses, pulls, etc. Being soft and pliable, they can also be thrown and caught. In fact, they're as good as your own goat, except they're cheaper and easier to catch.



**BULGARIAN BAG SET**  
Includes: 1 x 5, 8, 12, 17 and 22kg Bulgarian Bags.



BULGARIAN BAG 5KG

BULGARIAN BAG 8KG

BULGARIAN BAG 12KG

BULGARIAN BAG 17KG

BULGARIAN BAG 22KG



# THE *art* OF WRESTLING WITH THE BULGARIAN BAG

BY SUPLES MASTER IVAN IVANOV  
CREATOR OF THE BULGARIAN BAG

If you really want to understand what the Bulgarian Bag is all about, my answer to you will be: first, learn how to wrestle with the bag and you will find the answer.

The exercises done on the Bulgarian Bag are easy to learn but hard to master.

When I do my seminars, workshops, demonstrations and courses the time I spend talking about how to do simple exercises such as curls, shoulder presses or squats is very limited. Most of the time during a Bag session I will focus on teaching the dynamic Bulgarian Bag exercises. Once you master the dynamic exercises then you will be prepared to 'wrestle' and 'beat' the bag.

Until you actually start using the bag, you will not know what I mean when I say 'Wrestling with the Bag'. A direct correlation between training with the Bulgarian Bag and wrestling with a real person on the mat motivated me to create the Bulgarian Bag Training System. Training movements similar to those we do in wrestling are a huge benefit to our functional strength training, which will help us train muscles we never knew we had! It will improve our motor skills which are greatly needed not only in wrestling, but in our daily life activities. Until you grab the bag and do a workout, you will not have an idea of what Bulgarian Bag training is all about.

Here at Suples, we have set high standards with our Bulgarian Bag training. Every exercise is designed with a specific purpose. It is mandatory to understand this purpose along with our goals of training to understand the concept of the Bulgarian Bag. Substantial understanding of how to properly perform exercises with the Bulgarian Bag will help you to accomplish much more effective workouts and will also help eliminate the chance of potential injuries.

The knowledge of using more muscle groups towards a major movement is one of the biggest challenges of Suples training. The Bulgarian Bag is the perfect training tool to recruit more muscles while exercising. A typical Bulgarian Bag workout, done with the dynamic training exercises, does not compete with the overall mass and size that can be gained from weightlifting. However, the Bulgarian Bag strives to improve your muscular endurance and functional strength, thereby serving as a great tool in order to bring the two different ways of building strength into great balance.

Muscle target training done on machines or with free weights can quickly build size and muscle mass. However, muscle target training should be followed by Bulgarian Bag training to balance out the brute strength and mass and focus on functional strength and motor skills.

### Three Suples rules to live by:

- Learn the movements, and then master them
- Set realistic goals in order to increase your quantity of reps per workout
- Don't sacrifice quality for quantity.

Suples Spin, Suples Snatch and Suples Arm Throw are a few of the very best Bulgarian Bag exercises that will teach you how to wrestle with the Bag. So many muscle groups are engaged during exercising, providing great benefit to your overall physical shape. Very few people can master the dynamic Bulgarian Bag exercises mentioned above to the Suples standard. The key is to first learn the regression exercises, then move to the next level and practice the dynamic exercises. After only a few workouts with the Bulgarian Bag, you will feel the benefit.

Train harder than the rest, always do your best, pursue relentlessly, then just have fun.

**Be Suples strong! Expect to win!**



# POWER BAGS

## THE ULTIMATE DEAD WEIGHT

WANT SOMETHING HARDCORE? THE POWER BAG IS YOUR TOOL. OUR BAGS WILL HOLD UP TO 70KG OF SAND, GIVING YOU THE ULTIMATE DEAD WEIGHT. MADE FROM INCREDIBLY STRONG CORDURA FABRIC, YOU CAN BE SURE OF THEIR DURABILITY.



**POWER BAG WITH HANDLES**  
**Large:** Holds up to 70kg.  
Includes 4 x large inner bags.  
**Original:** Holds up to 30kg.  
Includes 3 x small inner bags.



**POWER BAG**  
Holds up to 70kg.  
Includes 3 x small inner bags. Sand not included.



◀ **BEST SELLER** ▶

**POWER BAG KIT**  
1 x Power Bag  
1 x The Complete Sandbag Training Course Book



**THE COMPLETE SANDBAG TRAINING COURSE BOOK BY BRIAN JONES**



# DEAD, WALL & MEDICINE BALLS

**SLAM, CATCH OR THROW YOUR WAY TO PEAK CONDITION**

MEDICINE BALL TRAINING IS ONE OF THE OLDEST FORMS OF STRENGTH AND POWER TRAINING. THE FIRST RECORDED REFERENCE TO WRESTLERS TRAINING WITH SAND FILLED BLADDERS COMES FROM PERSIA, NEARLY 3000 YEARS AGO.

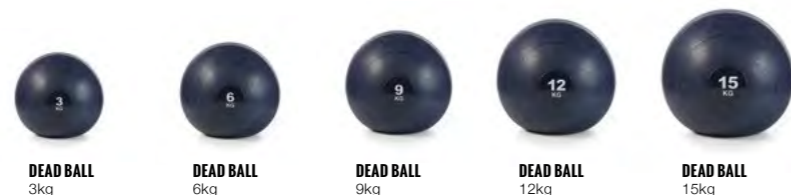
Iron Edge have improved considerably on the Persian model. Our Medicine Balls are durable and come in seven different sizes. The Wall Ball is manufactured to the CrossFit standard and will outlast the most zealous workouts. Lastly, the Dead Ball – a ball filled with iron sand – will teach even the most capable lifters the meaning of inertia. When you get right down to it, Iron Edge has all the balls you need.

## DEAD BALLS

Dead Balls are ideal for traditional Medicine Ball exercises, but will not bounce or roll away. Great for explosive slams and exceptionally durable.



**DEAD BALL**  
65kg



**DEAD BALL**  
3kg

**DEAD BALL**  
6kg

**DEAD BALL**  
9kg

**DEAD BALL**  
12kg

**DEAD BALL**  
15kg



**DEAD BALL**  
20kg

**DEAD BALL**  
25kg

**DEAD BALL**  
35kg

**DEAD BALL**  
45kg

**DEAD BALL**  
55kg



**DEAD BALL PACK**  
3, 6, 9, 12, 15 and 20kg  
Dead Balls.

**BEST SELLER**



**COMPLETE DEAD BALL PACK**  
3, 6, 9, 12, 15, 20, 25, 35,  
45, 55 & 65kg Dead Balls.

**DEAD BALL PACKS**



## MEDICINE BALLS

Medicine Balls remain an effective way to train specific aspects of fitness, such as speed, power, strength and acceleration. Available in 1kg increments from 2-10kg.

**12 MONTH WARRANTY**



**RUBBER MEDICINE BALL SET**  
Includes 1 x 2kg through to 10kg weights.

**BEST SELLER**

**RUBBER MEDICINE BALL PACK**  
1 x 2kg, 4kg, 7kg and 9kg  
Medicine Balls.



**LIFETIME WARRANTY**

**3-TIERED MEDICINE BALL RACK**  
The 3-Tiered Medicine Ball Rack stores up to 20 Dead Balls / Medicine Balls to keep your gym clutter-free.



## WALL BALLS

A new spin on traditional Medicine Balls.

Can be used for:

- Wall throws
- Acceleration drills in any plane
- Deceleration partner drills
- Explosive throws for power development
- Queuing correct squat depth



**WALL BALL**  
8lb



**WALL BALL**  
12lb



**WALL BALL**  
14lb



**WALL BALL**  
20lb



**WALL BALL PACK**  
1 x 8lb  
1 x 12lb  
1 x 14lb  
1 x 20lb

**BEST SELLER**

# CONCEPT 2 ROWERS

THE BEST FULL-BODY WARM-UP IN THE GYM

ROWING IS THE BEST GENERAL CARDIO YOU CAN UNDERTAKE: IT'S A FULL-BODY WORKOUT THAT CONDITIONS YOU TOWARD FLUID, SEQUENTIAL EXTENSION OF THE EXTENSOR MUSCLES OF THE POSTERIOR CHAIN. IRON EDGE HAS TRADITIONALLY HAD AN INFORMAL POLICY OF NO MACHINES, BUT THE CONCEPT 2 IS DURABLE, RELIABLE AND SO VALUABLE TO A PREMIUM SET-UP, WE DECIDED TO STOCK BOTH THE D AND E MODELS.



↑ CONCEPT 2 ROWER - MODEL D

↑ CONCEPT 2 ROWER - MODEL E

# KILL- ING the CARB MYTH

BY DR PAUL CRIBB  
METABOLICPRECISION.COM

PEOPLE EXPERIENCE THAT SNAPPING POINT - YOU KNOW THE ONE: "RIGHT! THAT'S IT! I'VE GOT TO DO SOMETHING!!!" THEY THROW THEMSELVES INTO EXERCISE, OFTEN 6 DAYS A WEEK, EVEN TWICE A DAY. THE NEXT THING IS CUTTING CARBS, FATS AND WHATEVER ELSE IN A MISGUIDED ATTEMPT TO LOSE WEIGHT OR GET LEAN, FAST!

The whole approach just isn't sustainable. The fat soon returns and the metabolic consequences are severe. The end result is an uphill battle with the pudge that gets tougher to shift with each passing year.

If there is one universal point of confusion, it's related to carbohydrate consumption and fat loss. An intense fear of carbohydrates seems to be ingrained in the gym culture right up to the ranks of elite physique competitors and I've never really been able to understand why.

Sure, eliminating carbs will get the job done in the short term. However, in metabolic terms, it's like using a sledgehammer to crack a peanut.

Cut the carbs, shed the fat and everything else goes with it; hard-earned muscle and energy levels, along with physical and emotional performance.

“CUT THE CARBS, SHED THE FAT AND EVERYTHING ELSE GOES WITH IT: HARD-EARNED MUSCLE AND ENERGY LEVELS, ALONG WITH PHYSICAL AND EMOTIONAL PERFORMANCE.”

Then there's the rebound effect; the metabolic slowing which ensures the fat becomes harder to shift with each attempt. I know a lot of people that live their lives like this.

So I thought I'd share some research with you that might help exorcise carbohydrates from their satanic locus in most people's lives.

This research applies directly to body transformation and the information obtained underlines one of the biggest factors of success.

This research on carb metabolism was quite ground-breaking, and has been confirmed in one form or another by other investigators the world over.

A group of French-Canadian researchers are responsible for an elegant series of studies that examined the fate of carbohydrate consumption with and without the impact of exercise [1,2].

These scientists assessed the metabolic fate of carbohydrates – where carbs go once consumed by healthy people – at rest and after exercise.

In these investigations, participants were given carbohydrate meals – usually 150-400 grams of pasta (that's grams in dry weight before cooking). The metabolic fate of the carbohydrate was

determined using a labeled metabolic tracer within the carbohydrate structure. Exactly where the carbs ended up within the body was studied for eight hours after consumption.

The results demonstrated that the consumption of a high carb meal, without exercise, completely suppressed fat oxidation (burning). A high-carb meal without physical activity shuts off any potential to burn fat in the hours after.

**No big surprises there.**

However, when the participants exercised at a moderate intensity (defined as just above 60% VO2 Max) then ate the pasta meal, fat burning (oxidation) was not inhibited in the hours after.

In fact, carb consumption did nothing to impair the fat-burning response created by exercise.

Remember, this research assessed the effects of moderate-intensity exercise. We know that higher intensity workouts have an even greater effect on post-exercise fat metabolism.[3]

The myth: "Carbohydrate consumption after exercise shuts off fat burning"

The fact: Carb consumption after exercise, even fairly large amounts, does not impair the fat-burning effect produced from exercise.

**Where do my carbs go?**

It appears that in the hours immediately after exercise, the conversion of macro-nutrients such as carbohydrates and protein into body fat is virtually impossible. In particular, in these investigations where even a large amount of carbohydrate (400 grams of pasta) was consumed after exercise, none was stored as fat.

Muscle glycogen is a key factor in physical performance. Your ability to perform at your best every day in the gym, recover and be ready for the next day's workout depends predominantly on your muscle glycogen stores.

The vast majority of carbs consumed in the immediate post-workout period meal are shuttled to working muscles for glycogen synthesis and restoration. In fact, carb consumption in the hours immediately after exercise is a most effective method that promotes a positive glycogen balance – more carbohydrate within the muscle after working out!

From this important research, there's at least three points we now understand about carbohydrate metabolism in healthy people.

1. The conversion and storage of nutrients as fat is suppressed following exercise.
2. Carbs consumed in the hours immediately after exercise do not inhibit the fat burning response to exercise.
3. Carbs consumed after exercise are used almost exclusively to re-fuel muscles and regenerate new tissue.

**Can I really have my carbs and my abs?**

More so than any other macronutrient, carbohydrate choices govern blood hormone responses and the fuels you burn each day. In turn this determines changes in body composition (shape).

However, to get lean and stay lean, we know there's a much better way than to simply cut your carbs and exercise your brains out.

Quite often, the real reason why so many people don't have the body they want has nothing to do with their blood type, their genes or their self-discipline.

It's simply comes down to eating too much of the wrong food at the wrong time and not enough of the right foods, particularly at the right time. The (drug-free) physique athletes we work with at Metabolic Precision "live" in the land of single digit body fat percentages, virtually all year-round. They'll be the first to testify to the fact that avoiding or cutting carbohydrates isn't really required, or even desirable.

**So, what's the solution?**

What we do is 'metabolically classify', so both the client and the professional know exactly where the starting point is and how to progress. Then we eat to fast-track success by incorporating all the latest research on carbohydrate metabolism; glycemic index, glycemic load, food processing, human interference, paleolithic prescriptions plus much more in one complete, easy-to-follow, easy-to-teach system.

Knowing how to make food work for you is very powerful. In fact, it's life-changing and it's a hallmark of Metabolic Precision.

Another is providing the skills, tools and strategies for FDN - fast, delicious, nutrition; which provides clear solutions to the obstacles we all face.

I suppose that's why Metabolic Precision seems to get the results where so many other programs let people down. We remove the guesswork and confusion on how to eat and exercise to maximize results... so you can have your carbs and your abs too!

# AQUA BAGS & SLOSH BALLS

12 MONTH WARRANTY

## WHEN THE TOUGH GO TO WATER

AQUA BAGS AND SLOSH BALLS PUT WATER TO WORK TO MAKE YOUR RESISTANCE TRAINING MORE CHALLENGING. MOST OTHER RESISTANCE TRAINING IMPLEMENTS ARE CONSTANT LOADS THAT YOU SHIFT AGAINST GRAVITY THROUGH A GIVEN MOVEMENT - AQUA BAGS AND SLOSH BALLS TAKE IT TO A WHOLE NEW LEVEL BY GIVING THE RESISTANCE A LIFE OF ITS OWN.



**AQUA BAG - BULLET**  
Weight - up to 20kg



**AQUA BAG - SLUG**  
Weight - up to 35kg



**AQUA BAG PACK**  
1 x Bullet  
1 x Slug



**SLOSH BALL - SMALL**  
Weight - up to 15kg



**SLOSH BALL - MEDIUM**  
Weight - up to 25kg



**SLOSH BALL - LARGE**  
Weight - up to 45kg



**SLOSH BALL PACK**  
1 x Small  
1 x Medium  
1 x Large



◀ **BEST SELLER** ▶

**AQUA BAG/SLOSH BALL PACK**  
1 x Bullet  
1 x Slug  
1 x Small Slosh Ball  
1 x Medium Slosh Ball  
1 x Large Slosh Ball

ACCESSORIES



**AQUA BAG PUMP**

PUMP COMES FREE WITH AQUA PRODUCTS



**IRON EDGE AQUA BAGS EBOOK**

The Aqua Bag eBook is a thorough introduction to Aqua Bag training. It teaches twenty-seven basic exercises before arriving at the more sophisticated Olympic lifts. From there, the book presents a series of workouts which range from basic to gruelling.



INSTEAD OF PUSHING AN INERT LOAD LIKE STEEL, YOU'RE NOW DEALING WITH WATER. THIS LOAD WILL FLOW FROM PLACE TO PLACE IN RESPONSE TO YOUR MOVEMENTS, EFFECTIVELY CREATING RESISTANCE THAT IS INCONSTANT AND VARIABLE.

Most stability training, like that performed with a Swiss Ball, focuses on exerting destabilising forces from the ground up. Aqua Bags and Slosh Balls provide instability that comes from the implement itself. This is a truer experience as far as sporting application is concerned.

The Aqua Bag functions along the lines of a barbell. It is fitted with handles both horizontally and vertically to allow for different grip positions. And although you have the load working against you, the nature of water and of the Bag itself is that it's soft and forgiving. It makes various kinds of training movements – such as Olympic movements – immediately available, rather than a difficult technical exercise that requires months of exacting skills training. Slosh Balls are similar objects, but without handles. They need to be cradled or held, but that's pretty much their only requirement; you can lift, heft or swing them through any movement pattern you choose.

Iron Edge Slosh Balls and Aqua Bags are made from the same material as white water rafts to prevent leakages.

**Aqua Bags are available in two sizes:**

**The Bullet:** holds up to 20kg

**The Slug:** holds up to 35kg

**Slosh Balls come in three sizes:**

**Small:** up to 15kg

**Medium:** up to 25kg

**Large:** up to 45kg

## AQUA BAGS

A TRAINING STIMULUS LIKE NO OTHER

These water-filled devices give you an unstable workout – making regular exercises like squats, lunges and presses deceptively difficult. The Aqua Bag/Slosh Ball products are filled with water and a cushion of air. They're unique to Iron Edge.



# POWER BANDS

## STRENGTH BEYOND STRENGTH

RESISTANCE BAND TRAINING OFFERS HUNDREDS OF WAYS TO WORK OUT. WHETHER YOU'RE LOOKING FOR STRENGTH, SPEED, AGILITY OR REHABILITATION, THERE'S A BAND AND A TRAINING OPTION FOR YOU. BECAUSE OF THEIR PORTABLE NATURE, POWER BANDS ARE READY TO GO WHENEVER YOU ARE.

### WHAT ARE POWER BANDS?

Power Bands are closed-loop resistance bands. They are much stronger, more durable and more versatile than the commonly used Theraband. Unlike most other resistance bands, Power Bands are made of multiple layers of latex bonded together with a strong epoxy. This makes them less prone to snapping than ordinary resistance bands that are made from moulded latex.

### POWER BANDS COME IN VARIOUS SIZES AND RESISTANCES:

**41" Power Bands (resistance range: 5lbs – 200lbs) are great for:**

- All pushing and pulling upper body exercises such as chest presses, shoulder presses and rows
- Adding resistance to bodyweight exercises such as push-ups and squats
- Providing assistance to build up work capacity for bodyweight exercises such as chin-ups and dips
- Rehab/prehab for shoulders (e.g. rotator cuff exercises)
- Adding resistance to and assisting in greater power generation for barbell exercises such as squats, bench press and deadlifts
- Adding resistance to, and forcing greater power generation in kettlebell exercises such as swings and jerks
- Facilitating stretching, including PNF stretching
- Tractioning of various joints to improve mobility and reduce back pain.

**Two Metre Agility Bands are specifically designed for agility drills and are perfect for:**

- Developing power for sprints
- Developing agility and speed in all directions (including backwards and sideways)
- Full body agility drills such as bear crawls
- Resisted partner work such as walking lunges (the band will comfortably fit two people).

**12" Power Bands (resistance range: 20lbs – 300lbs) are great for:**

- Anchoring for deadlifting or bench press (much more portable than a barbell and plates!)
- Adding resistance to, and forcing greater power generation for barbell exercises such as bench presses and deadlifts. The length of the 12-inch bands makes them ideal for barbell exercises as they don't have to be looped
- Prehab/rehab for knees and hips (e.g. lateral band walks).

**12" Micro Bands offer a range of resistances below from 5-50lbs, and are great for:**

- Increased activation of shoulder stabilising muscles during exercise (loop around elbows during presses, chin-ups and Power Club work)
- Increased activation of knee-stabilising muscles during exercise (loop around knees or ankles to improve glute and VMO activation and improve knee tracking)
- Shoulder mobility/strengthening drills such as wall walks.

### POWER BANDS ARE USEFUL FOR:

- Strength and power training
- Speed and agility training
- Jumping/plyometrics
- Flexibility and tractioning exercises
- Joint mobility
- Prehabilitation/rehabilitation.

Power Bands are light, portable, relatively cheap, easy to use and very versatile, all of which makes them a perfect tool for gyms, home setups, personal trainers, outdoor settings, sporting teams and people who want to work out while travelling.

“ I TRAVEL A LOT FOR WORK, SO I NEED SOMETHING LIGHTWEIGHT AND VERSATILE. THESE POWER BANDS ARE BRILLIANT! THE RESISTANCES ON THE LARGE ONES IS SO STRONG THAT I CAN GET A STRENGTH WORKOUT ANYWHERE. I HIGHLY RECOMMEND THEM. SO SIMPLE, YET SO EFFECTIVE. ”

– STEVE MORALIS  
IRON EDGE CUSTOMER

# 41-INCH POWER BANDS

OFFERING MULTIPLE TRAINING APPLICATIONS, POWER BANDS ARE IDEAL FOR ANY FITNESS ENTHUSIAST WANTING A VERSATILE AND TRANSPORTABLE TRAINING TOOL. SUITABLE FOR STRENGTH AND POWER APPLICATIONS, REHAB AND PREHAB AS WELL AS FLEXIBILITY TRAINING, THERE'S A POWER BAND FOR EVERY SITUATION.

Our Power Bands are closed loop and come in many different resistances. These bands are multi-layered, long-lasting and virtually unbreakable. Our bands are guaranteed to stretch two-and-a-half times their normal resting length.

**SMALL POWER BANDS 41" LOOP X 2** **◀ BEST SELLER ▶**  
Resistance: 25-80lbs.



**TINY POWER BANDS 41" LOOP X 2**  
Resistance: 5-25lbs.



**SUPER-MINI POWER BANDS 41" LOOP X 2**  
Resistance: 5-35lbs.



**MINI POWER BANDS 41" LOOP X 2**  
Resistance: 10-50lbs.



**MEDIUM POWER BANDS 41" LOOP X 2**  
Resistance: 50-120lbs.



**LARGE POWER BANDS 41" LOOP X 2**  
Resistance: 60-150lbs.



**MONSTER POWER BANDS 41" LOOP X 2**  
Resistance: 80-200lbs.



# 41-INCH POWER BAND PACKS

41-inch Power Bands can be used for many purposes, the most popular being assisted pull-ups. Iron Edge offer two pull-up packs: a standard version and one for those who need extra assistance. We call this one the Heavyweight's Pull-Up Pack.

**◀ BEST SELLER ▶**

## COMPLETE POWER BAND PACK

2 x Complete set Power Bands 41" loop  
Strength Beyond Strength DVD  
2 x Band Handles  
Standard Agility Band  
Band Utility Strap



**◀ BEST SELLER ▶**

## ASSISTED PULL-UP PACK

Set of 3 Power Bands 41" loop:  
1 x Super-Mini, Mini and Small



## HEAVYWEIGHT'S PACK

Set of 3 Power Bands 41" loop:  
1 x Small, Medium and Large



## INTERMEDIATE PACK

Set of 6 Power Bands 41" loop:  
2 x Super-Mini, Mini and Small



## ADVANCED PACK

Set of 6 Power Bands 41" loop:  
2 x Mini, Small and Medium



## PROFESSIONAL PACK 41"

2 x Complete set Power Bands 41" loop  
'Strength Beyond Strength' DVD



## STARTER PACK

Set of 4 Power Bands 41" loop:  
1 x Tiny, Super-Mini, Mini and Small  
2 x Band Handles  
Band Utility Strap  
'Strength Beyond Strength' DVD

**◀ BEST SELLER ▶**

# 12-INCH POWER BANDS



**SUPER-MINI POWER BANDS 12" LOOP X 2**



**MINI POWER BANDS 12" LOOP X 2**



**SMALL POWER BANDS 12" LOOP X 2**



**MEDIUM POWER BANDS 12" LOOP X 2**



**LARGE POWER BANDS 12" LOOP X 2**



**MONSTER POWER BANDS 12" LOOP X 2**



## 12" POWER BAND PACK

2 x Complete set of 12" Power Bands  
2 x Super-Mini, Mini, Small, Medium, Large and Monster

**◀ BEST SELLER ▶**

# TWO METRE AGILITY BANDS

A GREAT TOOL FOR INCREASING SPEED, ACCELERATION AND AGILITY  
The two-metre Agility Band is now being used by many AFL and NRL clubs who seek to develop the agility of their players.



◀ BEST SELLER ▶

**2M AGILITY BAND - STANDARD**  
Develop explosive power and speed.



**2M AGILITY BAND - MONSTER**  
Will challenge even the most powerful athletes.

**AGILITY BAND PACK**  
1 x 2m Agility Band – Standard  
1 x 2m Agility Band – Monster

# THE ULTIMATE TUG OF WAR PACK

NEW

1 x 4m Climbing Rope  
1 x Standard Agility Band  
1 x Band Utility Strap  
2 x Carabiners



# RESISTANCE TUBING



**RESISTANCE TUBING PACK**  
1 x Light, Medium & Heavy tubing

**LIGHT RESISTANCE TUBING**

**MEDIUM RESISTANCE TUBING**

**HEAVY RESISTANCE TUBING**

# MICRO BANDS

Micro Bands offer new and alternative ways to ramp up your exercise program. They are best-suited to warm-ups, activation drills (especially glute and rotator cuff), improving squatting form or to increase the challenge of traditional exercises.



**MICRO BAND - EXTRA HEAVY**

**MICRO BAND - HEAVY**

**MICRO BAND - MEDIUM**

**MICRO BAND - LIGHT**

**MICRO BAND - EXTRA-LIGHT**

ALSO AVAILABLE AS A SET

◀ BEST SELLER ▶

**MICRO BANDS PACK**  
Great for hip and shoulder activation drills.  
Includes: Xtra-Light, Light, Medium, Heavy & Xtra-Heavy



# ACCESSORIES



**BAND HANDLES X 2**

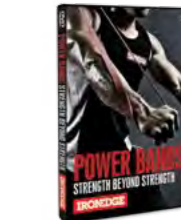
- Safer and stronger grip
- Natural hold and less awkward
- Protect the band ensuring a longer lifespan
- Great for any upper body pushing and pulling exercises along with rotational and deadlift movements

**BAND UTILITY STRAP**

- Link bands easily
- Use as a door jam
- Protects the band from rough attachments ensuring a longer lifespan



◀ BEST SELLER ▶



**IRON EDGE POWER BANDS 'STRENGTH BEYOND STRENGTH' DVD BY IRON EDGE**  
In this DVD, the team from Iron Edge take you through over 40 of the most popular and effective Power Band exercises.

**BAND ANCHOR**

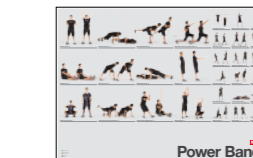
Attach to the floor or wall as an anchor point for your band or rope.



**DOOR JAMS X 2**



**CARABINER/ALUMINIUM SCREW GATE**



**POWER BANDS POSTER**  
Detailed images of 31 band exercises, categorised into upper body, lower body, compound, stretching and agility exercises.

# INTERVAL TIMER

TAKES CARE OF THE NUMBERS, SO YOU CAN FOCUS ON THE WORKOUT

When you're under the pump, counting is the last thing you want to be concerned with. The Iron Edge Interval Timer counts up, counts down, has a stopwatch function, keeps time of day and can be read clearly from any direction, as far as fifty meters away. The Interval Timer will manage the numbers so you can dedicate your focus to the workout.

NEW



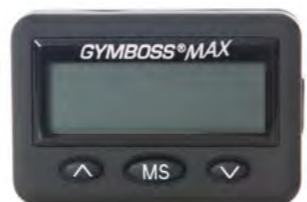
INCLUDES REMOTE



## GYMBOSS TIMER **BEST SELLER**

The 'must have' tool for every personal trainer or fitness enthusiast. This high-quality interval timer will make any workout easier to plan and execute with greater accuracy and consistency.

- 1 or 2 intervals - 2 seconds to 99 minutes
- Repeat up to 99 times
- Beep and/or vibrate alarm
- Alarm duration 1, 5, or 10 seconds
- Stopwatch function
- Secure belt clip
- Compact size (1 3/4 x 2 1/4 x 1/2 inches)
- Water and shock resistant
- AAA battery required



## GYMBOSS MAX TIMER

The Max handles up to 25 different intervals (rather than the original two) and vibrates when the timer sounds.



## GYMBOSS ARMBAND

The GYMBOSS armband comes in two strap sizes, catering to limbs the diameter of 6 to 12 inches and 9 to 19 inches. Attach to the ankle or bicep. Guaranteed that if you don't hear the timer, you can feel the vibration.

NEW

# ELEVATION TRAINING MASK 2.0

THE ELEVATION TRAINING MASK 2.0 HAS A SIMPLE PURPOSE - TO CONDITION YOUR LUNGS AND DIAPHRAGM TO DEVELOP YOUR OVERALL CARDIO AND ENDURANCE.

Essentially, the Elevation Mask 2.0 provides resistance training for your lungs. Through the use of an adjustable valve system, oxygen intake is restricted during exercise. This restriction of oxygen intake forces your lungs and diaphragm to work overtime and ultimately more efficiently, resulting in a pulmonary system that can process more oxygen, more effectively.

It will also make you look like Bane on his way to take over Gotham City.



# BODYWEIGHT TOOLS

HARNESS YOUR OWN WEIGHT TO CHALLENGE YOUR STRENGTH, ENDURANCE AND CO-ORDINATION TO ALL NEW EXTREMES. THE REWARDS WILL BE MASSIVE GAINS IN FUNCTIONAL STRENGTH AND REAL-WORLD PERFORMANCE.

# Why GYMNASTICS?

BY COACH CARL PAOLI NAKA ATHLETICS / GYMNASTICSWOD.COM

GYMNASTICS IS JUST ONE OF THE MANY DIFFERENT MODALITIES WE CAN USE TO CHALLENGE OUR BODIES. GYMNASTS HAVE ALWAYS BEEN KNOWN TO BE STRONG AND WELL-ROUNDED ATHLETES, CAPABLE OF PERFORMING MANY PHYSICAL SKILLS AND FEATS OF STRENGTH WITH JUST THEIR BODIES OR USING SIMPLE APPARATUS. AS FOR INDIVIDUALS WHO ARE SIMPLY TRYING TO GET IN SHAPE, THE TRUE MAGIC LIES IN UNDERSTANDING THE GYMNASTIC MOVEMENTS. MOVEMENT, DESCRIBED AS THE TRANSITION FROM ONE POSITION TO ANOTHER, IS THE FOUNDATION OF ALL PHYSICAL HUMAN PERFORMANCE.

Through experience, I found that gymnastic training has adopted very effective practices for progressive skill development due to its complexity and multidisciplinary demands. By understanding movement as the process of transitioning between fundamental body positions, the foundation for gymnastics training directly relates to the strength and conditioning world and the fitness community.

Within the fitness community, CrossFit has adopted gymnastics for a third of its core movements. CrossFit has shown a clear understanding of the importance of gymnastic movements in developing the human body's capacity to move freely through space. I believe it is through the practice of gymnastics that trainers and athletes develop an understanding of fundamental body positions as they translate directly to the other movements involving equipment and object manipulation such as traditional weightlifting, powerlifting, strongman, and kettlebell sport. Gymnastics also contributes to the understanding of positional strength applied to mono-structural events, most often seen in the world of endurance sports.

To put the value of gymnastics into perspective, I'll start by stating the obvious: the average individual does not need to perform an Iron Cross as a survival tool or to develop long-lasting health, so to focus training to develop specialized skills and feats of strength may not provide great benefit. That said, I believe that improving fitness and athletic performance starts by prioritizing daily life and forming personal goals. Specific to the CrossFit methodology, I have discovered that there are four movements that incorporate all the principles of the gymnastics skill-set to accomplish the most common goals. I refer to these movements as the 'Fantastic 4'. They are; the burpee, candlestick roll to pistol, handstand push-up, and the muscle-up.

The 'Fantastic 4' are directly applicable to most physical tasks we encounter on a daily basis, whether you are a stay-at-home parent or a professional athlete.

1. The burpee is the one of the fundamental ways of getting off the ground from a prone or face down position
2. The candlestick roll is another, more advanced form of getting off the ground from a supine or face-up position. The pistol is the single-leg squat, which is an expression of unilateral or off-axis loading, directly related to the development of fundamental human locomotion patterns
3. The handstand push-up is a means for training spatial awareness and the capacity to apply force through pushing mechanics
4. The muscle-up is another means of training spatial awareness, pulling mechanics and developing the capacity to get over obstacles.

In my teaching, I focus a lot on developing these four different movements by challenging athletes to perform them under load, with different time limits, on different pieces of equipment, and providing assistance by incorporating more traditional artistic gymnastics movements and progressions.

I strongly believe that any athlete can benefit from learning the fundamentals of gymnastics. Gymnastics has proven, for myself and my clients, to be a great way of developing and expanding the base of all athletic performance. Gymnastics has also provided the language to further the understanding of skill-transfer principles. Thus, the principles of skill transfer compliment the focus of utilizing constantly varied functional movements for the unknown and unknowable, as found in the world of CrossFit.



# POWER RINGS

## GYMNAST STRONG

SUSPENSION TRAINING HAS TAKEN OFF IN A BIG WAY OVER THE LAST FEW YEARS. IT MAKES MOST EXERCISES MORE CHALLENGING DUE TO THE FACT THAT YOU HAVE TO CONSTANTLY BALANCE AND STABILISE.

Still rings made their debut at the Olympic games in 1908 and have been a staple of the gymnastics curriculum ever since. Anyone who has watched it knows that some of the world's strongest upper bodies are on show during this event. Exercises like the basic chin-up, dip and muscle-up will get you started, and soon you'll be chasing the more demanding ones, like the infamous Iron Cross.

Iron Edge offers a number of rings to address a variety of needs. Our resin rings are at an entry-level price point, but will ably serve the most skilled user. Wooden rings facilitate a greater degree of performance through better grip. Iron Edge also has a number of rings bundle packages on offer which include chalk and an instructional DVD that, short of your own gymnastics instructor, is essential to mastering the apparatus.



## RING PACKS



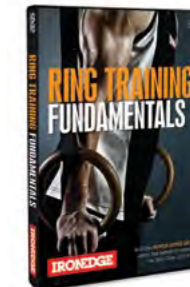
**WOODEN POWER RINGS COMPLETE PACKAGE INCLUDES:**  
 1 x Wooden Power Rings 28mm diameter  
 2 x Chalk Blocks  
 1 x 'Ring Training Fundamentals' DVD



**WOODEN POWER RINGS COMPLETE PACKAGE INCLUDES:**  
 1 x Power Rings 28mm diameter  
 2 x Chalk Blocks  
 1 x 'Ring Training Fundamentals' DVD

« BEST SELLER »

## ACCESSORIES



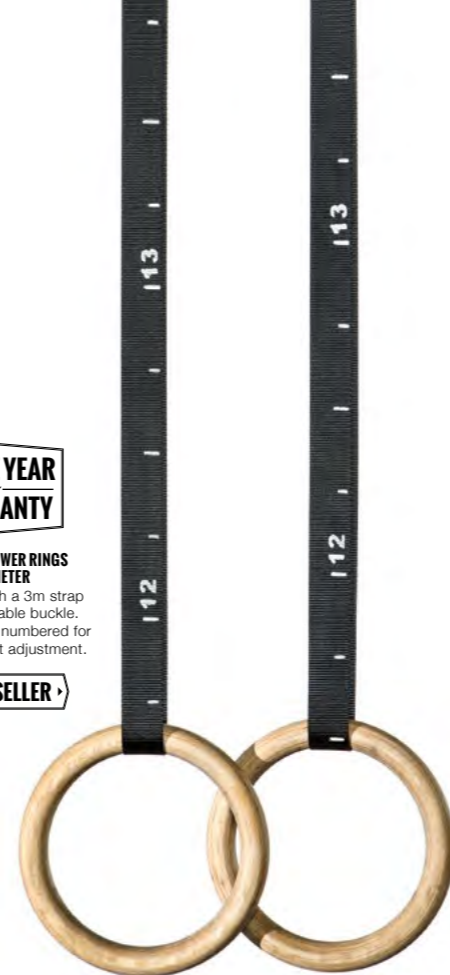
**RING TRAINING FUNDAMENTALS DVD**  
 Master the rings with this comprehensive introductory video. Includes BONUS super moves.

« BEST SELLER »

THREE YEAR WARRANTY

**WOODEN POWER RINGS 28MM DIAMETER**  
 Comes with a 3m strap and adjustable buckle. Straps are numbered for easy height adjustment.

« BEST SELLER »



NEW

THREE YEAR WARRANTY

**WOODEN POWER RINGS 32MM DIAMETER**  
 An increased gauge makes it easier to maintain a false grip, especially for larger athletes. Comes with a 3m strap and adjustable buckle. Straps are numbered for easy height adjustment.



THREE YEAR WARRANTY

**ROPE POWER RINGS**  
 Less stable than standard rings to provide an extra challenge when performing exercises like chin-ups, dips and rows. They are also thicker than standard rings, giving your grip a great workout. Comes with a 3m strap and adjustable buckle. Straps are numbered for easy height adjustment.



THREE YEAR WARRANTY

**POWER RINGS 28MM DIAMETER**  
 Comes with a 3m strap and adjustable buckle. Straps are numbered for easy height adjustment.



PULL-UP ROPE

## PULL-UP ROPES

Chin-ups should be a staple exercise in any training program. Rope pull-ups take the standard chin-up to a whole new level by working your grip more intensely by virtue of the thickness, vertical hand positioning and instability of the rope.



**PULL-UP ROPE**  
Add a new challenge to pull-ups.  
Size: 2 metres, 1.5" thick



**2" PULL-UP ROPE**  
Add a new challenge to pull-ups.  
Size: 2 metres, 2" thick



**PULL-UP ROPE PACK**  
Includes both 1.5" and 2" Pull-up Ropes

## CLIMBING ROPES

The climbing rope is a line down the middle of the gym which separates those who can from those who can't. Persistence with the climbing rope is a sure ticket to grip strength and outlandish upper-body strength.



7M CLIMBING ROPE WITH EYELET



4M CLIMBING ROPE WITH EYELET



**CLIMBING ROPE WITH SLING AND CARABINER**  
4m and 7m Climbing Ropes available.

## ROPE PACKS

## ROPE ACCESSORIES



**CARABINER**  
Aluminium screw gate, rated 2 tonnes.



**SLING**  
Rated 1 tonne.



**2M AGILITY BAND - STANDARD**  
Develop explosive power and speed.

## CRASH MAT

**Standard size: 1800mm x 2500mm x 600mm.**  
Custom sizes available upon request.

Rope climbing has one significant drawback that increases the better you become at it: while you can climb higher, there is also further to fall. The Iron Edge Crash Mat takes the risk out of the enterprise.



**BAND ROPE CLIMB**  
1 x Climbing Rope with eyelet  
2 x Carabiners  
1 x Standard Agility Band  
1 x Sling

Available with 4m or 7m Climbing Rope.



**THE ULTIMATE TUG OF WAR PACK**  
1 x 4m Climbing Rope  
1 x Standard Agility Band  
1 x Band Utility Strap  
2 x Carabinas

## GHD

The GHD (glute/hamstring developer) is the ultimate anvil for hammering out a powerful posterior chain.

Essentially, the GHD provides a platform for flexion and extension of the trunk. When prone, the machine can be used for hip extension, back extension or combination hip-and-back extension to condition the posterior chain. In the supine position, the GHD delivers the mother of all sit-ups.

The Iron Edge GHD has been engineered for ergonomic use and built for maximum function and durability. All pads consist of dense, EVA closed-cell foam wrapped in super-durable nylon to ensure maximum longevity. The steel is finished in a black powder-coat and band attachments have been molded onto the frame.



NEW

## PARTNER GLUTE/HAM DEVELOPER

Made of high-density EVA foam, you can use the PGHD alone by anchoring your feet against a wall, or use it with a partner. It can also be used for spinal extension stretching, especially throughout the thoracic region.

**Dimensions:**  
L 810mm W 610mm H 520mm



12 MONTH WARRANTY

# POWER VESTS

## WEAR THE PAIN

THE POWER VEST IS A SIMPLE PIECE OF EQUIPMENT WITH A HOST OF APPLICATIONS. VESTS ARE A CONVENIENT AND FUNCTIONAL WAY TO INCREASE THE LOAD DURING A CARDIOVASCULAR EXERCISE LIKE RUNNING, OR TO INCREASE THE TOTAL LOAD OF BODYWEIGHT EXERCISES SUCH AS CHIN-UPS AND DIPS. THEY ARE ALSO VERY USEFUL FOR ACTIVITIES WHERE YOU LOAD ONE BODY PART OVER ANOTHER.

Take the overhead squat, for example. The total load you can squat is not limited by your leg strength, but by the total load you are able to hold over your head. By strapping on a Power Vest, you can increase the load being driven by your legs without increasing the weight you have to stabilize overhead. Farmer's walks are another example where the load is limited by grip strength, rather than the capacity of your legs to shift it.

The Power Vest can also be used for power exercises, like the kettlebell jerk. Not only do you have the increased load on your legs, but that increased demand will mean that your legs need to work harder to drive the kettlebell upward. This is an excellent way to overload before moving up to a heavier kettlebell.

The Power Vest is the best way to load a bodyweight exercise because the load is firmly secured to the torso. During a chin-up, for example, if the load is secured around the torso, your path through the movement is truer than it would be with a weight hanging from your waist. This provides better transfer to a bodyweight chin-up because the movement pattern is identical.

In the same way, Power Vests are the best way to load plyometrics and agility drills because they will both increase your workload and force you to work harder during deceleration.

## FEATURES

- Contoured to the body with padded shoulder straps
- Adjustable straps to fit any body size and shape
- Weights adjustable – can deload in increments until completely unloaded
- Freedom of arm movement for overhead work and even handstand push-ups!
- Machine washable



20KG POWER VEST

BEST SELLER

COMES WITH 18 X 1.1KG WEIGHTS

NO SAG, GUARANTEED

ROCK-SOLID CONSTRUCTION AND UNIQUE TAILORED FIT

## EXERCISES

- GLUTE HAM RAISE
- RUNNING
- AGILITY DRILLS
- SPEED DRILLS
- PLANKS
- GLUE/HAM RAISE
- PUSH-UPS
- PULL-UPS
- JUMPING SQUATS
- JUMPING LUNGES
- CONDITIONING DRILLS



10KG POWER VEST

BODYWEIGHT TOOLS  
PG 35

# PLYOMETRIC BOXES

Iron Edge Plyometric Boxes are super sturdy with a textured, non-slip rubber surface. They will serve the needs of jump-oriented plyometric exercises, step-ups and Bulgarian squats, to name just a few.

The boxes – 12, 18 and 24 inches - are sold as a set.



# 3-IN-1 PLYOMETRIC BOX

Each side stands at a different height: 20, 24 and 30 inches. The box is of plywood construction, features internal bracing for maximum strength and is flat-packed to minimise shipping costs.



# ADDITIONAL BODYWEIGHT EQUIPMENT

**NEW**



## CROSSCORE 180®

THE CROSSCORE 180® PROVIDES A SIMPLE YET SIGNIFICANT PROGRESSION ON STANDARD SUSPENSION TRAINING DEVICES - THE CAPACITY TO ROTATE.

Consisting of a freely-moveable pulley system, the CrossCore 180® adds active stabilisation during traditional movements like push-ups and body rows. Includes instructional DVD, manual and carry bag.

## PARALLETES

Iron Edge Parallettes are constructed of solid steel 44.6mm (diameter) pipe, which is in-keeping with established gymnastic standards. They have been engineered to provide enough clearance to practice complex gymnastic techniques, yet remain compact enough that they can be thrown in the back of the car for an outdoor p.t. session.

**NEW**



## ELITE SPEED ROPE

The Elite Skipping Rope is the superior incarnation of the skipping wire. Heavier wire gives a better feel, meaning that you get a better sense of where the wire is in space as you're moving.

The action of the rope has been improved further by the addition of bearings in the reinforced handles, which also increase the speed. This makes all the difference when you're trying to spin out twenty-plus double-unders in a row. The wire has been treated to remain tangle-free and is ready to go, straight out of the pack.

**NEW**



ALSO AVAILABLE  
10 PACK



### THE ABDOMINAL WHEEL

Will challenge even the toughest athlete.

**BEST SELLER**



### SPEED ROPE

Thin wire ensures minimal drag, making double and triple unders a breeze... well, sort of.



### SPEED ROPE X10

When one is not enough!



### AB MAT

Abdominal mats are used to gain a greater range of motion in sit-ups, as well as supporting the natural curve of the spine.



# STRENGTH TOOLS

THE FUSION OF PRIMITIVE METHODS AND MODERN ENGINEERING BRINGS YOU THE MOST DURABLE, RELIABLE AND RESULTS DRIVEN TRAINING EQUIPMENT AVAILABLE. GUARANTEED TO MAKE YOU THE TOUGHEST, HARDEST AND MOST RELENTLESS PERSON IN THE GYM, SQUAD OR BOX.

# FAT GRIPZ

## GET A GRIP - AND KEEP IT.

YOU CAN ONLY LIFT AS MUCH AS YOU CAN HOLD. FAT GRIPZ ADDRESS THE WEAKEST LINK IN THE CHAIN.

Conventional wisdom for improving grip has been to increase purchase on the bar, whether using lifting straps, rubber grip aids or even chemical compounds. Fat Gripz, like many of the best solutions, fly in the opposite direction: by increasing the difficulty of the grip, they focus on building that attribute.

Fat Gripz are made from a military-grade rubber compound that won't compress in your hands or slip on the bar. At 12.5 cm long and 5.5cm thick, Fat Gripz snap on to any barbell, dumbbell or cable attachment and maintain a reliable connection until you want to remove them.



**FAT GRIPZ**  
An entry-level thickness for getting you on the road to super grip-strength.



**FAT GRIPZ EXTREME**  
A greater diameter makes for greater demand. Grip with gorilla intensity.

## FAT GRIPZ PACK

Both Fat-Gripz make a great addition to any gym's equipment on offer and allows direct progression when required.



## NEW

# GRIP4ORCE

Essentially, Grip4orce is a device which you squeeze in your hand. The difference with Grip4orce is its unique polymer core technology. Grip4orce provides resistance until it is closed, exerting an equal stress on all fingers and the thumb. That resistance also provides feedback to let you know you have effectively closed your hand around the bar, thereby increasing the mind/muscle connection during lifting.



**GRIP4ORCE - REGULAR FLEX**  
Also available in Stiff Flex.

# TORSONATOR

## TEAR YOURSELF A NEW CORE

GOTTA LOVE THOSE EASTERN EUROPEANS. WHEN IT COMES TO GETTING STRONG, THEY'VE ALWAYS GOT AN EFFECTIVE AND IDIOSYNCRATIC WAY TO GO ABOUT IT: KETTLEBELLS, BULGARIAN BAGS AND THE FULL-CONTACT TWIST.

**LIFETIME WARRANTY**



## THE FULL-CONTACT TWIST: THE MOTHER OF ALL CORE EXERCISES

Originally performed by athletes such as discus throwers and shot putters, the full-contact twist is used to develop rotational power. Ab exercises like sit-ups and crunches simply develop muscle endurance in the rectus abdominis; the full-contact twist engages the entire core and does so in way that encourages power to be harnessed through the legs in a standing position. In short, it'll make you hit harder, whether your target is a ball, or an opponent.

The Torsonator is a floor-mounted pivot that allows the full-contact twist to be safely and effectively executed with a barbell. The value of the Torsonator is not limited to core work, however. It is a multi-directional tool that allows a range of exercises for all body parts. It is also an excellent training device for both the deadlift and the squat.

Because the Torsonator allows you to lean into the weight while squatting or away while deadlifting, it removes issues related to balance and comfort of bar positioning. It also incorporates the use of bands easily and safely. A range of grips and handles are available to suit a range of exercises, as well as increase levels of difficulty and changes of emphasis.



**DOUBLE TORSONATOR**  
Trains up to four people at a time. Comes with two sleeves (extra sleeves available).



**SINGLE TORSONATOR**



**• BEST SELLER •**

**TORSONATOR UNEARTHED**  
The Torsonator Unearthed is a stripped-down version of the preeminent core trainer. It provides the same rigorous workout in less space and with greater portability.  
*(weight plate & barbell not included)*



**TORSONATOR HANDLES PACK**  
1 x Single Handle  
1 x T-bar Handle  
1 x Grappler Handle



**SINGLE TORSONATOR PACK**  
1 x Single Torsonator  
1 x Single Handles  
1 x T-bar Handle  
1 x Grappler Handle  
1 x Talk the Torque DVD



**TORSONATOR UNEARTHED PACK**  
1 x Torsonator Unearthed  
1 x Single Handles  
1 x T-bar Handle  
1 x Grappler Handle  
1 x Talk the Torque DVD



**DOUBLE TORSONATOR SUPER PACK**  
1 x Double Torsonator  
2 x Single Handles  
1 x T-bar Handle  
1 x Grappler Handle  
1 x Talk the Torque DVD

**• BEST SELLER •**

## ACCESSORIES

**IRON EDGE TORSONATOR - TALK THE TORQUE DVD**  
With over twenty-five drills covered in detail, this DVD breaks down the best and most effective Torsonator exercises.



**TORSONATOR SLEEVE**  
Can be added to double unit or attached to the Matrix, Iron Cage or Assault Rack.



**SINGLE HANDLE**  
Increases range of motion and allows you to significantly up the kilos when rowing.



**GRAPPLER HANDLE**  
Great for rows, presses and increasing the lever length on rotational movements.



**• BEST SELLER •**

**T-BAR HANDLE**  
Ideal for bent over rows, rotations and partial deadlifts.



**TORSONATOR POSTER**  
24 exercises covered.

# POWER CLUBS

LIFETIME WARRANTY

## STRENGTH, ENDURANCE AND FLEXIBILITY

POWER CLUBS TRAIN FLEXIBILITY AND STRENGTH THROUGH EXTREME RANGES OF MOVEMENT, VIRTUALLY BULLETPROOFING SHOULDERS FROM INJURY.

### BENEFITS OF POWER CLUB TRAINING:

- Develops shoulder strength, endurance and flexibility through extreme range of motion
- Vastly improves grip and wrist strength
- Trains dynamic shoulder flexibility and stability
- Improves timing and coordination
- Thoroughly trains the whole rotator cuff musculature.

### POWER CLUBS ARE AN IDEAL TRAINING TOOL FOR SPORTS SUCH AS:

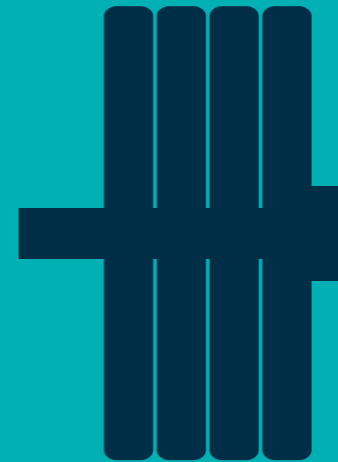
- Golf
- Baseball
- Tennis
- Squash
- Swimming
- Wrestling
- Cricket
- Martial Arts

Our Power Clubs have been handcrafted from milled steel and are virtually unbreakable. They are available in 2, 4, 6, 8, 10, 15 and 20kg weights. Sizes from 2kg-10kg are sold in pairs, while the heavier clubs are purchased individually.

IS IT YOU?	SHOULDER FLEXIBILITY & MOBILITY	GRIP & SHOULDER STRENGTH	IDEALLY, BUY THIS SET (KG)
An average woman	2	4	2, 4, 6
A strong woman	2	4	2, 4, 8
An average man	2	6	2, 6, 10
A stronger than average man	4 or 2	6 or 8	4, 6, 10
A very strong man	4	8 or 10	8, 10, 15, 20



## POWER CLUB PACKS



# SAME MOVEMENT, Different STIMULUS

BUILDING GENERALISATION FOR SPECIALIST CROSSFITTERS. BY DAN WILLIAMS - CROSSFIT COACH

There are only so many movements the body can perform. We are governed in our movements by the range of a joint, and the degrees of freedom in which that joint can move. Combine the possibilities of movement of any joint with the possibilities of movement of every other joint and we basically have a finite list of movement types.

This list is multiplied dramatically when we add in the 'contrived' and 'invented' movements that have arisen in recent decades. We see a positive correlation in gyms between the use of these exercises and the amount of fixed gym equipment. And I'd suggest a negative correlation between both these things and physical progress.

Contrived movements aside, the body can perform little more than a handful of actions. Identifying these allows us to identify the primary movements which require training. From a mechanical perspective, we can broadly categorise these into violent extension of the hip, lifting overhead, squatting, pulling from the ground and moving the body in space (pulling and pushing in various planes). There are more, but not many more.

In CrossFit, there's generally a limit to the number of movements we see in competition. This is for good reason. There are certain movements that are simply better at measuring and testing fitness than others. With the 2013 competition season upon us, most semi-experienced athletes and coaches would predict, with some accuracy, 80% of the movements that will appear. There comes a time however, when we can become fixated on this group of movements.

Our training begins to lose the 'constant variety' that is CrossFit. This is more apparent in those who call CrossFit their 'sport', rather than their 'exercise program' - and for good reason. As a 'CrossFit Sportsperson', it's poor programming to go a week without deadlifts/pull-ups/running/clean and jerks/snatches/squats etc. These and a handful more provide the basis of our method of measuring fitness, so it makes sense to get better at them.

The advantage of this narrowed programming is that we become better 'Specialist CrossFitters'. The disadvantage is that we become lesser 'generalist' athletes. But there is a way to train our ability to 'do CrossFit' (the sport), while still developing our ability to be generalists - generalists who can adapt, overcome and exceed at the 'unknown and unknowable'.

The key is in training a movement, not an exercise. A movement is inherent. An exercise is a construct. Do not program exercises, instead, program movements. Deadlifts become ground to hang. Jerks become shoulder to overhead. Full cleans become ground to shoulder through squat. Every exercise we complete can be broken down into the sum of its movements. By deconstructing the exercise, we can escape from the limitations that exercise places on us and increase our capacity as generalists.

Once we isolate a movement type, we are opened up to a vast array of 'movement alternatives'. These keep training fresh, teach adaptability, increase the difficulty of movement and prepare our athletes for the unknown. More importantly, they retain the basic stimulus that the given exercise has been programmed for.

To understand this concept, let's consider the power clean. As an exercise, a power clean is unrivalled in its ability to train and express an aggressive hip extension. As a movement however, moving a load from the ground to the shoulder opens up a raft of alternatives that will not only develop hip extension, but will increase our adaptability and breadth of ability. This movement can become a dumbbell or kettlebell clean (single or double arm), a sandbag, log, keg or stone shoulder, a tyre flip, or any one of numerous alternatives. Same movement, different stimulus.

“ THE CONCEPT OF A 'SPECIALIST CROSSFITTER' IS SOMETHING OF A CONTRADICTION. ONCE WE START TO SPECIALISE, WE STOP BEING CROSSFITTERS. ”

The concept of a 'Specialist CrossFitter' is something of a contradiction. Once we start to specialise, we stop being CrossFitters. Using this template, we can not only prepare ourselves for the expected elements of competition, but also for the unexpected elements of both competition and life. We can broaden our competencies to become the generalists we profess to be.

*Dan Williams is a Level One CrossFit Coach, Exercise Physiologist and Exercise Scientist. He is the director of Range of Motion CrossFit in Perth, an affiliate focused on individual exercise prescription and specialised one-on-one training. Dan publishes a blog on the science behind CrossFit and health at [rangeofmotion.net.au](http://rangeofmotion.net.au).*

# THE SINGLE BEST EXERCISE TO TEST *Overall Strength* AND BUILD IT.

THE THREE 'POWER' LIFTS, THE SQUAT, BENCH AND DEADLIFT, ARE THE THREE BEST EXERCISES TO FIND OUT WHO IS STRONGEST, BECAUSE THE OLYMPIC LIFTS REQUIRE FAR MORE TECHNIQUE.

To understand what I mean, a 56kg Chinese girl can out-lift most of the male population on the clean and jerk. That's not because she's stronger; it's because she's more adept at performing the movement. The average lifter in a commercial gym could out bench-press her.

The first thing I'm looking for in a movement to test overall strength is something that uses leg power, pulling power and pressing power, all in one, with as little technique as possible. I also want a large range of motion.

Pretty demanding requirements.

It's also one where I can ask any lifter in a gym to have a crack and see what they can lift.

I recently watched a world championship for this lift and oddly enough, the Worlds Strongest Man won. He is also the world record holder. Funny, that.

In case you haven't guessed, it's the log press. From the ground to overhead; the largest range of motion possible. Leg strength is needed for the drive, pulling power to get it to the shoulders and finally, pressing strength to get it overhead.

I can have a first-time lifter pick up my log and press it overhead; it's a very basic movement to perform. It can be taught in minutes and, as it requires old-fashioned brute strength, it's actually quite difficult to muck it up. Others might suggest the clean and jerk is better, but I disagree; the guy that can clean and jerk the most won't log press the most, because he's not necessarily stronger.

Log Press world record holder is Zydrunas Savickas. He defeated Koklyaev at the recent World Championship Log Press. Koklyaev recently clean and jerked two-hundred-and-fifty kilograms, which is more than 'Big Z' can manage (more than any Strongman, whatsmore), but when it comes to pure brute strength, well, the Worlds Strongest Man is going to win.

I train athletes from all sports. I have lifting platforms at PTC, as well as Olympic bars and bumpers, but if it's an immediate training effect you seek, then get that athlete on the log. He will work it out very quickly; it's very safe, and the effect on the entire body is incredible. I have a few footballers training here and I smash them with it. The boys love it, also, as they really feel they have accomplished something.

It's primitive; pick something up off the ground and get it overhead, any way you can.

I have had plenty of lifters walk into my gym and deadlift 160-180kg, untrained, yet can't squat one-hundred kilos. In fact, at the VFL football club I played for, we only had three or four boys out of forty who could squat one-hundred kilos, yet most could pull one-hundred-and-sixty kilos-plus. You could not describe anyone with a 100kg squat as strong.

If your gym hasn't got a log, ask them to get one. If you have a log, test your strength. If you have the inclination, do nothing but log press every day for a month and I guarantee you'll be a lot stronger on all lifts if you truly push yourself.

BY MARKOS MARKOPOULOS - PTC FRANKSTON



## THE LOG

THE LOG IS ONE OF THE MORE 'CONVENTIONAL' IMPLEMENTS USED IN STRONGMAN TRAINING. IT CAN BE USED FOR OLYMPIC LIFTS LIKE THE CLEAN-AND-PRESS AS WELL AS ITS COMPONENT MOVEMENTS, NAMELY THE MILITARY OR PUSH PRESS AND JERK, ALONG WITH BENT-OVER ROWS AND PARTIAL BENCH PRESSES.

The Iron Edge Log is constructed of one solid, fully-welded piece and finished with a textured, matte-black powder-coat. The Log's 50mm zinc-plated sleeves will fit Olympic weights and collars for a total of 200 additional kilograms, which can be added as your burgeoning muscles require.

## FORGED FROM 40KG OF STEEL



# FARMER'S WALK HANDLES

The Farmer's Walk is one of the simplest strongman lifts to perform. However, finding a load of a reasonable size and weight distribution is often a problem. Iron Edge has produced these handles – designed and manufactured from the ground up – entirely in Australia. They offer the distinct advantage of vertical plate loading because the weight plates can't come loose mid-walk and are protected from damage, should you fail and drop them.

The Farmer's Walk Handles are built like a Sherman tank. They're manufactured from indestructible, high-quality steel and encased in a matte-black powder coating that resists abuse and provides a textured grip surface. Each handle weighs 21kg.



# SLEDGEHAMMERS

SO YOU'VE TRIED MOST FORMS OF TRAINING BUT WANT SOMETHING THAT WILL PUSH YOU EVEN FURTHER?

If you like the kettlebell and other hardcore training tools, you'll be addicted to the sledgehammer in no time. Sledge training uses the flexor chain of muscles which counteracts the more regularly used extensor muscles.

Our sledgehammers come in weights of 5kg, 10kg and 15kg. We recommend starting out with the 5kg, then moving up to a 10kg. If you make it to a 15kg, you're an animal!



# MACE BELL

A nasty all-round training tool. Shot-loaded for further punishment. Weight when empty: 12kg.



**IRON SHOT**  
Load the Mace Bell with up to 15kg of Iron Shot.



# WHEN IS A GYM A *Real* GYM?



BY ALEX CORVO HEAD OF STRENGTH AND CONDITIONING FOR 11 YEARS - MELBOURNE STORM

Although I wouldn't pretend to know the ins and outs of the fitness industry (as I have only observed from a distance in my very different role in elite sport), its evolution has been interesting. The process has seen the rise of the big commercial fitness centres like the Fitness First and Virgin Gyms, followed by the advent of the 24-hour gyms like Jets and Snap Fitness. Interestingly, the proliferation of CrossFit and specialist gyms has added to the variety of options facing the consumer today.

Ultimately, the choice of gym comes down to personal preference and the gym that has the best training environment to reach the desired outcomes. Why is it then that it is not always the best-equipped gyms that produce the best results? The answer revolves around the well-known adage, "blood, sweat and tears" or in simple terms, working 'hard' and working 'smart'. Training hard or intensely primarily relies on an athlete's general motivation and desire. However, I believe this can be enhanced by the culture and work ethic of other athletes in the gym at the same time.

“ ARMED WITH RESISTANCE BANDS AND OTHER EASILY TRANSPORTED EQUIPMENT PIECES IT'S AMAZING THE QUALITY OF WORKOUT THAT CAN BE ACHIEVED WITH A LITTLE EFFORT AND IMAGINATION. ONE OF OUR STAFF HAS A LITTLE BODYWEIGHT ROUTINE HE RELIGIOUSLY PERFORMS IN THE COMFORT OF HIS OWN HOTEL ROOM WHEN HE CAN'T ACCESS A GYM. ”

Here at the Storm all staff and players work very hard to uphold the strong culture that has been built over many years. This culture not only relies heavily on the personnel currently at the club, but also on those that may have moved on but left an indelible mark.

Our culture at the Storm is based on the player improving themselves individually both in physical and football-related areas. At the same time, players are also encouraged to help their teammates in training. In the gym this may be through spotting, assisting with, observing and correcting lifting technique, along with encouraging. Simple things, like loading and unloading the bar for an athlete about to lift and providing lifting cues, make a difference. We also promote a competitive environment where a player generally trains with those playing in the same position. Players are encouraged to help make their team mates better, which automatically forces individuals to do the same, since they may well be competing for the same spot! Even though this is the case, there is genuine happiness when an athlete produces a personal best lift or completes an excellent training session, because when an individual improves, so too does the team.

Before any gym session, the strength and conditioning staff at the Storm discuss with the group the program for that day, together with the individual and specific variations. Important coaching cues and key points are highlighted, and players are reminded of the "non-negotiable" they as a group have come up with. These non negotiables generally vary from season to season, but the key messages remain the same. In one of the past seasons we presented 3 non-negotiables:

## Intensity:

Work to repetition maximum (if desired) or max load (if required).

## Intent:

Great lifting technique, desire to perform the movement with high force, explosiveness, or both. Know the plan/program.

## Urgency:

Get to the next work area, set etc. and be ready for the ensuing effort. Maintain desired rest periods.

Following on from the original question about what makes a gym a real gym has made me think about our recent World Club Challenge Tour and the challenges faced when you are using a gym for the first time. Of course I am only talking about my own training program; when working as a strength and conditioner, it is my job to know the facilities and equipment available when planning a team session. This is to ensure the session runs as smoothly as possible and produces the desired outcomes. Conversely, some of the hotel and other gyms (if you can call them that) I've trained in over the years when travelling have been interesting. Armed with resistance bands and other easily transported equipment, it's amazing the quality of workout that can be achieved with a little effort and imagination. One of our staff has a little bodyweight routine he religiously performs in the comfort of his own hotel room when he can't access a gym.

This brings me to my final message. The range of equipment (that can be purchased at minimal cost) stocked by Iron Edge and the space a "gym" can be set up in to provide an environment capable of producing excellent workouts is easily achievable. When coupled with desire and hunger to achieve, a gym truly becomes a real gym.

# SLEDS, HARNESSSES & BELTS

**PUSH, PULL OR DRAG - WHEN IT'S TIME TO GET PRIMITIVE**

THE POWER SLED AND ITS CLOSE RELATIVE, THE HURT TERMINAL, ARE WEIGHT TRAINING AT ITS MOST PRIMITIVE. YOU DON'T EVEN HAVE TO LIFT THE LOAD OFF THE GROUND.

Pushing it along the ground, however, is a uniquely painful experience. All those demands on the legs and back with the head down, posterior up and a cramped working position when all you want to do is fill your lungs is sure to make for maximum gains.

We also stock a host of harnesses to change loading emphasis from shoulders to hips, along with belts to either attach the weight to you, or protect you while you're working with it.



## POWER SLED

SLED TRAINING WITH ATTITUDE.

- Great for conditioning and endurance
- Ideal as a warm-up or "finisher"
- Innovative way to improve cardiovascular capacity
- Utilises the entire body and incorporates multiple energy systems in the same workout



**NEW**

INCLUDES HARNESS



**IRON EDGE SLED PULL**  
Combining two pieces of equipment to effectively train strength, power and endurance throughout the body. Pack includes Iron Edge Harness.



**NECK HARNESS**  
Strong neck = strong body



**IRONMIND SUPER SQUATS HIP BELT™**  
Improves squats without stress or strain on your back. Can also be used for weighted chins / dips or with the Power Sled, Hurt Terminal and Agility Bands.



**IRONMIND PULLING DIP HARNESS™**  
The best money can buy.



**IRON EDGE HARNESS**  
Affordable harness. Great for Sled and Agility Band work.



**IRON EDGE DIP BELT**  
Quickly and safely secures the extra weight.

## THE HURT TERMINAL

THE HURT TERMINAL IS ESSENTIALLY A SLED BUT HAS HANDLES THAT ALLOW YOU TO PUSH OR PULL THE UNIT.

**What does Hurt Terminal training do for me?**

It gives you a killer strength and endurance workout. It will have your whole body screaming for a break.

**Why is it so hard?**

There's something particularly difficult about pushing or pulling a heavy object along a surface. Friction and gravity conspire against you.

You can also attach a harness and rope to use it as a traditional sled.



12 MONTH WARRANTY

**INCLUDES HARNESS**



STRENGTH TOOLS  
PG 49

# CAPTAINS OF CRUSH

## THE GOLD STANDARD OF HAND GRIPPERS

CAPTAINS OF CRUSH GRIPPERS ARE THE WORLDWIDE BENCHMARK FOR BUILDING AND TESTING YOUR GRIP STRENGTH.

If you have to pick just one grip strength tool, this is it:

- Original, authentic, unmatched: The gold standard for building and testing grip strength
- Designed to produce the quickest gains in grip strength and hand health
- Premium materials, proprietary elements, precision manufacturing. Made in the USA
- Available in 11 strengths. Whether you are just starting off, rehabilitating an injury, or can already crack coconuts with your bare hands, there's a gripper to meet your needs.

Captains of Crush Hand Grippers come in 11 strengths, so whether your grip strength sizes up as X-Small or 3X-Large, we have your perfect fit.

### GUIDE - C.60LB

For beginners, seniors, rehab, and easy warm-ups.

### SPORT - C.80LB

For high school athletes, weekend warriors, strong guys who like light warm-ups.

### TRAINER - C.100LB

For those who are ready for serious grip training: athletes, lifters, public safety officers.

### POINT FIVE - C.120LB

Transition to the powerhouse CoCs—the Point Five is perfectly positioned to give you the boost you need to conquer the No. 1.

### NO.1 - C.140LB

Most people who lift weights can't close this gripper. If your safety depends on your hand strength, master this level.

### NO.1.5 - C.167.5LB

Ease into the No.2.

### NO.2 - C.195LB

Success here means you've got a grip to brag about. If your life or your sport depends on your grip strength, conquer this gripper.

### NO.2.5 - C.237.5LB

A stepping stone to the No.3.

### NO.3 - C.280LB

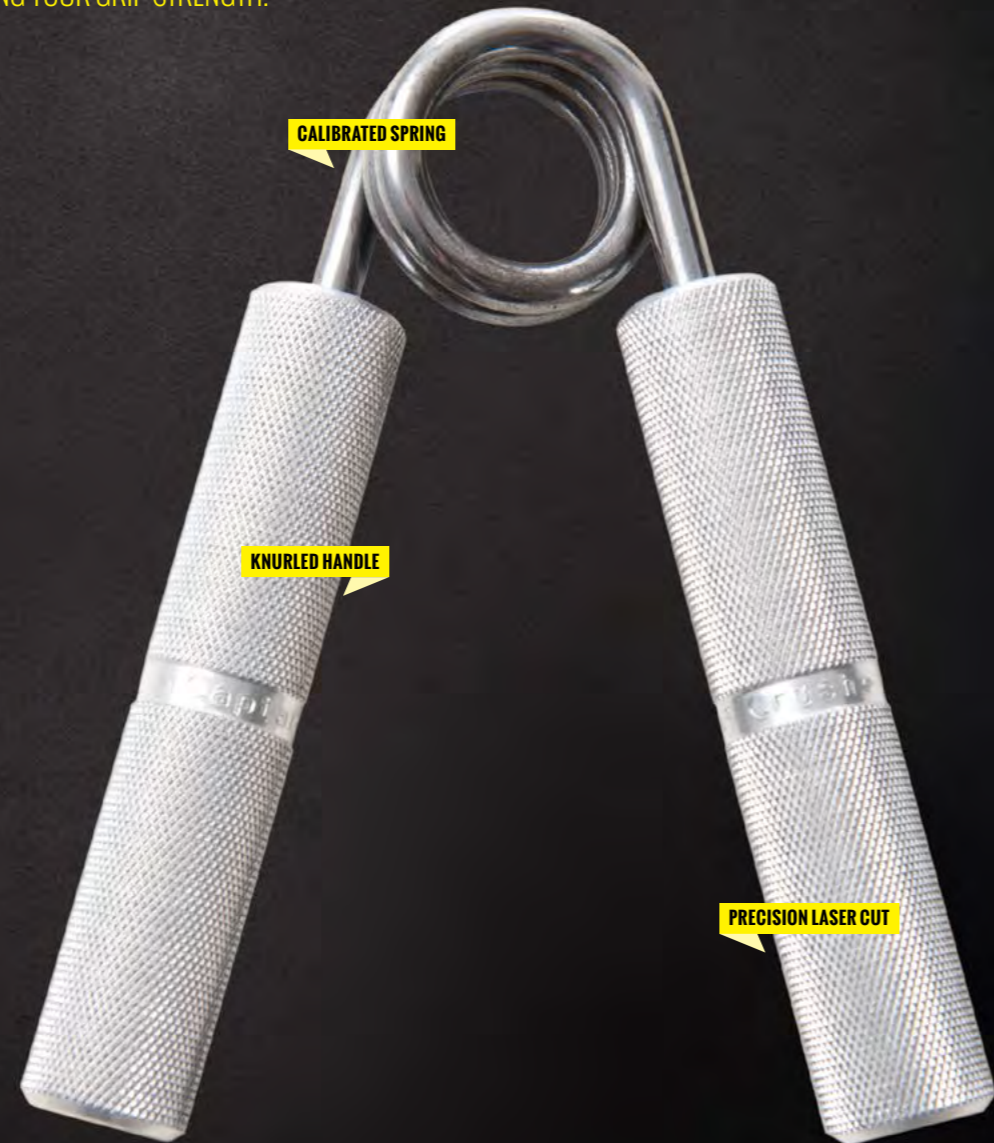
Certifying on the Captains of Crush No.3 Gripper is the most widely-known and highly-respected feat of grip strength in the world.

### NO.3.5 - C.322.5LB

Warning: the No.4 is in sight.

### NO.4 - C.365LB

Certify the No. 4 and you have proven yourself on the ultimate test of crushing grip.



### Certification: Making It Official

In 1991, IronMind certified the first-ever Captain of Crush Richard Sorin for officially closing the No.3 Captains of Crush Gripper. Over the years, as with any sport, rules for correctly closing the Captains of Crush Hand Grippers No.3, No.3.5, and No.4 had to be added to cover unforeseen gaps or to maintain the integrity of the original challenge. IronMind have always been very serious about the stewardship of the Captains of Crush certification program. If others wanted to develop a diluted certification program, that was fine, but the spirit of the prestigious Captains of Crush certification program would not be compromised.

It's no accident that if you want to find the biggest names in the grip world, you will find them on the Captains of Crush Hand Grippers No.3, No.3.5, and No.4 certification lists: Sorin, Brookfield, Kinney, Holle, Samuelsson and Gillingham.



## GRIP ACCESSORIES



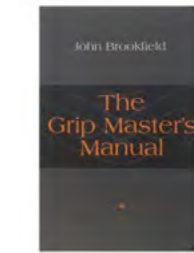
**SMALL GOC GRIPPER CADDY FOR 5**  
Give your grippers a home at your desk.



**WEIGHTLIFTING CHALK**  
Gym chalk reduces moisture on the hands, thereby improving the ability to maintain your grip.



**THE SUPER GRIPPER**  
Fully adjustable grip training device. 45-345lbs.



**GRIP MASTER'S MANUAL**  
Moving beyond 'Mastery of Hand Strength', John Brookfield continues his tradition of breaking new ground in grip training.



**CAPTAINS OF CRUSH GRIPPERS BOOK (SECOND EDITION)**



**DRY HANDS**  
This is a must-have product if you're into weightlifting, kettlebells or find perspiration gets in the way of your grip.



**CLAW GRIPS**  
Another tool for developing super strong fingers. Great for hooking over the Chin-up Bar.



**THE OFFICIAL GRIPPER OF:**  
The Arnold Sports Festival  
The World's Strongest Man Contest  
The GNC Grip Gauntlet



# WEIGHTLIFTING

WITH THE GLOBAL EXPLOSION OF CROSSFIT, OLYMPIC LIFTING HAS STEPPED OUT OF THE SHADOWS AND IS ATTRACTING THE ATTENTION IT HAS LONG DESERVED. FROM PLATFORMS TO BARS, TO A FULL RANGE OF BUMPER PLATES, WE HAVE ALL THE GEAR YOU NEED.

# ELITE BUMPER PLATES

NEW

## SETTING NEW STANDARDS OF QUALITY

AT IRON EDGE, PEERLESS QUALITY IS A POINT OF PRIDE. THESE ELITE BUMPER PLATES, PRODUCED IN THE SAME FACTORY AS THOSE FROM OFFICIAL OLYMPIC GAMES SUPPLIER UESAKA, ARE INDICATIVE OF IRON EDGE QUALITY AND PERFORMANCE. THEY ARE PRECISION-MADE FOR PRECISION LIFTING. FOR LIFTERS THAT SIMPLY WANT THE BEST.

The virgin rubber used in the manufacture of these plates is top drawer. It combines extreme durability with low bounce, ensuring a lifespan many times that of a standard bumper plate. At the core of the Elite plate is a nickel-chromium insert with a precise 50.4mm opening that interlocks with the rubber in a unique design to prevent separation.

### 10kg Elite Bumper Plates

Every CrossFit box that has been in the game for some time will be aware of how easy it is to wear through 10kg plates (and how much it costs to continually replace them). These Bumpers are the answer.

These plates have addressed every concern a lifter can have with bumper plates:

- Highest-grade rubber available – bar none
- Impenetrable insert
- 50.4mm opening to provide a tight fit on barbells
- Flawless design that prevents the rubber and the central insert detaching
- The best performing plate Iron Edge has ever produced



IRON EDGE 10KG  
ELITE BUMPER PLATE  
Plate thickness: 40mm



IRON EDGE 15KG  
ELITE BUMPER PLATE  
Plate thickness: 48mm



IRON EDGE 20KG  
ELITE BUMPER PLATE  
Plate thickness: 58mm



IRON EDGE 25KG  
ELITE BUMPER PLATE  
Plate thickness: 68mm



# PREMIUM BUMPER PLATES

## SETTING THE STANDARD - THE OLYMPIC STANDARD

OLYMPIC LIFTING IS A PRECISION ACTIVITY. AS ANY OLYMPIC LIFTER WILL ATTEST, IT'S NOT SIMPLY A MATTER OF WRENCHING A LOAD OFF THE FLOOR AND HOLDING IT OVER YOUR HEAD; IT'S A HIGHLY-SKILLED DISCIPLINE THAT DEMANDS HOURS OF EXACTING SKILLS TRAINING.

Like any sport that requires synchronicity between athlete and implement, that implement has to be precision built – a harmonious, exacting synthesis of design and manufacture.

In some ways, the task of building a premium product has been easier for us in regards to our Premium Bumpers as we've been working off the IWF-approved model. Our plates have been manufactured to be as close as possible to the IWF standard – Eleiko, Uesaka, Werksan, DHS and Zhang Kong – at a fraction of the price.

One of the most crucial features of a high-quality plate is the large steel-and-zinc centre hub. This hub increases both integrity and durability and is set like a jewel in the highest quality rubber we could find.

**The Iron Edge Premium Bumper Plates are, short of IWF approved, the best bumper plates you can have gracing your gym. Accordingly, they satisfy all IWF specifications:**

- 450mm plate diameter
- A collar opening of 50.40mm (IWF standard) so they'll fit all regular Olympic weightlifting bars with the tightest tolerance possible to reduce movement and damage.
- Traditional IWF colours for immediate identification of weights
- Strict weight tolerances (0.5%)

**Our Premium Plates come in the following plate widths:**

- 10kg: 28mm
- 15kg: 42mm
- 20kg: 54mm
- 25kg: 61mm

**Ideal for:**

- Weightlifting clubs
- CrossFit boxes
- Sporting clubs
- Personal training studios
- High performance training centres
- Private users who demand premium quality.



**IRON EDGE 10KG  
PREMIUM BUMPER PLATE**  
Plate thickness: 28mm



**IRON EDGE PREMIUM  
BUMPER PLATE 10 PACK**  
10 x 10kg



**IRON EDGE 15KG  
PREMIUM BUMPER PLATE**  
Plate thickness: 42mm



**IRON EDGE PREMIUM  
BUMPER PLATE 10 PACK**  
10 x 15kg



**IRON EDGE 20KG  
PREMIUM BUMPER PLATE**  
Plate thickness: 54mm



**IRON EDGE PREMIUM  
BUMPER PLATE 10 PACK**  
10 x 20kg



**IRON EDGE 25KG  
PREMIUM BUMPER PLATE**  
Plate thickness: 61mm



**IRON EDGE PREMIUM  
BUMPER PLATE 10 PACK**  
10 x 25kg



**BEST SELLER**

**IRON EDGE PREMIUM BUMPER  
PLATE SET**

Set consists of 2 x 10kg, 15kg, 20kg  
and 25kg Premium plates.

# BUMPER PLATES

## ROCK SOLID AND WELL PRICED

IRON EDGE ENTRY-LEVEL BUMPERS STRIKE THE EXACT BALANCE OF PERFORMANCE AND PRICE. IF YOU WON'T ACCEPT COMPROMISE, THE ENTRY-LEVEL BUMPERS MEAN YOU DON'T HAVE TO.

Bumper plates have come a long way. It was only a short time ago that weightlifters had no option but to part with several thousand dollars for a set of plates. However, things have changed.

The standard Iron Edge Bumper Plates are a blend of quality and price. If you run a weightlifting centre, CrossFit box or commercial training environment we'd prefer to steer you towards our premium range of plates. However, for the average weightlifter training several times per week the standard Iron Edge range is near-impossible to beat. They're tough, come in traditional Olympic colours and are the best plates you can lay your hands on at this price point.

**"...FOR THE AVERAGE WEIGHTLIFTER TRAINING SEVERAL TIMES PER WEEK, THE STANDARD IRON EDGE RANGE IS NEAR-IMPOSSIBLE TO BEAT."**

The key to the strength and durability of these plates is their thick, hardened-steel inserts. Steel reinforcements protrude from the inserts and bite deep into the rubber to form a strong bond to withstand the toughest abuse. A higher steel content within the rubber has been added to the 20's and 25's so they are the same width as the 15's, strengthening them considerably and keeping them thin enough to allow you to load five plates per side on a standard 7-foot Olympic bar.

### Specifications:

- Thick, solid steel insert with steel rebar reinforcement protruding deep into the rubber
- 51mm collar opening
- Traditional IWF colours for easy identification
- Strict weight tolerance
- 450mm plate diameter (IWF standard)

### Widths:

- 5kg: 30mm
- 10kg: 45mm
- 15kg: 65mm
- 20kg: 65mm
- 25kg: 65mm

*Note: 5kg bumper plates are not designed to be dropped on their own. They are not a 'technique plate' and should be lowered with control or used in conjunction with heavier bumper plates to disperse the stress. If you require 5kg plates to be dropped and abused, see our Technique Bumper Plate range.*



**IRON EDGE 5KG BUMPER PLATE**  
Plate thickness: 30mm



**IRON EDGE BUMPER PLATE PACK**  
10 x 5kg



**IRON EDGE 10KG BUMPER PLATE**  
Plate thickness: 45mm



**IRON EDGE BUMPER PLATE PACK**  
10 x 10kg



**IRON EDGE 15KG BUMPER PLATE**  
Plate thickness: 65mm



**IRON EDGE BUMPER PLATE PACK**  
10 x 15kg



**IRON EDGE 20KG BUMPER PLATE**  
Plate thickness: 65mm



**IRON EDGE BUMPER PLATE PACK**  
10 x 20kg



**IRON EDGE 25KG BUMPER PLATE**  
Plate thickness: 65mm



**IRON EDGE BUMPER PLATE PACK**  
10 x 25kg



## BEST SELLER

### IRON EDGE BUMPER PLATE SET

Set consists of 2 x 5kg plates, 10kg plates, 15kg plates, 20kg plates and 25kg plates.

## WHAT'S THE DIFFERENCE BETWEEN IRON EDGE STANDARD BUMPERS, PREMIUM BUMPERS AND ELITE BUMPERS?

### STANDARD BUMPER PLATES

Designed for athletes that require bumper plates that won't be recklessly dropped from overhead or abused on a daily basis. These are perfect for Powerlifters or those that Olympic lift, but don't have the need to dump the plates from overhead after each rep.

If you are completing workouts 'to time' (particularly with low weights on the bar ie. 2 x 10kg plates), we advise to invest in the Premium or Elite plates as they will have a far greater lifespan for this type of usage.

### PREMIUM PLATES

The Premium plates have been Iron Edge's flagship plates for the past two years. They're of exceptional quality and extremely durable. With the intensity that many workouts are completed at, many athletes require bumper plates they can repeatedly drop from overhead. For this reason, these plates are our most popular plate for CrossFit boxes, weightlifting gyms and commercial environments.

### IRON EDGE ELITE PLATES

The highest quality bumpers available. They're manufactured under the most stringent quality controls and, as a result, are the best-performing bumper plates we've ever seen or used. In most gyms, these will last decades. When measuring the quality of plates, many tend to look solely to the 10kg plates as they are the thinnest and hence the most vulnerable. The Elite 10kg plates are without a doubt the most durable 10kg plates available – bar none. These are for weightlifting and CrossFit gyms that demand the best.

# RUBBER WEIGHT PLATES

Rubber-coated cast iron weight plates in traditional Olympic colours. Seven hole design for loading plates with ease.



**ALSO AVAILABLE AS A SET**

**IRON EDGE RUBBER WEIGHT PLATE SET**

Set consists of 2x 1kg, 1.5kg, 2kg, 2.5kg, 5kg, 10kg, 15kg, 20kg and 25kg plates.

# IRON EDGE 450MM TECHNIQUE BUMPER PLATES

Learn the basics of Olympic lifting with our Technique Bumper Plates. Weighing in at just 2.5kg or 5kg, you're able to learn the proper lifting technique without having to excessively load the bar. Made from hardened plastic, these Technique Bumper Plates are built to last.

## Specifications:

- Hardened plastic
- Disc diameter: 450mm (IWF Standard)
- Collar opening: 51mm
- Strict weight tolerance



**IRON EDGE 2.5KG TECHNIQUE BUMPER PLATES**  
Thickness: 20mm



**IRON EDGE 2.5KG TECHNIQUE BUMPER PLATES X 10**



**IRON EDGE 5KG TECHNIQUE BUMPER PLATES**  
Thickness: 40mm



**IRON EDGE 5KG TECHNIQUE BUMPER PLATES X 10**

**THREE YEAR WARRANTY**

# IRON EDGE FRACTIONAL PLATES

You need no longer fear the dreaded plateau with Fractional Plates...

In traditional Olympic colours, Iron Edge produces these plates at increments of 0.25, 0.50, 0.75 and 1kg. Fractional plates allow for precision loading and give you the ability to defy even the most frustrating halt in progress. They are made from the finest milled steel to ensure they're as tough as the most committed lifter.



**IRON EDGE FRACTIONAL PLATES**  
Set includes: 2 x (0.25kg, 0.5kg, 0.75kg and 1.0kg)

# CUSTOM BUMPER PLATES

All customised bumper plates are of the highest quality and come from the same factory as IWF approved Uesaka weightlifting gear. The quality of these plates will ensure they last a lifetime. As used by:

- Geelong FC
- Collingwood FC
- Richmond FC
- Western Bulldogs FC
- Greater Western Sydney FC
- Victoria University

**Available in all sizes:**  
0.5kg - 25kg. \*All colours and designs available on request.



# WEIGHTLIFTING PACKS



**WEIGHTLIFTING ELITE BUMPER PLATE PACK**  
Includes:  
• Iron Edge Elite Bumper Plate Set  
• 20kg Iron Edge Olympic Bar  
• Lock-Jaw Elite Collars



**WEIGHTLIFTING PREMIUM BUMPER PLATE PACK**  
Includes:  
• Iron Edge Premium Bumper Plate Set  
• 20kg Iron Edge Olympic Bar  
• Lock-Jaw Pro Collars



**WEIGHTLIFTING BUMPER PLATE PACK**  
Includes:  
• Iron Edge Bumper Plate Set  
• 20kg Iron Edge Olympic Bar  
• Economy Spring Barbell Collars



**WEIGHTLIFTING PACK**  
Includes:  
• Iron Edge Weight Plate Set  
• 20kg Iron Edge Olympic Bar  
• Economy Spring Barbell Collars

## IRON EDGE OFFICIAL PARTNERS AND BRAND AMBASSADORS

Iron Edge are proud to announce they are an Official Partner of 2012 NRL Champions, The Melbourne Storm. Since 2007 The Storm have been loyal customers and their Head S&C coach, Alex Corvo, attributes our unique training gear as being integral to their success.

We also have two new Brand Ambassadors representing us in Powerlifting; Steve Pritchard and Martin Nguyen. Steve has been Australian Champion since 2010 whilst Martin is already an unofficial WR holder at the age of 20. Both train with our gear daily. We look forward to helping them achieve even more in 2013.

### → THE MELBOURNE STORM

NRL Premiers 2012

### → STEVE PRITCHARD

Australian Power Lifting Champion  
2010, 2011, 2012, 2013

PB'S:

#### EQUIPPED:

**squat** 375kg,  
**bench** 300kg,  
**deadlift** 305kg  
**total** 945kg

#### RAW (NO WRAPS):

**squat** 331kg,  
**bench** 220kg,  
**deadlift** 317.5kg  
**total** 863.5kg

### → MARTIN NGUYEN

Australian 75kg Powerlifting Champion  
Unofficial World Record Holder at 75kg Class

PB'S:

#### IN TRAINING:

**squat** 235kg,  
**bench** 157.5kg,  
**deadlift** 290kg

#### IN COMP:

**squat** 232.5kg,  
**bench** 130kg,  
**deadlift** 285kg



## STEPHEN PRITCHARD ↑

Stephen Pritchard is a powerlifter who competes with Powerlifting Australia, which is affiliated with the International Powerlifting Federation (IPF). Steve has been lifting for decades, but began competing at the end of 2004. He now holds multiple Australian, Oceania and Commonwealth records in raw and equipped powerlifting and is the current number-one ranked raw IPF powerlifter in Australia.

Stephen has the biggest all-time totals in both equipped and raw lifting with Powerlifting Australia and was the first-ever lifter to bench 300kg and squat over 700lbs raw. Since 2004, Stephen has won seven national powerlifting and three national bench titles, a commonwealth powerlifting title, two Oceania bench titles and placed third in the 2012 raw world powerlifting champs along with sixth in the 2010 world bench champs. He is also a nationally accredited coach and referee.



## MELBOURNE STORM ↑

Iron Edge have been supplying equipment to Melbourne Storm since 2007. Under Head Coach Craig Bellamy the club has been one of the most successful teams in the NRL, appearing in five of the last seven Grand Finals, including last year's premiership win.

Storm also holds the league's highest winning percentage, at 64.01%. The club is again one of the favourites to win the NRL premiership in 2013.

## MARTIN NGUYEN ↓

Martin Nguyen is a 20 year old powerlifter that competes in GPC and ProRaw.

In his first ever competition, the 2012 GPC National, Martin broke the World Record for Teens squatting 227.5kg, benching 132.5kg and deadlifting 272.5kg for a total of 632.5kg.

In March 2013 he competed at GPC States as a Junior and squatted 252.5kg, benched 157.5kg and deadlifted 275kg for a 685kg total –an incredible 10kg above the Open Men's WR for his weight class.

In June 2013 at the GPC Nationals, Martin is aiming to become the first Australian lifter across any Federation or any time period to total 700kg raw at 82.5kg. He'll then have the GPC Teen, Junior and Open Men WR in the 82.5kg class. And he'll still be only 20 years old.

Martin is hoping to get to the World Powerlifting Championships in Hungary in September 2013.



# IRON EDGE BARBELLS

## AUSTRALIAN-MADE AND WORLD-CLASS

AUSTRALIANS ARE REGARDED AS EXTREMELY RESILIENT PEOPLE WITH THE ABILITY TO OVERCOME ANY HURDLE THAT'S THROWN AT THEM. THE REST OF THE WORLD RESPECTS US FOR IT. AT IRON EDGE, WE GO ABOUT MANUFACTURING IN THE SAME WAY: WITHOUT SHORTCUTS AND WITHOUT COMPROMISE. WE'VE SOURCED THE BEST MATERIALS WORLDWIDE AND PUT THEM IN THE HANDS OF HIGHLY EXPERIENCED AUSTRALIAN ENGINEERS TO CREATE A RANGE OF WORLD-CLASS BARBELLS.

Anyone with Olympic lifting experience will be aware that there are two things that can fail on a bar; either the shaft will bend, or the sleeves detach. If you sort out these two issues, you have a barbell that you can rely on for decades. We're so confident of the quality of our bars that we'll cover all claims against bending\* and collar malfunction. In short, if there's a problem with a bar we'll take care of it – we stand by their quality and the claim that these are on-par with the best bars available, anywhere in the world.

WE'RE ASKED EVERY DAY ABOUT THE QUALITY DIFFERENCES BETWEEN BARS AND THE CORRESPONDING PRICE DIFFERENCES. WE'VE OUTLINED FIVE KEY ASPECTS THAT DEFINE A BARBELL IN TERMS OF QUALITY:

### 1. Shaft

This is essentially the most important component of any barbell. Once the shaft is bent, the bar is rendered useless. We've gone to great lengths to ensure that we have the best shafts money can buy, so we've sourced our steel from a renowned mill in Japan. The Japanese have been world leaders in steel quality for years. The result is a shaft that can only be described as providing the perfect blend of feel and whip. No matter what weight you're shifting, these shafts will always remain dead straight.

### 2. Shaft Coating

There are several ways to coat a barbell:

- Chrome. Cost-effective and aesthetically pleasing when new, but not particularly durable. The coating will flake off over time and the bar becomes subject to corrosion. These bars are only suitable for entry-level lifters.
- Oxide/Zinc. Also cost-effective. Greater durability than chrome, however they tend to show wear-and-tear and discolouration within a week of use.

- Black Nitride. To obtain this kind of finish, the shaft needs to be heated to over 200 degrees celsius before having a nitride coating applied. The black nitride and steel then bond and essentially become one amalgamated substance. As a result, you have a barbell with a surface which lasts longer, looks better and is more durable. Put simply, you won't get a bar with a superior finish.

### 3. Knurling

Everyone's got their own opinion of the ideal knurling, so it's tough to please everyone. We decided to trial seven different patterns in the hands of some very experienced lifters and get their feedback. There was a common theme; they wanted a very fine knurl with an almost soft feel, but one that would provide plenty of grip.

The resulting knurling is superb, allowing you to rip the bar off the ground with confidence, without ripping your hands apart.

### 4. Sleeve

Again, we avoided shortcuts and cost limitations and forged our sleeves from stainless steel. They are machine-finished with a light, textured ribbing to avoid collar slippage. Not only is the stainless steel 100% reliable, it is aesthetically pleasing, especially in contrast with the black nitride of the shaft. Stainless steel is the most rust-resistant material around and doesn't need a coating, so you can be assured the finish will remain intact for the lifespan of the bar.

### 5. Sleeve Rotation

The rotation of these sleeves is driven by no less than five Japanese-made needle bearings at each end. While IWF barbells utilise similar bearings, you'll find that other barbells at this price point utilise bushings only. Needle bearings result in less friction, providing a more linear, free-flowing spin. Put simply, if you're an Olympic lifter and limiting yourself to a bushing bar, you're using the wrong one! To further ensure the bearings maintain their free spin, they are encased in the sleeves to eliminate dust and grit buildup.

# IRON EDGE OLYMPIC BARBELLS



MANUFACTURED WITHOUT COMPROMISE, RIGHT HERE IN AUSTRALIA.

We have gone into great lengths to ensure every component of our bars is of the highest standard.

# IRON EDGE POWER BARBELLS



The Iron Edge Power Barbell has been manufactured with the same precision as our Olympic bars. The base materials are exactly the same; Japanese sourced spring steel, black nitride finish and stainless-steel sleeves. However, the differences result from several slight modifications to ensure this is one of the very best Power Bars you can lay your hands on.

- 28.6mm shaft
- Australian-made bronze bushings for ever-reliable sleeve rotation
- Deeper knurling for more bite

## IRON EDGE BARBELL SPECIFICATIONS

	SLEEVE ROTATION	SHAFT COATING	SHAFT MATERIAL	SLEEVE DIAMETER	SLEEVE MATERIAL	SLEEVE LENGTH	BARBELL LENGTH	SHAFT LENGTH	SHAFT DIAMETER
IE 20KG OLYMPIC BAR	Nippon Needle Bearings (10)	Black Nitride	Spring Steel	50mm	Stainless Steel	445mm (410mm plate loading)	2200mm	1310mm	28mm
IE 15KG OLYMPIC BAR	Nippon Needle Bearings (8)	Black Nitride	Spring Steel	50mm	Stainless Steel	350mm (335mm plate loading)	2005mm	1310mm	25.4mm
IE 20KG POWER BAR	Bronze Bushings	Black Nitride	Spring Steel	50mm	Stainless Steel	445mm (410mm plate loading)	2200mm	1310mm	28.6mm

# IRON EDGE ECONOMY BARBELLS



## DO YOU WANT A QUALITY BARBELL WITHOUT THE HIGH COST?

The Iron Edge Economy Range has been created exclusively for those looking for a quality barbell on a budget.

- IRON EDGE 8KG ALUMINIUM BARBELL**
- Technique training bar in Olympic specifications
  - 6 foot length
  - 50mm steel collars
  - 28mm aluminium shaft

- IRON EDGE 20KG ECONOMY BARBELL**
- Chrome finish
  - True Olympic Specifications
  - 28mm Shaft
  - Thrust bearing sleeve rotation

- IRON EDGE 20KG HARDENED CHROME ECONOMY BAR**
- The same tried and trusted 20kg economy bar with a hardened chrome finish

- IRON EDGE 15KG ECONOMY BARBELL**
- Chrome finish
  - True Olympic specifications
  - 25mm shaft
  - Thrust bearing sleeve rotation

- IRON EDGE 15KG HARDENED CHROME ECONOMY BAR**
- The same tried and trusted 15kg economy bar with a hardened chrome finish

# IRON EDGE TRAP BARS

THE FIRST THING YOU'LL NOTICE ABOUT THE TRAP BAR IS ITS GEOMETRY. THIS BAR ALTERS HOW YOUR BODY WILL BEAR THE LOAD AND THEREFORE, THE KIND OF EXERCISES IT WILL SERVE BEST. IT WILL ALSO ALTER SOME OF THE OLDER ONES - FOR THE BETTER.



## IRON EDGE TRAP BAR

The Iron Edge Trap bar is made with the same materials and devotion as our Olympic and Power Bars, which means it's a once-in-a-lifetime purchase.

- **Shaft diameter:** 29mm
- **Shaft material:** Spring steel
- **Shaft coating:** Black nitride
- **Sleeve diameter:** 50mm
- **Sleeve length:** 445mm (410mm plate loading)
- **Sleeve material:** Stainless steel
- **Sleeve rotation:** Bronze bushings
- **Weight:** 26kg



## IRON EDGE ECONOMY TRAP BAR

- **Shaft diameter:** 28mm
- **Shaft coating:** Chrome
- **Sleeve diameter:** 50.1mm
- **Sleeve length:** 35cm plate loading
- **Overall length:** 163cm
- **Weight:** 22.5kg

“IRON EDGE TRAP BARS ARE EXCELLENT FOR DEADLIFTS. THEY ALLOW YOUR TORSO TO REMAIN MORE UPRIGHT, WHICH MEANS LESS SHEARING FORCES ARE EXERTED ON THE SPINE.”

# SWISS BAR

The Swiss Bar, weighing twenty-nine kilos, offers four different hand positions courtesy of its eight different handles.

Essentially, it facilitates a neutral grip during pressing and rowing movements, which is far easier on the shoulders. This provides opportunities for people recovering from injury who are keen to keep training.

This rackable Swiss Bar has grown in popularity courtesy of the famous West-Side Barbell Power Lifting Gym, who use it to vary the grip at different phases of a program to accelerate their strength gains.

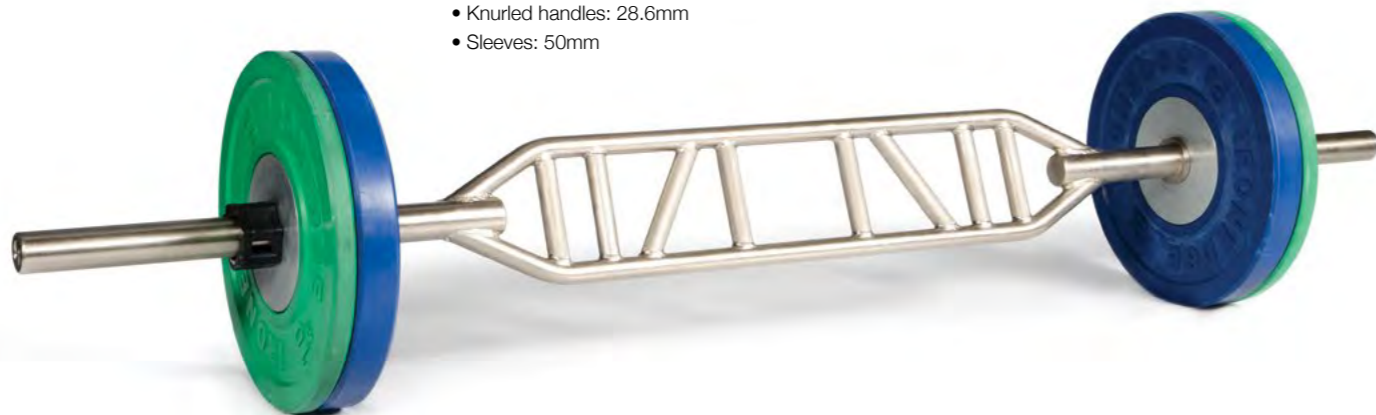
The Swiss Bar is fitted with Olympic sleeves and comes to you with our 24-carat, 'No BS' guarantee.

## HANDLE SPACINGS

- 195mm
- 297mm (45-degree handles)
- 600mm
- 744mm

## TECHNICAL SPECIFICATIONS

- Total length: 2120mm
- Collar length: 390mm
- Distance between collars: 1320mm
- Bar weight: 29kg
- Knurled handles: 28.6mm
- Sleeves: 50mm



# NEW

# WEIGHTLIFTING BELTS

# NEW

## LIFT MORE WITH NO WORRIES

WEIGHTLIFTING BELTS HAVE LONG BEEN A FEATURE OF ANY SERIOUS WEIGHTLIFTER'S KIT. IRON EDGE NOW OFFERS A RANGE OF WEIGHTLIFTING BELTS TO CATER FOR ALL APPLICATIONS.

### BENCH BELT.

- 60mm width
- 10mm thick cowhide
- Steel lever buckle



### POWER LIFTING BELT.

- 95mm width
- 10mm thick cowhide
- Steel lever buckle



### TAPERED BENCH BELT.

- 95mm taper into 60mm width
- 10mm thick cowhide
- Steel lever buckle



### WEIGHTLIFTING BELT - THIN

- 50mm width
- 5mm thick cowhide
- Steel buckle



### WEIGHTLIFTING BELT - THICK

- 100mm width
- 5mm cowhide
- Steel buckle



# NEW



**WRIST STRAP**  
Available in regular, heavy and super heavy.



**KNEE WRAP**  
Available in regular, heavy and super heavy.

# MARTIN NGUYEN INTERVIEW

INTERVIEW BY **MARKOS MARKOPOULOS**

**Q.** Hello Martin, how old were you when you started lifting?

**A.** Sixteen years old. I've been lifting for five years.

**Q.** Why did you start? Were you a sporty kid?

**A.** I was fat, and was never good at anything else.

**Q.** Who was your earliest influence? I know you were doing the big three lifts before you set foot in PTC.

**A.** Mark Rippetoe, Dan John, Ed Coan, Jim Wendler, Matt Wiehinski, Zach Even Esh.

**Q.** How often do you train; how long, which movements?

**A.** I train every day, between one and two hours. Basic movements; squat, bench, dead, military press, pull up, row and front squats.

**Q.** What's your typical deadlift workout?

**A.** Deadlift heavy once a week plus upper back work every day. Includes barbell rows, DB rows and weighted chins.

**Q.** You're very lean, well under 8% body fat. Do you do any cardio?

**A.** The closest thing I do to cardio is sets of ten.

**Q.** Tell us a little about your diet?

**A.** Lots of meat, lots of vegetables, some dairy, some nuts and some fruit. Right now I have one serving of starchy carbs (rice, potato, bread) to help me gain a bit of weight.

**Q.** What are your best lifts?

**A.** *In training:* 235 squat, 157.5 pause bench, 290 dead. *In comp:* 232.5 squat, 150 pause bench, 285 dead.

**Q.** How much do you weigh? How tall are you?

**A.** Right now I weigh 83kg and I'm 171cm.

**Q.** I know you're doing GPC States followed by Nats this year. Is Worlds on the cards?

**A.** Yes, worlds is something I would love to do this year. If I have the money, I will do it.

**Q.** You're the top qualifier for ProRawFive, any predictions and who will be your biggest threat?

**A.** Ben Bouchereau is aiming for 700 total at 80. Emad Nayef has a chance to total 700 too.

It's still too early to tell, but a few strong guys who might compete are Mark Barham, Adam Hayhow and Jesse Burrows.

**Q.** From the day you walked in until now, you've added 150kg to your total in 15 months. Are you going to move up a weight class in 2014?

**A.** Yes, 82.5kg this year, 90kg next year. I haven't thought about my long-term goal, though.

**Q.** What National and World records do you hold?

**A.** Teenage 82.5kg for a squat of 227.5, bench 132.5, deadlift 272.5 and a total of 632.5.

**Q.** Who do you train with currently?

**A.** A few guys at PTC Frankston; Max, Zoran, Dan and Conor.

**Q.** How important do you think it is to have like-minded lifters around you?

**A.** Essential. To get stronger you must train with stronger people. Don't get me wrong, you can get stronger by yourself, it just takes a lot longer.

**Q.** What advice have you got for young kids starting out

**A.** Train hard, then train harder.

*Thanks for your time, mate; I'd like to catch up again later this year. Good luck at GPC States.*



## WEIGHT BENCH - ADJUSTABLE INCLINE

12 MONTH WARRANTY

This adjustable weight bench has been made to sustain a commercial beating will and suit any domestic application, also. The back support allows seven different angles between zero and ninety degrees while the seat allows four, which means you can set yourself into any position between a flat bench press and a fully upright military press as quickly as you need. The bench has wheels for easy repositioning and comes with the Iron Edge 'No B.S.' guarantee.



## IRON EDGE SQUAT STANDS

Don't compromise your performance or safety ever again. Cheap, imported squat stands are now obsolete with the introduction of our locally made, heavy-duty squat stands. Super-stable, these stands will easily support any weight that you can handle.

LIFETIME WARRANTY



# WEIGHTLIFTING STORAGE

NOTHING DETRACTS FROM THE MOTIVATION TO LIFT HEAVY LIKE HAVING TO LIFT SOMEONE ELSE'S MESS. RACKS PROVIDE SPACE - AND INCENTIVE - TO KEEP YOUR GYM SAFE, AS WELL AS TIDY.



### BARBELL RACK 20

The A-Frame construction is capable of holding 20 barbells - 10 bars per side.

Made in Australia at the hands of our highly skilled engineers this rack is made to the highest standards and is guaranteed for life.

- 3mm Australian steel
- Matte black powder-coated finish
- 4 piece construction to minimise shipping costs (2-3 minute assembly required)
- Pre-tapped threading on bolt holes for a seamless finish with no need for nuts or washers
- 760mm (width) x 1050mm (length) x 1090mm (height)

LIFETIME WARRANTY



### GUN RACK

- Holds six barbells
- Rubber protection on contact points to protect bar knurling
- Must be bolted to wall
- A safe and easy way to store barbells

Please note: Lifetime warranty does not include rubber protection, which is replaceable.

LIFETIME WARRANTY



### TOASTER RACK

- Holds 8+ plates
- Customisable slot spacing to cater for different plate sizes
- Steel construction



### WEIGHT TREE

Rock-solid six-stemmed weight tree. All stems spaced to accommodate 450mm diameter plates.

THREE YEAR WARRANTY



### WALL-MOUNTED PLATE STORAGE

Wall mounted weight plate storage racks are zinc-dipped to provide an attractive, durable finish. They can be mounted either horizontally or vertically, and each of the three stems can support as many as five, twenty-five kilogram plates. The stems are spaced wide enough to accommodate 450mm plates on each without interference. With wall mounts, plates can be positioned close to your racks, adding a greater level of practical functionality to your gym.

With plates on the walls, you can use more of the floor for important things. Like training.

LIFETIME WARRANTY



# WEIGHTLIFTING SHOES

## IMPROVE YOUR PERFORMANCE

IF YOU'RE SERIOUS ABOUT YOUR LIFTING, YOU NEED TO GET SERIOUS ABOUT YOUR SHOES. PROPER LIFTING SHOES PREPARE A LIFTER, QUITE LITERALLY, FROM THE GROUND UP. WEIGHTLIFTING SHOES HAVE A SOLID BASE THAT LIFTS THE HEEL, REDUCING THE AMOUNT OF ANKLE FLEXION REQUIRED TO GET INTO A VERY DEEP SQUAT WHILE MAINTAINING AN UPRIGHT TORSO. THIS POSITION IS CRITICAL AS IT MAKES FOR A LOWER, MORE POWERFUL POSITION IN RELATION TO THE BARBELL.

The solid heel also creates a more stable base from which to launch explosive movements, enabling greater power generation. While the base typically extends from the arch of the foot to the heel, the shoes still allow flexion through the foot, which is crucial for triple extension and landing in the split position for Olympic lifts.

Your foot won't drift laterally in weightlifting shoes as it does in a running shoe. Even in Kettlebell Sport, the solid base and mechanical advantage afforded by a lifting shoe is an asset. Lifting shoes are a necessary addition to any serious lifter's kit. They provide you with the platform to go after that extra 5% of performance.



# NIKE ROMALEOS 2 WEIGHTLIFTING SHOES

ENGINEERED TO THE EXACT SPECIFICATIONS OF CHAMPIONSHIP ATHLETES. NIKE ROMALEOS 2 ARE 25% LIGHTER THAN THE PREVIOUS MODEL, WITH SUBSTANTIALLY GREATER FOREFOOT FLEXIBILITY.

The upper is constructed from durable synthetic materials that are ultra-supportive, with integrated lacing and two large velcro band closures to keep the foot locked in place.

Inside the shoe, elastic has been added to flex with the tendons of the foot during the snapping "triple extension" movement of the clean and jerk.

A contoured, thermoplastic wedge in the shoe's heel supports the foot by bearing as much weight as possible without any compression. It's an innovation that replaces the standard wooden heel wedge that weightlifters have been using since the 1960's.

## IRON EDGE-AUTHORISED RESELLER



AVAILABLE IN 4 DIFFERENT COLOURS

SUPPORTIVE, DURABLE UPPER MATERIALS AND CONSTRUCTION

INTEGRATED LACING AND DOUBLE POWER STRAPS LOCK FOOT FIRMLY IN PLACE



OUTSOLE DESIGNED TO MINIMIZE WEAR IN THE HEEL

EXCLUSIVE NIKE CONTOURED TPU HEEL WEDGE CUPS HEEL AND SUPPORTS FOOT TO PROVIDE UNMATCHED LIFTING STABILITY

# DO-WIN WEIGHTLIFTING SHOES

Made of 30% leather and 70% artificial leather with a 3/4 inch wooden heel. Sizes: European 36-49

## Features:

- Synthetic and ox-leather upper.
- Solid wooden 3/4 inch heel.
- High grip rubber sole.
- One tarsal strap to secure your foot.

**Do-win**



# IRON EDGE WEIGHTLIFTING PLATFORM

5 YEAR WARRANTY



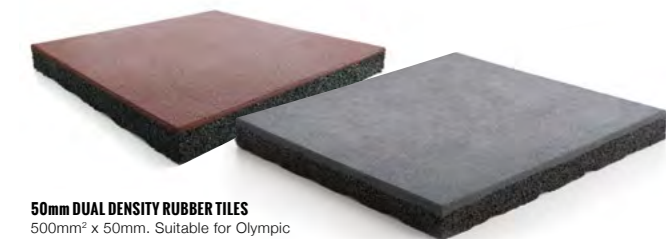
REVOLUTIONARY HOLE DESIGN

## IRON EDGE WEIGHTLIFTING PLATFORM

The revolutionary hole design on the under-side of the rubber reduces noise and helps cushion the impact of bumper plates when they're dropped. The result is a longer lifespan for your bars and plates. Dense and long-lasting.

Available in 2.4m x 1.8m @ 50mm thick.

# RUBBER FLOORING



**50mm DUAL DENSITY RUBBER TILES**  
500mm<sup>2</sup> x 50mm. Suitable for Olympic lifting platforms.



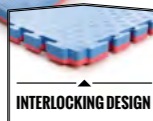
## RUBBER FLOORING

1m<sup>2</sup> x 15mm.  
Ideal for a commercial or home gym, this high-grade rubber flooring is non-slip and shock absorbing.



## JIGSAW MATTING

32mm jigsaw matting is ideal for martial arts training. It is firm, stable and impact-absorbing – perfect for take-downs and falls. The lightly textured surface provides surefooted grip for stand-up and kicking drills. Each mat measures 1m<sup>2</sup> and finished with a flat edge. Simply remove the edge to expose the pre-cut jigsaw for seamless joins between mats.



## INTERLOCKING RUBBER FLOORING

600mm<sup>2</sup> x 10mm. High-density interlocking rubber flooring.

# ACCESSORIES

ALL THE PARAPHENALIA YOU NEED TO MAKE SURE THE WEIGHT IS WELL-AND-TRULY WITHIN YOUR GRASP.



**GRIP4ORCE**  
Also available in Stiff Flex.



**IRON EDGE LIFTING STRAPS**  
Iron Edge lifting straps eliminate grip failure from the equation.



**DRY HANDS**  
This is a must-have product if you're into weightlifting, kettlebells or if sweating gets in the way of your grip.

◀ BEST SELLER ▶



**WEIGHTLIFTING CHALK**  
Gym chalk reduces moisture on the hands thereby improving the ability to maintain your grip.



**FAT GRIPZ**  
An entry-level thickness for getting you on the road to super grip-strength



HOLD UP TO 2 TONNES EACH!

**SLING BRACKETS & SLINGS PACK**  
Includes: 4 sling brackets and a pair of slings.



**BARBELL JACK**  
The Barbell Jack is a simple device that makes it easy to load and unload multiple plates. It has polyethylene protection fitted into the contact plate to protect your precious knurling.



LIFETIME WARRANTY



# BARBELL COLLARS



FIVE PACK

12 MONTH WARRANTY

## THE LOCK-JAW PRO BARBELL COLLARS

The best collar ever designed! The Lock-Jaw Pro Collar is specially designed for Olympic lifting workouts. 150% stronger clamp makes it the strongest collar design on the market today. Sold in pairs.



FIVE PACK

TWO YEAR WARRANTY

## THE LOCK-JAW ELITE BARBELL COLLARS

The Lock-Jaw Elite Barbell Collar, specially designed for Crossfit competition. Like the Lock-Jaw Pro, The Lock-Jaw Elite Barbell Collar features an easy-to-use design, but has been enhanced by the introduction of a hybrid-steel skeleton. This collar combines the strength of steel with the convenience of resin.



FIVE PACK

## OLYMPIC SPRING BARBELL COLLARS

Designed to fit any standard Olympic barbell (50mm). Sold in pairs.



# RACKS/CAGES/FRAMES

ONE CELL OR 100 CELLS. THESE RACKS WILL CATER FOR ANY SIZE OF TRAINING SPACE. WITH HIGH QUALITY STEEL, LASER-CUT HOLES AND A BULLETPROOF POWDER-COAT FINISH, THESE RACKS COME FULLY DETAILED WITH ACCESSORIES TO FACILITATE DOZENS OF EXERCISES. THEY WILL BECOME THE FOUNDATION PIECE IN YOUR GYM.

# PAIN FRAME



**LIFETIME WARRANTY. LIFETIME OF PAIN.**

A CROSSFIT BOX HAS ONE KEY FEATURE THAT GIVES THE BOX ITS ATMOSPHERE AND SETS THE TONE FOR THE ENTIRE TRAINING ENVIRONMENT: ITS RACK.

Think about it - the rack is the only piece of equipment in a CrossFit box that isn't moved or put away, regardless of the workout. Every other piece of equipment is either small enough to be stored or isn't always required. The rack, on the other hand, is the foundation of a CrossFit box and all the action revolves around this all-important fixture. After all, which WOD doesn't have pull-ups?

Of all the CrossFit boxes you've walked into, which of them have had the best atmosphere? Which ones impress potential clients the second they walk in? It's certainly not the boxes with 'after-thought' homemade chin bars dotted around the walls. A good rack sets the tone. It creates an aura and is speaks more effectively than words when it comes to describing what happens within those four walls.

The Pain Frame gives immediate aesthetic purpose to what would otherwise be

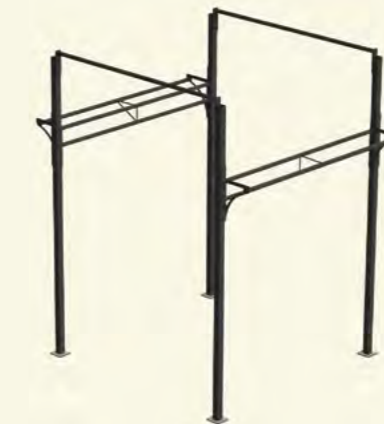
a largely empty room, but most importantly, it delivers on its imposing appearance. Like any good CrossFitter, it is a) functional, and b) built to withstand relentless abuse.

The unique triangular crosses create a 292mm gap between chin bars to ensure there is no chance of feet clashing when people are kipping aggressively in opposition to one another.

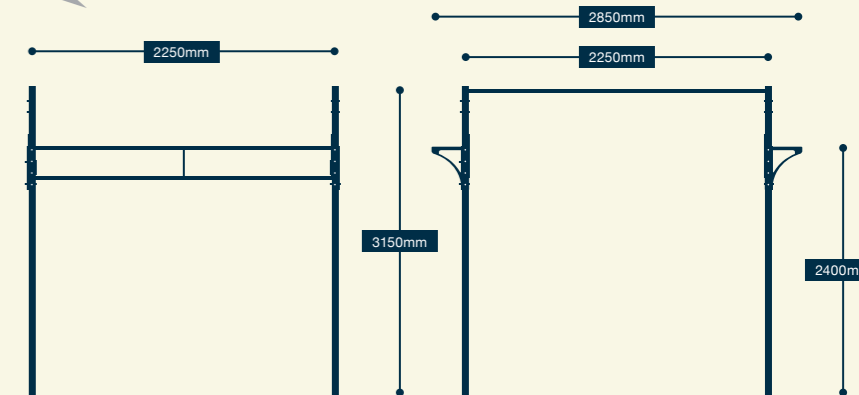
When not being used for pull-ups or ring work, the structure allows enough overhead clearance that the floor space can still be used for activities like sprint work, kettlebell training, stretching and mobility, ropes, plyometrics and so on.

### The pain grows with you.

The Pain Frame can expand as your business does. Simply add another frame onto your existing structure as your client base grows. The more members, the more frames - simple as that.



## DIMENSIONS



# THE MATRIX

## BUILD YOUR GYM... THEN KEEP BUILDING

TRADITIONALLY, A GYM IS DEFINED BY ITS EQUIPMENT: THE KIND OF EQUIPMENT PRESENT NOT ONLY DEFINES THE RANGE OF EXERCISES YOU CAN PERFORM, BUT THE CLIENTELE THE FACILITY IS GOING TO SERVE.

Notions of physical conditioning have changed dramatically over the last twenty years, along with the methods used to achieve results.

Elite athletic training has merged with SAS and military conditioning to throw us new hybrids like CrossFit that produce athletes who, as amateurs, are separated from professionals only by the number of hours they spend at the gym. Iron Edge has been instrumental in this shift from training to shape that peak on the biceps towards products like Torsonators, kettlebells, Power Ropes and Power Bands to challenge and develop speed, balance, power and recovery. For us, it's all about evolution.

The Matrix is designed to maximise floor space while providing an infinite number of workout options. You can squat, bench press, rack pull, rack press, military press, chin-up, kip, dip, ring dip, use bands to load and de-load lifts, attach Torsonators as well as Olympic rings and suspension trainers to allow more exercise options than you can poke an Olympic bar at.

In a single cell, there are no fewer than 512 laser-cut holes in the unique 4-directional vertical posts that allow instant changes of spotting arms, J-hooks and utility pegs to construct work stations in any number of permutations. This results in a rack that has the potential for single athlete use or for large groups to train simultaneously. In addition, Torsonator sleeves can be slotted into any hole. The same thing can be done with utility pegs for weight plate storage, band anchorage, or spotting arms can be attached and used for dips.

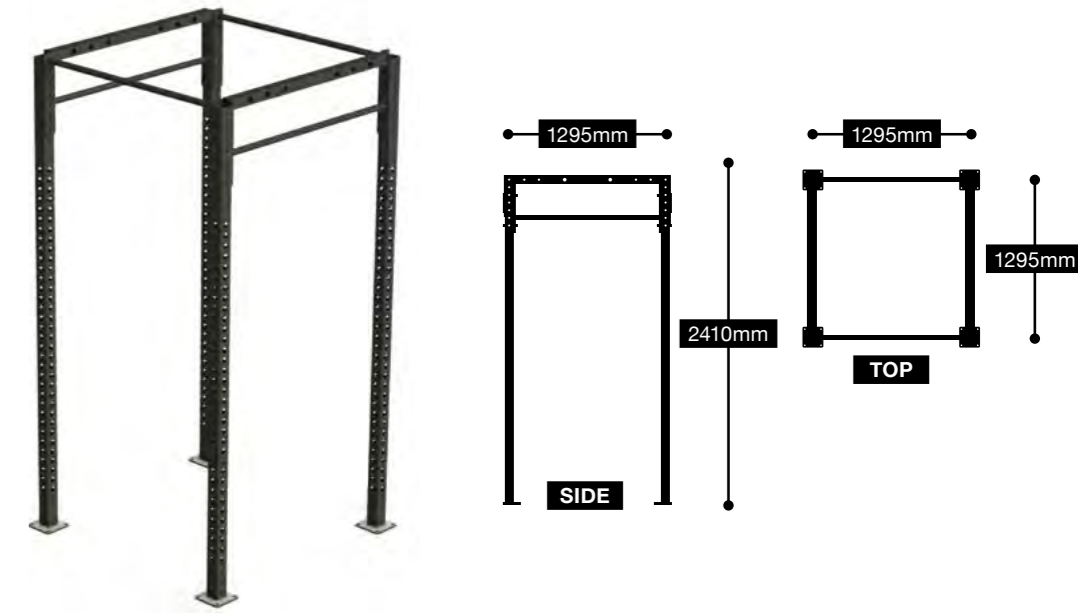
A well-planned gym uses space efficiently – it's not overcrowded and will provide valuable open floor space for agility and sprint training, stretching and mobility, kettlebell training, Power Ropes, plyometrics and so on. The single cell Matrix uses just 1.21 square meters of your floor space, which is equivalent in size to a yoga mat.



## A SINGLE MATRIX CELL MAXIMISES YOUR AVAILABLE FLOOR SPACE WHILE GIVING YOU:

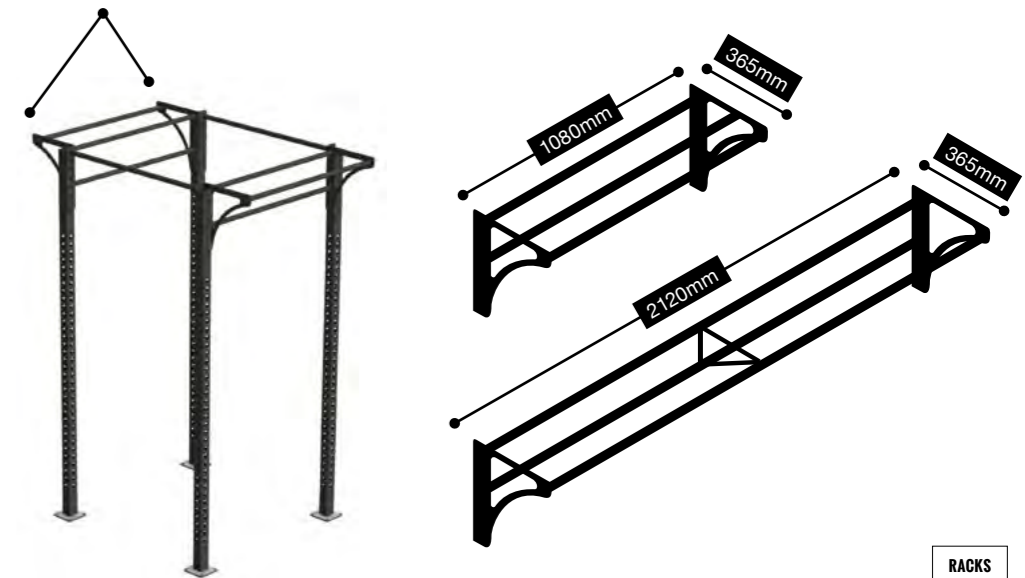
- Two squat racks
- Four chin-up bars/Olympic rings bars simultaneously (adjustable from 1725mm to 2680mm)
- The ability to load and de-load bands for squatting, deadlifting and benching
- Space for up to eight athletes to use Torsonators simultaneously
- Up to eight dip stations
- Space to rack pull and rack press
- Space to hang Olympic rings and suspension trainers like the TRX

The Single Cell Matrix has no limit to its usage; you can add cells and bridges to suit your training needs as they evolve. The beauty of the Matrix is there is no rule as to the form it takes – that's solely up to you and how you want to define your training space.



## TRIANGULAR CROSSES

Triangular crossbeams have been specifically designed for kipping pull-ups. Their triangular design increases the distance between athletes on opposing sides of the cell from 1145mm to 1730mm, eliminating the potential problem of athletes clashing mid-kip.



## NO LIMITS

- |                  |             |                |
|------------------|-------------|----------------|
| SQUATS           | BENCH PRESS | RINGS          |
| DEADLIFTS        | CHIN-UPS    | TORSONATOR     |
| BAND ATTACHMENTS | DIPS        | BAR MUSCLE-UPS |

# THE MATRIX - WALL ATTACHED

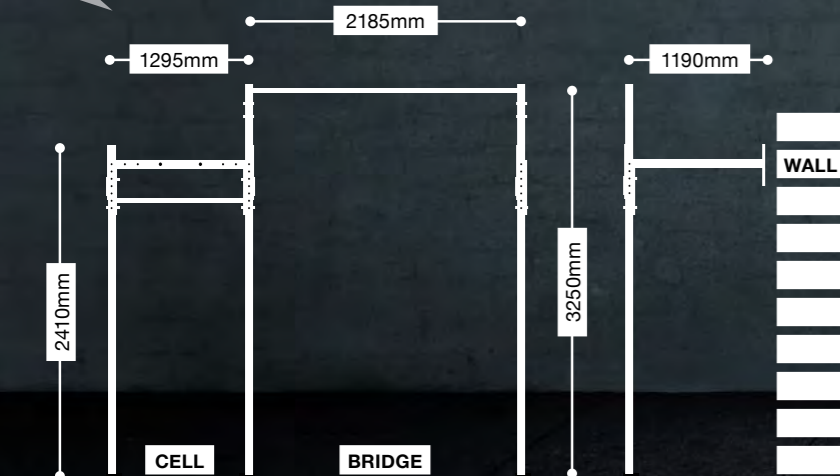
LIFETIME WARRANTY



## THE BEST USE OF DEAD SPACE

EVERY GYM HAS WASTED SPACE. WE'VE DEVELOPED A WAY TO TURN THAT SPACE INTO THE MOST FUNCTIONAL AREA POSSIBLE. THE WALL-ATTACHED MATRIX USES JUST 1.15 METRES OF FLOOR SPACE CLOSEST TO THE WALL AND PROVIDES ALL THE BENEFITS OF OUR REGULAR FREE-STANDING MATRIX.

### DIMENSIONS



## WIDE CELL MATRIX DOUBLE THE CHINNING SPACE

LIFETIME WARRANTY

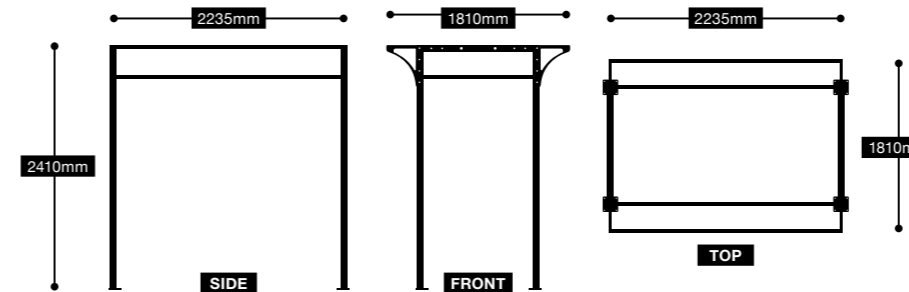


AT ANY ONE TIME YOU CAN HAVE (BUT ARE NOT LIMITED TO):

- 2 x squatting
- 4 x chinning
- 1 x squatting
- 1 x benching
- 4 x Olympic rings
- 6 x chinning

The combinations are endless.

### WIDE CELL DIMENSIONS WITH TRIANGULAR CROSSES



### 2 CELLS + 2 BRIDGES

- 4 squat racks
- Up to 12 people chinning
- 2 bridges adjustable between 1976mm and 3144mm

Footprint: 4625mm x 1295mm



### 3 CELLS + 4 BRIDGES

- 6 squat racks
- Up to 20 people chinning
- 4 bridges adjustable between 1976mm and 3144mm

Footprint: 7955mm x 1295mm



WITH TRIANGULAR CROSSES

### 2 CELLS + 2 BRIDGES

- 4 squat racks
- Up to 12 people chinning
- 2 bridges adjustable between 1753mm and 3250mm

Footprint: 4625mm x 1810mm



WITH TRIANGULAR CROSSES

### TRIPLE WIDE CELL

- 4 squat racks
- Up to 16 people chinning

Footprint: 1605mm x 1810mm

## MATRIX SPECIFICATIONS

- 3mm Australian steel used in all parts with the exception of fixing brackets
- 10mm Australian steel used in all fixing brackets
- Indexed holes every 50mm for incremental settings
- 100% laser cut
- Chin bars of 31.4mm
- Matte-black, textured powdercoat for maximum durability and to facilitate grip on chin bars.

- Custom colours are available upon request.
- Made to precise specifications in Australia
- The Matrix can be prepared for outdoor use by electroplating prior to powder-coating (upon request). This will prevent corrosion and guarantee your rack will remain standing longer than Stonehenge.

# ASSAULT RACK

## A RACK BUILT WITHOUT COMPROMISE

PUT SIMPLY, THIS IS THE BEST RACK MONEY CAN BUY. IT HAS BEEN BUILT AS IT SHOULD BE - TO SPECIFICATIONS, RATHER THAN A BUDGET. BEST OF ALL, THE ENTIRE RACK IS AUSTRALIAN-MADE BY PEOPLE WHO ARE ATHLETES, EXERCISE ENTHUSIASTS AND MAD SCIENTISTS IN EQUAL MEASURE.

The Assault Rack will satisfy all expectations and sustain any amount of abuse over the broadest variety of multi-joint exercises.

The rack is incredibly stable, courtesy of its 120cm x 175cm base. The uprights are spanned by a chin-up bar that can be adjusted from 165cm to as high as 265cm. This means that people six-and-a-half feet tall can finally do chins with their feet off the ground.

The rack is built from 3, 4 and 10mm steel. All joints and gussets are welded cleanly and unobtrusively, along with black high-tensile bolts where necessary. Even the feet have been welded closed rather than finished with cheap plastic caps. Finally, the whole thing has been wrapped in a sleek matte-black powder-coating which not only resists scratching and denting, but provides an excellent gripping surface - especially on the chin bar.

If form defines function, then the Assault Rack's simple, elegant design is the ultimate. All the holes have been laser-cut and indexed to make setup of pegs, spotting arms and J-hooks fast and easy. There are enough holes to allow the Assault Rack to be fully compatible with a broad range of Iron Edge specialty exercise gear - from Power Bands to the Torsonator.

If you need to make comparisons, we'd be the first to encourage you to do so. Looking at other racks over the internet, however, just won't cut it. Our competitors' racks are made from cheaper, thinner steel and are designed to be flat-packed for export from China. Even screwing in spotting arms tightly will crush them out of shape like a Coke can. We are so certain of the durability of this rack we back it up with a lifetime guarantee.

## FEATURES

- Completely free-standing. Quick and easy to install with no complicated joints or fittings.
- Wide range of accessories:
  - J-hooks with plastic protection
  - Torsonator sleeves
  - Spotting arms with plastic protection
  - Utility pegs (plate storage, band compatibility or dip station when combined with spotting arms)
- Bulletproof; Perform 400kg squats and aggressive kipping chins without fear
- Lifetime warranty

## SPECIFICATIONS

- Footprint: 1230mm wide x 1680mm deep
- Set various chin bar heights from 1725mm to 2680mm
- 31.4mm diameter chinning bar
- Plate storage: 4 slots for utility pegs
- Textured matte-black powder-coat
- High-tensile allen key bolts
- Indexed holes every 50mm for incremental settings

See previous page for rack accessories



## ASSAULT RACK PACKS



**ASSAULT RACK**  
Free-standing unit  
1 x pair J-cups



**ASSAULT RACK DELUXE**  
Free-standing unit  
1 x pair J-cups  
1 x pair spotting arms  
4 x utility pegs



**ASSAULT RACK PACK DELUXE**  
Free-standing unit  
1 x pair J-cups  
1 x pair spotting arms  
4 x utility pegs  
1 x Iron Edge 20kg Economy barbell  
1 x pair spring collars  
1 x Iron Edge Bumper Plate Set



**ASSAULT RACK PREMIUM PACK**  
Free-standing unit  
1 x pair J-cups  
1 x pair spotting arms  
4 x utility pegs  
1 x Iron Edge 20kg Olympic barbell  
1 x pair Lock Jaw Pro Collars  
1 x Iron Edge Premium Bumper Plate Set

# IRON CAGE

## THE GEOMETRY OF PERFORMANCE

THE IRON CAGE IS THE ULTIMATE INCARNATION OF THE HUMBLE SQUAT CAGE, MUTATED FAR BEYOND IT TO ENCOMPASS ALL THE POSSIBILITIES AND PERMUTATIONS REQUIRED BY THE MOST DEMANDING LIFTER.

Modern sport requires the highest level of performance: the demands of which are programmed into athletes in the weight room. Professional training programs require precision equipment, not to mention the capacity to augment the load with things like bands and chains. Suspension training equipment like Olympic rings and the TRX has also become increasingly common in high-performance circles.

The Iron Cage is Iron Edge's answer to all this; a matrix of possibilities which allows infinite arrangements to be executed within its structure. It also functions as a self-contained weight-training unit, providing you with all kinds of storage options.

The Cage itself is essentially six uprights, four of which form the perimeter. The other two uprights are adjustable and can be positioned in numerous locations along the cage:

- In the centre to create two half squat racks with central plate storage, or
- Towards one end to create an enclosed cage with plate, band and chain storage to the rear when fitted with utility pegs.

This is also the tallest cage on the market, standing at 2410mm, allowing athletes six-foot-five and under to perform a full overhead press while

inside the cage. Add bridge extensions for a vertical fixing point of a maximum 3.3 meters, so you can attach a set of Olympic rings (for muscle-ups) or a TRX.

The Cage is fitted with six large baseplates to provide maximum stability and are laser-cut so they can be bolted down. Laser-cut holes are also present every 100mm on the lower and upper crossbeams to allow a wide variation of attachments of bands to both load and deload, along with neutral grip chin-ups at your desired width. In addition, another chin-up bar can be bolted across the top of the cage at 2410mm, without interfering with the utility peg holes.

The Iron Cage is fully compatible with all Matrix components; spotting arms, J-cups, Torsonators, utility pegs and sling brackets for spotting lifts, while a full Olympic lifting platform can be integrated – two if you've set up for the two squat cage configuration. As with the Matrix, successive cages can be joined by 2100mm bridges, so that all demands can be met.



## IRON CAGE - DOUBLE HALF RACK

### SPECIFICATIONS

- 10mm Australian steel used in all fixing brackets
- 3mm Australian steel used in all parts with the exception of fixing brackets
- Indexed holes every 50mm for incremental settings
- 1,160 precision laser-cut holes
- Chin bars of 31.4mm diameter
- Matte-black, textured powder-coat for maximum durability and grip on chin bars. Custom colours are available upon request
- Footprint of 1870mm x 1380mm (3670mm x 2400mm with platform)
- For maximum stability, the Iron Cage needs to be bolted into concrete
- 160kg of Australian steel
- Designed and engineered to precise specifications in Australia by our in-house engineer.



### DOUBLE HALF RACK WITH PLATFORMS

- 4 x barbell racking positions
- 4 chinning positions
- 2 ring positions
- 16 x utility peg positions for plate storage
- 4 x lifting platforms

Footprint: 5730 x 5730mm



# STALL BARS

Stall Bars look like a ladder but serve a completely different purpose. Originally used for rehabilitative and gymnastic activities, they suffered a decline in use during the mid-twentieth century but have seen a resurgence in recent times - not least of all because of their appearance on the CrossFit roster.

Stall Bars are an interesting piece of apparatus – we all remember them from the high-school gym – that stand to make a significant contribution to a holistic health and fitness regimen. Gymnasts use them for stretching and holding the body in various positions. Anyone can use stall bars for adding degrees of difficulty to sit-ups and a host of other exercises.

You can also anchor a TRX or set of rings to the top and then stand on the rungs to significantly increase levels of difficulty with rowing and push-up movements. The possibilities are limited only by your imagination (something we can't fix) and your level of fitness (something we take a significant interest in).



LIFETIME WARRANTY



IRON EDGE  
PG 84

# MONKEY BARS

Monkey bars have been a staple feature of playgrounds since time immemorial and most kids will remember them as an apparatus of great fun. Adults are often drawn back to them by those memories and, as they set out hand-over-hand, soon discover two shocking things;

1. Their feet hang much closer to the ground, and
2. They can't do anywhere near the array of tricks they used to.

Money bars provide a host of bodyweight benefits almost too numerous to list. They target hands, arms, shoulders, chest and back, build spatial awareness in a gymnastic sense and, because of their structure, allow for the widest array of developmental qualities through movement, which is something the humble chin-up bar simply can't do. Because of this brace of outstanding benefits, monkey bars have taken their place as a trusted CrossFit tool.

Iron Edge has done their research and bring to you the best, most effective incarnation of the monkey bar set-up. The bars are 31.4mm in diameter and powder coated. This provides uniformity with a Matrix, in addition to ensuring durability and providing grip for your monkeys. They can be run through both wide and single-cell Matrix at 220mm intervals and, at the recommended spacing of 440mm, you can fit four bars in a wide cell (six bars on a wide cell, if you include the end bars). As with anything made for the Matrix, the bars are fully adjustable, so you can use as few (or as many) as you like. Both RHS single pipe and RHS triangle bars will attach the bars.

Iron Edge monkey bars. Go ape!

LIFETIME WARRANTY



# WALL-MOUNTED CHIN-UP BAR

Chin-ups are arguably the best upper body pulling exercise around. There is no other pulling exercise that can replace its functional value; and no, the lat pull-down is a not a suitable replacement.

Not only do chins build the back and biceps; the abdominals, chest and grip are trained as well.

A chin-up bar in a gym is a highly useful fixture, given that it can also be used as an anchor for rings, bands or a suspension training device.

The Iron Edge Chin-Up Bar is made in Australia and bears the intelligent, durable hallmarks of all our products. The bar itself is bolted flush to the support brackets so there is no play or movement - just a solid fixture that will support up to 400kg! The Chin-Up Bar can also be mounted on the ceiling for a vertical drop. There are two sets of holes on the supports, so you can choose the height at which the chin bar hangs.

LIFETIME WARRANTY



Our Chin-Up Bar is the only prefabricated bar on the market that can be seamlessly extended as far as you need along a wall to cater for multiple users. It reaches 90cm out from the wall to provide plenty of room for kipping for the largest athlete and is coated with a textured matte-black powder-coat which looks tough, resists abuse and ensures a good grip.

## SPECIFICATIONS

- 31.4mm diameter chin bar
- 90cm from wall
- 106cm wide
- 500mm verticle wall-attach bracket
- Textured matte-black powder-coat



## ALSO AVAILABLE

ANTI-RUST ELECTROPLATED FINISH FOR OUTDOOR USE



RACKS  
PG 85

# LIMITLESS POSSIBILITIES

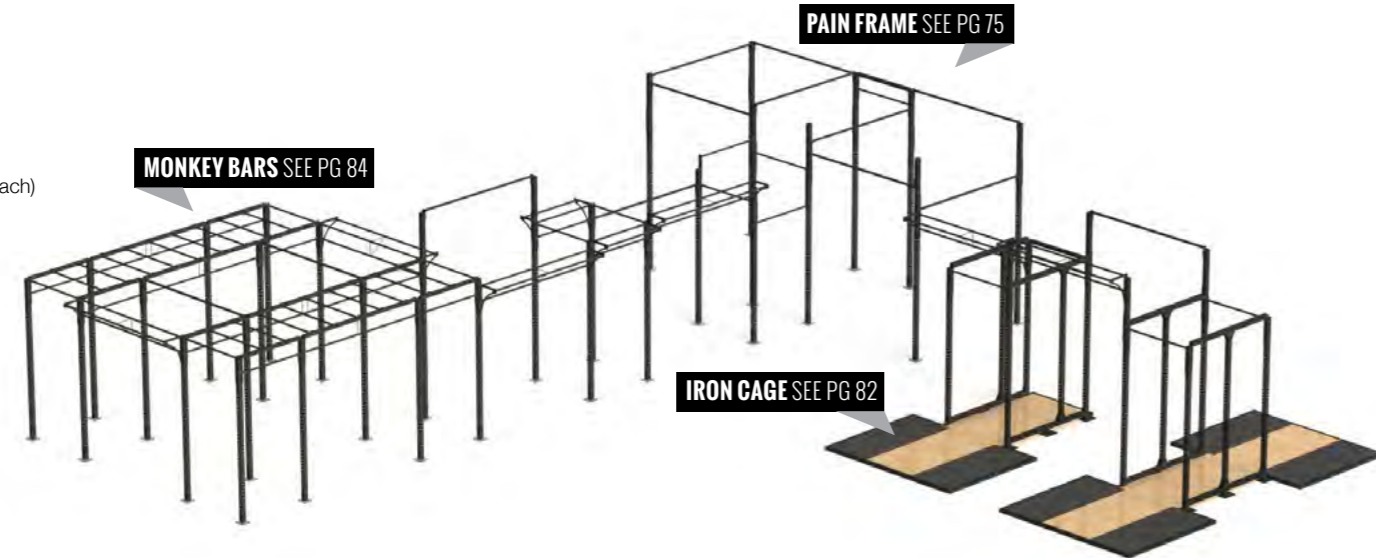
THE CAPACITY OF OUR RACKS FOR INFINITE EXPANSION IS AN ATTRIBUTE OTHER CAGES SIMPLY DON'T POSSESS. YOU CAN START WITH A SINGLE CELL AND ADD ADDITIONAL CELLS TO CREATE YOUR CUSTOM STRUCTURE. IN ESSENCE, YOU CAN BEGIN WITH ONE CELL AND TACK ON ENOUGH CELLS TO TRAIN AN ENTIRE ARMY... SIMULTANEOUSLY.

## SUPER-RIG EXAMPLE

- 15 barbell racking positions
- 2 x 4625mm monkey bar lengths (11 bars each)
- 41 chinning spaces
- 23 ring spaces
- 3 lifting platforms
- 38+ Torsonator spaces

There are no custom pieces - everything is stock, available anytime

Footprint: 14m x 13.7m



## CUSTOM COLOURS

Our racks are powder-coated to ensure durability and resist corrosion. On request, they can be powder-coated in any colour to match your brand identity.



## RACK ACCESSORIES

### UTILITY PEGS

Solid steel and zinc-dipped, utility pegs have many uses:

1. Dips: Insert two utility pegs into a spotting arm at the desired width and you have a solid dip station.
2. Weight plate storage: Insert utility pegs in the Matrix, Iron Cage and Assault Rack for simple and accessible weight plate storage.
3. Anchor points for loading and de-loading bands.



### SPOTTING ARMS

Spotting arms take some of the risk out of lifting heavy weights. If you miss a lift, you can rely on the spotting arms to safely catch your bar. We've tested them to 450kg so, no matter how serious the weight, the spotting arms can handle it. Fitted with polyethylene protection for your barbell.



### J-HOOKS

Made from steel, the J-hooks can easily be repositioned in the same fashion as the spotting arms. Again, they are fitted with polyethylene protection for your barbell.



### SAFETY PIN

Lock spotting arms securely in place. Safety pins are included with purchase of spotting arms.



### TORSONATOR SLEEVE

Position the Torsonator Sleeve(s) in any one of the holes on the uprights of either the Assault Rack, Iron Cage or the Matrix. Set different heights to vary the movement patterns.



### SLING BRACKETS & SLINGS

Holds up to two tonnes each.





# KETTLEBELLS

KETTLEBELLS STARTED LIFE IN RURAL RUSSIA. ORIGINALLY USED AS GRAIN WEIGHTS, THEY SOON BECAME THE TRAINING TOOL OF CHOICE FOR THE SOVIET ARMY AND THE NATION'S DOMINANT OLYMPIC WEIGHTLIFTERS. WITH THEIR DISPLACED CENTRE OF MASS AND INFINITE ARRAY OF EXERCISES, NOTHING COMPARES TO KETTLEBELLS FOR A BRUTAL STRENGTH AND CARDIO WORKOUT.

# PRO OR CLASSIC GRADE?

CHOOSING A PROFESSIONAL OR CLASSIC GRADE KETTLEBELL ALL DEPENDS ON THE KIND OF LIFTING YOU'RE DOING.



## PRO GRADE

Pro Grade kettlebells are the most ergonomic and comfortable to use. Their standardised size means that once you have mastered technique with one bell, that technique will directly transfer to any other bell – all you have to do is accommodate the weight difference.

Pro Grade kettlebells are perfectly balanced and designed to move optimally through the air in ballistic lifts (such as swings, snatches, cleans and jerks).

The handle of the Pro Grade kettlebell is raw steel, making it perfect for chalking to achieve the right amount of grip. The handle is of optimal diameter to minimize grip fatigue.

The Pro Grade kettlebell is ideal if you want the rest of your body to get a good workout before your grip gives out.

**The Pro Grade kettlebell is going to be best for you if:**

- You want to train regularly with kettlebells
- You want to be able to move up in weight more quickly
- You want to train ballistic lifts such as swings, snatches and jerks
- You want to be able to prepare the handle properly so you can lift heavier or lift for longer
- You want a full body (rather than a grip-focused) workout.

**PROGRADE™**

## CLASSIC GRADE

Classic kettlebells increase in bell size and handle thickness as the weight increases. Classic kettlebells have a thicker handle than the Pro Grade kettlebells from 16kg upwards. This means they will smash your grip, which is great if you want forearms of steel. Some martial artists pick the Classic bells specifically for this reason.

The Classic kettlebell has a thin powder-coat, which gives a seamless, smooth finish that will help to prevent calluses.

**Classic kettlebells are going to be best for you if:**

- You want an intense grip workout.
- You aren't doing much ballistic lifting but more grinding exercises like presses, rows and squats.

**Classic™** **LIFETIME WARRANTY**



## PRO GRADE KETTLEBELLS

Australia's premium kettlebell. No one can produce a better bell.

LIFETIME WARRANTY



## CLASSIC KETTLEBELLS

Our Classic range of kettlebells is the most extensive in Australia. Durable, with a smooth finish and the correct design dimensions, these bells are hard to beat.

LIFETIME WARRANTY



## NEOPRENE KETTLEBELLS

Neoprene bells have all the appeal and quality of regular classic bells, but have been wrapped in durable, hard-wearing neoprene.

LIFETIME WARRANTY ON KETTLEBELL  
12 MONTH WARRANTY ON NEOPRENE CASING



IRON EDGE  
PG 90



## WHAT'S THE IDEAL KETTLEBELL STARTING WEIGHT?

- Challenging movements with a kettlebell will usually be overhead exercises such as the military press, Turkish get-up and windmill. Therefore, you want to pick a weight that will enable you to learn and perform these exercises safely and effectively
- If you use one kettlebell instead of two, you can still get plenty of benefit from exercises in which the weight is easier to move, such as swings and squats, simply by performing more reps or increasing the amount of time you're lifting
- A kettlebell is very different to lift than a dumbbell, and you will need to start with a weight that is lighter than the weight you can lift with a dumbbell.

## MEN:

- Men who have done no resistance training are generally best starting with a 12kg kettlebell.
- Men who have done some resistance training or have a reasonable baseline level of strength are usually able to start with a 16kg kettlebell.
- The most common mistake men make is overestimating their starting weight – kettlebell lifting requires skill, mobility and flexibility, so even men who are quite strong will need to take a build skills with a 16kg kettlebell before moving up in weight.

## WOMEN:

- Women who have done no resistance training are generally best starting with a 6kg or 8kg kettlebell
- Women who have done some resistance training or have a reasonable baseline level of strength are usually able to start with an 8kg or 10kg kettlebell
- The most common mistake women make is underestimating their strength and thinking that 6kg or 8kg is far too heavy for them. It's not. In 99% of cases the 6kg or 8kg is the ideal starting weight.

## KETTLEBELL FAST START GUIDE

### ARE YOU NEW TO KETTLEBELL TRAINING?

The team at Iron Edge have put together a **FREE Fast Start Guide**. This is an ideal starting point for those interested in kettlebells but are not sure what the fuss is about. To get yourself a copy visit: [ironedge.com.au/kettlebell-guide](http://ironedge.com.au/kettlebell-guide)



### IS IT YOU?

IS IT YOU?	KETTLEBELL TO START WITH (KG)	IDEALLY, BUY THIS SET (KG)
A woman with no resistance training background	6	6, 8, 10
A woman with a little training history	8	8, 12, 16
A strong woman	12	12, 16, 20
An average man	16	16, 24, 32
A stronger-than-average man	20	20, 24, 32
A very strong man	24	24, 32, 40 +

KETTLEBELLS  
PG 91

# KETTLEBELLS

for

# CONDITIONING

BY EMILY FRIEDEL  
MASTER OF SPORT, WKC WORLD CHAMPION 2010, 2011

THERE HAVE BEEN NUMEROUS ARTICLES WRITTEN ABOUT HOW TO USE KETTLEBELLS TO IMPROVE CONDITIONING. THERE IS NO DOUBT THAT THEY ARE AN EFFECTIVE TOOL WHEN ADDED TO A STRENGTH AND CONDITIONING PROGRAM.

One of the most simple but effective movements performed with a kettlebell is the swing. The kettlebell swing, when performed correctly, will target the large muscle groups of the posterior chain (hamstrings, glutes and spinal erectors), as well as the upper back, traps and abdominals, which act as a stabiliser.

### Training economy

The kettlebell swing is a dynamic movement that starts in the deadlift position and then requires raising the kettlebell to chest height with the arms extended through extension of the hips to generate force and momentum. There is an element of coordination as well as mobility required around the hip, ankle and shoulder joints, also. If we look at training economy in terms of where we get maximal gains for our investment, we receive great returns with the kettlebell swing.

To take things a step further, we have used the kettlebell swing as part of our conditioning sessions. During this particular session, we performed the kettlebell ladder. The ladders are definitely character-building! We start with a 16kg kettlebell and perform 10 reps of the swing. As soon as this is completed with minimal rest we move to the 20kg kettlebell and perform 10 reps. A true ladder is continued all the way with the complete set of kettlebells all the way to the 64kg. We have just added 80kg to our collection, which I think will make these sessions even more interesting.

Once you get to the 64kg kettlebell, you turn around and repeat the process, coming back down again to the 16kg kettlebell where you started.

### A ladder would be performed as follows:

- 16kg x 10 reps
- 20kg x 10 reps
- 24kg x 10 reps
- 28kg x 10 reps
- 32kg x 10 reps
- 36kg x 10 reps
- 40 kg x 10 reps
- 48 kg x 10 reps
- 56kg x 10 reps
- 64kg x 10 reps
- 56kg x 10 reps
- 48 kg x 10 reps
- 40 kg x 10 reps
- 36kg x 10 reps
- 32kg x 10 reps
- 28kg x 10 reps
- 24kg x 10 reps
- 20kg x 10 reps
- 16kg x 10 reps

This ladder equates to a total of 190 reps. If you look at the set from a volume perspective (the number of reps x weight moved) there is a total of 6640kg moved.

### Physiological adaptations

This type of training effect is great for sports that require repeated efforts. We have used this with athletes that play in the AFL, NRL, Brazilian jiu-jitsu and athletes who compete at an elite level in track cycling. What we are seeing from the ladders is an accumulative fatigue that elevates the heart rate and develops the ability to buffer lactate. There are many physiological adaptations that occur as a result of the training effect given by kettlebell ladders. These adaptations are very important in sports where such repeated efforts are in high demand.

As well as being physically challenging, the ladders are very challenging mentally. Good athletes will find a way to get through the set, which contributes to building confidence and resilience.

### Repeated effort / accumulative fatigue

We have recorded the time under tension for a ladder, which – ranging from a 16kg kettlebell to a 64kg and back to a 16kg again – can take up to seven minutes. We have recorded heart rates of up to 180 beats per minute after completing a set.

Other benefits of kettlebell ladders are the improvements in grip strength that can often be overlooked in a strength and conditioning program. Holding the kettlebells during the swing for an extended period of time can help with both forearm and finger strength. Grip strength is a component that should be trained in contact sports that involve tackling and impact; again, AFL and NRL.

The ladders can be scaled to suit athletes of different strength levels, also. We have started the ladders as low as a 12kg kettlebell and worked up to a weight that is comfortable without form breakdown. We often use the ladders as a finisher on our conditioning days; performing up to 3 sets, which is very taxing.

So, if you are looking for something a little different and challenging, the kettlebell ladder may be an option for inclusion into your program. Start with a light weight and progress until you can master the massive 80kg 'Bomb'.

# KETTLEBELL PACKS

Our kettlebell packs are our best-sellers. Quality instruction is vital when learning kettlebells for the first time. Check out our most popular packs.

LIFETIME WARRANTY



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**MALE STARTER PACK**  
1 x 16kg Classic  
1 x 24kg Classic  
1 x 'The Ultimate Kettlebell Workout Guide' DVD  
1 x 'Get The Unfair Advantage With Kettlebells' Male DVD



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**FEMALE STARTER PACK DELUXE**  
1 x 6kg Classic  
1 x 8kg Classic  
1 x 10kg Classic  
1 x 'Get The Unfair Advantage With Kettlebells' Female DVD  
Iron Edge Sweatbands



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**MALE PRO GRADE STARTER PACK**  
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1 x 24kg Pro Grade  
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1 x 'Get The Unfair Advantage With Kettlebells' Male DVD



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1 x 'Get The Unfair Advantage With Kettlebells' Female DVD  
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1 x 32kg Adjustable Kettlebell  
1 x 'The Ultimate Kettlebell Workout Guide' DVD  
1 x 'Get The Unfair Advantage with Kettlebells' – Male DVD

1 x '42 Best Kettlebell Exercises' eBook  
2 x blocks of chalk



**FEMALE STARTER PACK**  
1 x 8kg Classic  
1 x 12kg Classic  
1 x 'Get The Unfair Advantage With Kettlebells' Female DVD  
1 x 'The Ultimate Kettlebell Workout Guide' DVD  
Iron Edge Sweatbands



**FEMALE STARTER SET - BASIC**  
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1 x 'Get The Unfair Advantage With Kettlebells' Female DVD  
1 x 'The Ultimate Kettlebell Workout Guide' DVD  
Iron Edge Sweatbands



**FEMALE PRO GRADE STARTER SET - BASIC**  
1 x 8kg Pro Grade  
1 x 'Get The Unfair Advantage With Kettlebells' Female DVD  
Iron Edge Sweatbands



**MALE STARTER SET - BASIC**  
1 x 16kg Classic  
1 x 'Get The Unfair Advantage With Kettlebells' Male DVD



**MALE PRO GRADE STARTER SET - BASIC**  
1 x 16kg Pro Grade  
1 x 'Get The Unfair Advantage With Kettlebells' Male DVD



**2 X SET OF 3**  
2 x 16kg Classic  
2 x 24kg Classic  
2 x 32kg Classic



**PRO GRADE SET OF 3**  
1 x 16kg Pro Grade  
1 x 24kg Pro Grade  
1 x 32kg Pro Grade



**2 X PRO GRADE SET OF 3**  
2 x 16kg Pro Grade  
2 x 24kg Pro Grade  
2 x 32kg Pro Grade



**SET OF 3**  
1 x 16kg Classic  
1 x 24kg Classic  
1 x 32kg Classic

# CUSTOM KETTLEBELLS

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Deck out your bells with company colours and your business name. Enhance your brand further and make kettlebell workouts a better user experience.

There are minimum order quantities and longer lead times do apply, but if you want personalised/custom branded kettlebells, then contact us for more info.



KETTLEBELLS  
PG 93

# THE KETTLEBELL SWING *is the solution* TO LOWER BACK PROBLEMS

BY MR. ANDREW D. LOCK BPHYSIO (LAT), MPHYSIO (MELB), CFCE (USA), CRED M.D.T., MAPA

I've spent the last two decades involved in assessing and treating lower-back problems. As a physio, I was in a unique position of having been an international sporting representative who turned to weight training. I had an old-school, solid grounding in deadlifting, squatting and all forms of pressing before I even went to university. At university, both as an undergraduate and postgraduate, I was well aware that no lecturer or faculty staff in the Medical and Allied Health Departments had a clue about applied resistance training. Now, do you think it is a coincidence that these unenlightened authorities graduated a bunch of professionals who consider pilates to be a form of exercise? They could not teach what they did not know, so they taught the research of some old ladies who wear elastic-waisted track pants and who considered pulling your belly button in to be some sort of achievement.

It is unfortunate that I had to retire from physiotherapy at a young age, but my thumbs needed the rest. So here it is: an insight into some of the knowledge that made me the go-to-guy for athletes and celebrities the world over. You will now be able to back up, with science, why the kettlebell is the best tool for low back rehabilitation.

Now to the kettlebell swing itself. Firstly, you need to know how to swing – perfectly. If you do not, then either buy a book, instructional DVD or engage a kettlebell instructor for tuition. This is not negotiable; do not source your information from YouTube. There is one major rule in the swing; you must know how to maintain a neutral spinal posture throughout the entire movement. “Neutral spine” refers to the natural lordosis that the spine assumes when an individual is standing. It is the ability of your paravertebral musculature to hold this posture while controlling and changing the momentum of the “cannonball with a handle” that is imperative to multifidus growth. Research has demonstrated that people who have experienced low back pain also have atrophy of the multifidus muscle. Multifidus muscle must hypertrophy for rehabilitation to be successful. This is one of the reasons that pilates methods are inefficient for low back rehabilitation – There is not enough overload to stimulate lumbar hypertrophy.

**Back to the kettlebell. Now for the big news:** Researchers have found that the static holding component between concentric and eccentric phasing of a muscle is crucial to induce muscle hypertrophy. **READ THAT SENTENCE AGAIN!**

So now consider the kettlebell swing; concentric phase lumbar contraction on the upswing component, then eccentric phase and massive static loading on the downswing-to-upswing changeover. There is NO better exercise for lumbar musculature hypertrophy! No other exercise produces as significant a static loading upon the lumbar spine musculature! What about bracing? Exactly! A kettlebell gives you no choice but to automatically brace the abdo-lumbar corset in a fashion unsurpassed. Notice I didn't use the word “CORE”. That is because every stupid exercise you see performed in the gym, usually involving balls, cables and dramatic poses struck with serious faces by unsuspecting clients of moronically grinning, yet undereducated, “Personal Trainers” is supposedly for their “core”. I don't want to ever be considered in the same breath as these idiots. I train the abdo-lumbar corset, they train “the core”.

“RESEARCHERS HAVE FOUND THAT THE STATIC HOLDING COMPONENT BETWEEN CONCENTRIC AND ECCENTRIC PHASING OF A MUSCLE IS CRUCIAL TO INDUCE MUSCLE HYPERTROPHY.”

Returning now to science; lower-back injury is proven to be correlated to poor lumbo-pelvic-hip movement patterns. The kettlebell teaches the neuromuscular pattern for the “hip hinge” better than anything else. An excellent personal trainer recently asked me whether “the squat” taught this movement correctly. I love squatting, but the answer is: it does not. Undoubtedly, putting a weight on someone's shoulders and instructing them to squat is a daunting task. Most neophytes will automatically break at the knees, weight-bear onto the balls of their feet, pronate their feet, collapse inwards

with the knees and round out their lumbar spines. Everything goes wrong. Sure, a perfect powerlifting squat teaches excellent hip-first movement and lumbar spine control, but it takes much longer to learn. At least a month of daily practice, and much more work for a professional trainer to teach. You can teach a good swing in two sessions.

So, a quick summary: you need to increase your lumbar musculature, improve your abdo-lumbar corset strength and the posterior chain hip mobility neuro-musculature patterning, and there is no tool on earth, or beyond, that does the job as well as a kettlebell! That's it, a short introduction to the best lower-back rehabilitation tool that exists; but like any tool, it requires practice and expert guidance. A top-notch kettlebell instructor is worth paying for; to polish your technique, and maybe you will even decide to join the elite yourself and sign up for a kettlebell instructor course.

Finally, I was known for the fact that the first thing you saw when you entered my office was the 64kg kettlebell. Over the years I've actually had 2 patients who could swing it! So what do you consider a “heavy swing”? Well, adjust your sights, my dears, because the record set for a two-handed swing is 115.5kg set by Herman Gorner in 1931. He also held the world record for a one-arm swing with 96kg holding two kettlebells in one hand! The one-arm record was broken by Charles Rigoulot in 1932 with 99.5kg. What do you swing? So, when I say swing – I mean heavy. Like anything you start light, improve your skill, then up the weight. Now, consider, do you have an excuse for not having an 80kg kettlebell in your gym today? It wasn't too heavy nearly 100 years ago and it still isn't now!

*Mr. Andrew D. Lock was a Specialist Physiotherapist who holds a Masters Degree from The University of Melbourne, was licensed and worked in both the USA and Australia, and studied and wrote extensively upon low back pain. He still despises pilates, usually weights 125kg, eats raw meat, and, until he retired recently, owned and operated private physiotherapy practices focused on athletes. He rarely answers his phone, does not text, and hates computers.*

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Access a complete range of kettlebell exercises, broken down across 150 videos. All instruction comes by way of Australia's leading practitioners who demonstrate each exercise and its variations in detail, exploring them in terms of common mistakes and corrections.

We are confident that, short of attending one of our courses, there is no better way to acquaint yourself with one of the best strength and conditioning tools out there.

[ironedge.com.au/kettlebell-training-resource](http://ironedge.com.au/kettlebell-training-resource)



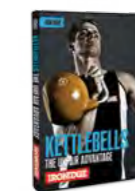
## KETTLEBELL EDUCATION

### VIDEOS



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**THE ULTIMATE KETTLEBELL WORKOUT GUIDE DVD**  
With no less than 45 workouts, this is easily the most comprehensive workout along DVD on the market.



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**GET THE UNFAIR ADVANTAGE WITH KETTLEBELLS - MALE DVD**  
The ultimate introduction to kettlebell training. Includes BONUS workout download.



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**GET THE UNFAIR ADVANTAGE WITH KETTLEBELLS - FEMALE DVD**  
The ultimate introduction to kettlebell training. Includes BONUS workout download.

### EBOOK

42 BEST KETTLEBELL EXERCISES EBOOK



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### POSTERS

LEVEL 1 & LEVEL 2 KETTLEBELL POSTERS



Level 1 Kettlebells



Level 2 Kettlebells

## KETTLEBELL ACCESSORIES



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**KETTLEBELL RACK**  
Holds up to 10 x Pro Grade bells or 40 x Classic bells (if less than 12kg).



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**WEIGHTLIFTING CHALK**  
Gym chalk reduces moisture on the hands thereby improving the ability to maintain your grip.

**DRY HANDS**  
This is a must have product for all weightlifters and kettlebell users.



**CHALK BOWL**  
Sick and tired of spilling chalk all over the floor? The Chalk Bowl is your answer.

KETTLEBELLS  
PG 95

IRON EDGE  
PG 94

# FUNDAMENTAL POSTIONS of KETTLEBELL LIFTING



## RACK & OVERHEAD LOCKOUT

BY EMILY FRIEDEL

MASTER OF SPORT, WKC WORLD CHAMPION 2010, 2011

ANYONE WHO WANTS TO TRAIN SERIOUSLY WITH KETTLEBELLS MUST MASTER RACK AND OVERHEAD LOCKOUT POSITION. THE KETTLEBELL IS A VERY DIFFERENT BEAST FROM A BARBELL OR DUMBBELL AND MUST BE RACKED AND LOCKED OUT OVERHEAD IN SPECIFIC WAYS THAT ARE BOTH CONDUCTIVE TO SAFETY AND EFFECTIVE LIFTING.

## RACK POSITION

RACK POSITION IS REQUIRED FOR A RANGE OF KETTLEBELL-SPECIFIC LIFTS INCLUDING KETTLEBELL CLEANS, OVERHEAD PRESSES, PUSH PRESSES AND JERKS. IT'S ALSO HANDY FOR A RANGE OF OTHER LIFTS THAT CAN BE LOADED UP WITH A KETTLEBELL, SUCH AS SQUATS AND LUNGES.

### The essentials of a good rack position:

- 1. Handle position:** The handle should sit diagonally across the palm with one corner between the webbing of thumb and forefinger and the other side of the handle locked in on the forearm. The pressure of the handle should sit on the heel of the hand. This handle position is very important for a couple of reasons:
  - Having the handle sit across the hand so that the pressure is on the heel of the hand enables you to have a neutral or relaxed wrist without stressing the wrist flexors. If the handle sits too high on the hand it will constantly be trying to pull the wrist into hyperextension, which is very unsafe
  - If the handle is locked in on the forearm on one side and the other corner is secured in the webbing between thumb and forefinger, there is no "free end" of the handle that can move about when doing ballistic lifts such as jerks – the more stable the handle is on your hand, the easier it is to fixate (stop) and control the kettlebell.
- 2. The "V":** The body of the kettlebell should sit in a "V" made by the forearm and biceps, with the pressure evenly distributed (having most of the pressure on the back of the wrist is dangerous). The elbow should be positioned laterally to the hand (i.e. the hand should be closer to the middle of the body than the elbow. The reverse is unstable and puts too much pressure on the shoulder).
- 3. Point of contact:** The elbow should be in contact with the body (ideally the iliac crest). If this isn't possible, create as much upper arm contact with the body as possible. This point of contact with the body provides both stability and effective power transfer from the legs for ballistic lifts.
- 4. Lower body support:** The legs should be locked (or at anatomical lockout for those who are hypermobile). The weight of the kettlebell should be largely supported by the lower body and should sit directly over the hip and heel.

## OVERHEAD LOCKOUT POSITION

OVERHEAD LOCKOUT OF THE KETTLEBELL IS NECESSARY FOR MANY KETTLEBELL LIFTS: FROM SIMPLE OVERHEAD PRESSES OR LUNGES TO MORE COMPLEX LIFTS SUCH AS JERKS AND SNATCHES.

### The essentials of a good overhead lockout position:

- 1. Handle position:** Exactly the same as for rack position described above. A good handle position will help you keep the kettlebell stable overhead.
- 2. Lockout:** The arm should be completely locked (or at anatomical lockout for those who are hypermobile). A locked arm is stable and strong (which is safest) and will allow you to rest with the kettlebell overhead.
- 3. Vertical arm:** The arm should be vertical. Any deviation from this places too much pressure on the shoulder joint. In profile, the biceps should be roughly in line with the ear or slightly forward of it to achieve a vertical arm position (never behind the ear; this will result in too much hyperextension of the lumbar spine).
- 4. Packed shoulder:** The upper back muscles should "pack the shoulder down", pulling the shoulder into its socket to stabilise it.
- 5. Lower body support:** The legs should be locked (or at anatomical lockout) and the weight of the kettlebell should sit over hip and heel. To get the hips under the bell will require a very slight anterior (forward) tilt of the pelvis.
- 6. External rotation of the shoulder:** The shoulder should be externally rotated overhead so that the little finger is turned in towards the body roughly 20-30 degrees. The shoulder is strong and stable in this position.

# REHABPREHAB

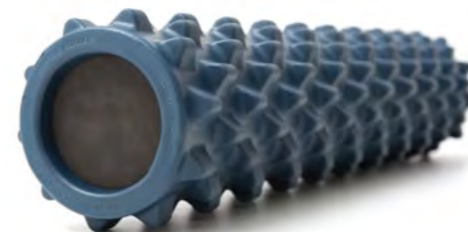
A WELL-STRUCTURED STRENGTH AND CONDITIONING PROGRAM INCLUDES REST AND RECOVERY. PRODUCTS LIKE THE FOAM ROLLER, THE STICK AND MASSAGE BALLS ARE TOOLS TO DIRECTLY ADDRESS ACHES AND PAINS WITH GREATER CONVENIENCE AND LOWER COST THAN PHYSICAL THERAPY. AS WE ALL KNOW, PREVENTION IS BETTER THAN CURE. OUR RANGE OF REHAB AND PREHAB EQUIPMENT WILL KEEP YOU ON THE PLAYING FIELD FOR LONGER.



# RUMBLE ROLLER

## FOAM ROLLERS ON STEROIDS

RUMBLE ROLLERS ARE AN INCREDIBLY EFFECTIVE AND CHEAP WAY TO RELEASE MYOFASCIAL TIGHTNESS, DEACTIVATE TRIGGER POINTS AND DELIVER ALL KINDS OF MUSCULO-SKELETAL BENEFITS.



FULL RUMBLE ROLLER  
ORIGINAL DENSITY



COMPACT RUMBLE ROLLER  
ORIGINAL DENSITY



FULL RUMBLE ROLLER  
EXTRA FIRM



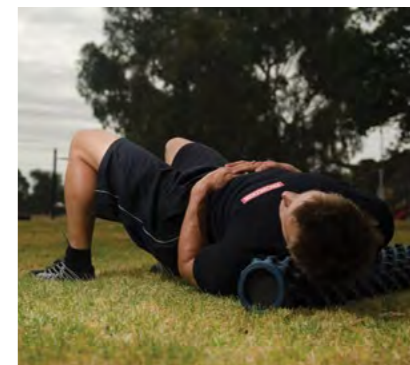
COMPACT RUMBLE ROLLER  
EXTRA FIRM

### WHICH RUMBLE ROLLER IS BEST FOR YOU?

The Rumble Roller is made in two different sizes, and each size is available in two different densities.

If you plan to use your Rumble Roller in a single location – e.g. at home - you'll need the full-size model, because its extra length makes it more suitable for performing many exercises. It's long enough to roll the widest part of your back in one pass; you can roll both legs (quads, hamstrings, and/or calves) at the same time. With the compact Rumble Roller, you'll need to roll each leg separately, and will spend a little more time repositioning yourself between exercises.

The major advantage the compact Rumble Roller has over the full-size model is its portability. At just 12" in length, it fits easily in your gym bag, backpack, or carry-on luggage. The compact Rumble Roller's smaller diameter (5" vs. 6" for the full-size model) allows it to conform better to the curvature of some body parts, such as your neck. The compact Rumble Roller also costs less than the full-size model, which may be important if your budget is limited.



# THE FOAM and RUMBLE ROLLERS

BY DR. AARON ANDERSON

OSTEOPATH, EXERCISE SCIENTIST & HUMAN  
MOVEMENT SPECIALIST AT MOVEMENT SQUARED  
[www.movementsquared.com](http://www.movementsquared.com)

The Foam and Rumble Rollers – versatile and portable musculoskeletal prehabilitation and rehabilitation tools. The human body has evolved over many years and is designed to move – towards food and feeding, caring for our young, moving to safety and procreating!

Our body is the hardware. Movements such as squats, lunges, climbing, twisting, walking and bending is the software.

In today's society, most people have become specialized in one type of work and their vocation requires little physical activity. Additionally, recreation time is increasingly sedentary; using a smart phone, using the internet, sitting in a café.

So whilst we have bodies that require movement to work – most people barely move at all. Use it or lose it. If we don't demand it from our bodies, we won't develop that physical attribute i.e. strength, flexibility, or healthy joint ranges -of-motion. And if we don't have this physicality, it affects our current and future health. This often becomes evident when someone is unwell and they don't have the physical fitness to recover quickly or fully.

Life on earth means we are constantly working against gravity to stand erect and if we are "out-of-alignment", our bodies have to work with more effort constantly. This is physically draining. Ideal standing and sitting posture with well-balanced muscles and joints that are not under constant strain means the body is better able to self-regulate other functions. Many of us are continually working against muscle tightness and compensating for weakness to stand upright.

Our static postures also affect the way we move. If we start our physical movements from a poor posture the movement is never executed perfectly, and flawed from the start - the incorrect muscles fire, joints are put under undue strain and this creates injuries of overuse and compensation from other body parts.

Being an Osteopath and a Sport Scientist, I am most interested in human structure and function. One of the core tenets of Osteopathy is that structure affects function. Our body structures are designed for certain physiological purposes and when they are compromised, so is their function. For example a muscle, such as the biceps, that is shortened and too tight will not be as strong as it could be and will have myofascial trigger points and so on.

Many of my patients suffer from the effects of "Western life". That is, too much sitting; whether it is in the car, at a desk or on a couch. This lifestyle causes tightening of the hip flexors, weakening of the gluteal muscles and kyphotic bending of the spine. Poor structure invariably leads to poor function and poor health. The chest cavity (hence the lungs) is squashed. Oxygenation of the body is then reduced. The neck is required to bend backwards further to compensate for the curved middle back. The small muscles at the back of the skull that are designed for delicate head movement become overworked.

Over time, these changes will become more permanent and common physical complaints that manifest are aches and pains, difficulty in taking a deep breath, weak legs, a back that gives out, lumbar disc injuries and pain between the shoulder blades. This is musculoskeletal illness. It is my clinical experience that feeling poorly affects you psychologically also and you have a greater chance of being sad, depressed, and anxious. Your thoughts are not as clear and coherent, concentrating is more difficult and there is an overall fatigue.

#### How can you use the foam roller to combat sedentary life?

In my practice, I prescribe foam roller exercises to my patients to get back down on the ground and start stretching out their tightened muscles and joints. Only a small amount of work on the foam roller everyday can reverse the negative effects of poor posture and have you looking and feeling better straight away.

The genius of the foam roller is so little input or effort is required to obtain significant benefit. Just lying lengthwise on the foam roller realigns the spine into the neutral position, reduces kyphotic strain and improves posture.

#### Foam rollers for athletes?

Foam rollers are excellent for advanced athletes. They expand your exercise repertoire and classic exercises such as push-ups and squats can be given novel twists to create sensory

motor challenges. Foam Rollers are unstable – but not too unstable – so your technique isn't compromised. Your exercise form is challenged but not overpowered.

#### What is the Rumble Roller?

Rumble rollers take the foam roller concept to the next level.

The Rumble Roller's surface is studded with nodes – roughly the same size as a massage therapist's thumbs. The nodes are firm, but not so firm they will hurt bony tissue as you roll along it.

When massaging with the Rumble Roller you use it much the same way as you would the Foam Roller, but the nodes allow you to "dig in" and provide trigger-point therapy to tight muscles, tendons, fascia and ligaments.

The nodes also flex and bend side-to-side and front-to-back, allowing you to customize your soft-tissue treatment to the desired pressure and assertion you want.

#### Long or short? Hard or Medium?

The full length Rumble Rollers allow you to perform all exercises – and with two limbs at the same time.

The shorter Rumble Roller is designed for portability and can be transported to athletic events, on vacation and so on.

The blue Rumble Roller is the first step up from the original Foam Roller. The black Rumble Roller is extra firm and designed for those with dense muscle tissue and fascia needing very assertive pressure.

#### How do I know if I am doing the exercises correctly?

I made the 'Body Ease' DVD to demonstrate the foam roller exercises I prescribe most commonly to my patients and athletes. I recommend everyone becomes proficient in these exercises to improve their health and well-being.

# FOAM ROLLER

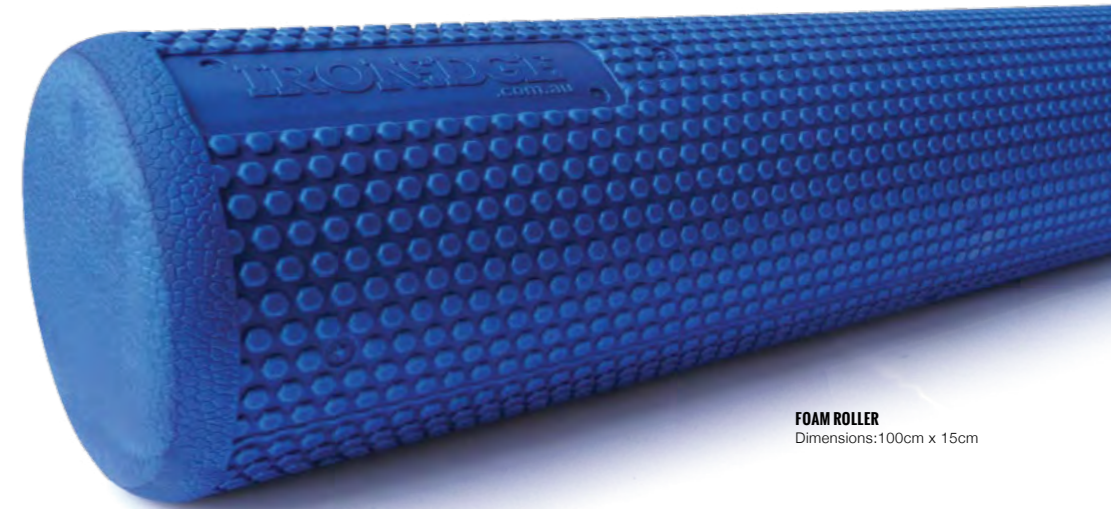
## A CHEAP, EASY AND HASSLE-FREE SELF-MASSAGE SOLUTION

THERE'S NOTHING QUITE AS SATISFYING AS A MASSAGE. CONVERSELY, THERE'S NOTHING AS DEPRESSING AS HAVING TO PAY FOR IT AFTERWARDS. WHY NOT PREVENT THE NEED FOR A MASSAGE BY IRONING OUT SORE AREAS WITH AN IRON EDGE FOAM ROLLER?

A significant part of the Foam Roller's appeal has to do with the breaking up of fascia (a sheathlike material which encloses the muscles) as well as releasing trigger points (places where tension gathers into 'knots').

The Foam Roller is an easy-to-use and convenient form of self-massage. You simply employ your own body-weight to apply pressure to sore spots in your back, legs, buttocks and arms. It's a great way for runners to address tightness in their ITB (ilio-tibial band) – a notoriously difficult and uncomfortable part of the leg to massage without paying a professional to do it.

The Foam Roller has long been a feature of the toolkit of elite athletes, physios, chiros and osteopaths. Maybe it's time to make it a part of yours. Made from dense, durable EVA foam, the Iron Edge Foam Roller is designed to maintain its shape throughout years of use.



FOAM ROLLER  
Dimensions: 100cm x 15cm



X5 FOAM ROLLER PACK



X5 HALF FOAM ROLLER PACK

HALF FOAM ROLLER  
Dimensions:  
44.5cm x 15cm

## FOAM ROLLER PACKS



BODY EASE - FOAM ROLLER DVD

◀ BEST SELLER ▶



REHAB PACK



HALF FOAM ROLLER & DVD PACK



FOAM ROLLER & DVD PACK

◀ BEST SELLER ▶

# TUNE YOUR *body*

VIA ARCHETYPAL POSTURES AND THE ERECTORCISES BY PHILLIP BEACH DO, DAC - phillipbeach.com

I have had a long-term interest in trying to understand how hundreds of muscles and joints cooperate to create the movement patterns we employ in life. Even the simplest of human movements, such as lifting a baby up from the floor, involves hundreds of muscles acting in tightly-timed cascades. It is the interaction of all these named muscles, bones, joints, fascia, and the neurological software that organizes it, that we use for all movement.

The standard understanding of functional anatomy is derived from the respectful dissection of cadavers that have been gifted to science. Each revealed muscle is traced to an origin and then tracked down to an insertion point. That act of revealing necessarily means the removal of many other tissues that are important. We then imagine the dissected muscle as it contracts, operating in isolation. From this extremely reductionist approach we then extrapolate that contraction movement to expensive machines that try to isolate the 'pecs', the 'lats', or the 'quads' etc.

Over many years of clinical observation as an osteopath, acupuncturist and athlete I have become convinced that there are functional norms that are deeply embedded in our physiques. These norms involve patterns of movement that can be traced back to our history as an ape that stood up, and also our own childhood development. We are a bipedal (two-legged) species, related to Homo erectus. Before we had fire or language or tools, we defined our species by standing up. As children we mastered the roll from lying on one's back to one's front. We have all used that rolling/twisting movement with limbs that were rapidly strengthening to sit in various ways, and then to erect into our unique upright posture. I call the floor sitting postures the 'Archetypal postures' and the erection from floor sitting to standing the 'Erectorcises'.

Until recently, all humans in all parts of the world, regardless of age group, would sit on the floor to rest and recover. If the terrain were wet and muddy (as it frequently is), one would often squat to avoid the mess. In a hot, dry environment the cross-legged postures would be preferred. I believe that both the full squat and

cross-legged sitting postures are key shapes that re-tune your physique after exercise. As one posture on the floor becomes uncomfortable, there is a natural shift to another. Relationships established over millions of years between the biggest muscle groups and joints are returned.

In contrast, the modern world places no value on the floor. Our beds are lifted up, as are our toilets, car seats and work stations, sofas etc. Few people rest on the floor. To add insult to injury, after sitting all day at work, we go to the gym for exercise to sit again on many machines to stress specific muscles. How crazy is that!

The flip-side of passive floor sitting is the active erection from the floor. These movement patterns are absolutely central to our biomechanical heritage. There are many ways of standing up, so I can prescribe simple patterns to the mobile elderly or ramp them up so that the elite athlete knows they have had a workout.

The Ironedge Power Bags are a terrific piece of kit for these exercises. From sitting on the floor, pick up the Power Bag as though it was a child and stand up as gracefully as you can. Keep your knees over your feet and learn to use the back leg for much of the drive by extending the toes. Likewise, descend to the floor as gracefully as you can with the Power Bag. I tell my clients to land like a helicopter, i.e. lightly.

In summary: after exercise, do yourself a favor and cool down whilst sitting on the floor in a variety of postures. Stone-age men and women did not stand near a tree to stretch their quads; rather, they sat on the terrain. Use pillows and cushions to make yourself comfortable as these are resting postures. Stand up from the floor with good form and for a greater challenge, add a Power Bag. This simple advice will help you tune your physique so that you stay agile and strong over the long term.

Phillip Beach is an osteopath based in Wellington, New Zealand. This article is based on his book 'Muscles and Meridians – the manipulation of shape' (Elsevier 2010).



## THE STICK

The Stick is used to iron out sore muscles. The unique independent spindles spin freely and roll out knots, trigger points and areas of tightness. An affected muscle can be free of pain and stiffness in as little as 30 seconds.

You'll experience instant pain relief, increased range of motion, improved flexibility, better recovery times and ultimately, enhanced performance.

The Stick is used by athletes, health professionals and individuals for fast relief from muscular pain.



**BEST SELLER**

**THE STICK**

- 24" in length
- 15 working spindles
- Medium flexibility

**THE SPRINTER STICK**

- 19" in length
- 9 working spindles
- Stiff/low flexibility

## MASSAGE BALLS

Cure those sore and niggling pain points with direct trigger point therapy. A few minutes is all you need to a healthier and pain-free body. This self-massage tool also limits the need to see a masseuse, so you'll save both money and time.



MASSAGE BALL

MASSAGE BALLS - 6 PACK

## TRIGGER WHEEL

Just as The Stick provides relief to larger muscle groups, the Trigger Wheel is an easy-to-use, handheld device that directs soothing pressure to an exact spot, whether it be behind the shoulder blade, somewhere in the forearm or even in the neck.



The Trigger Wheel consists of a nylon wheel, five centimeters in diameter, fixed to a thirteen centimeter-long handle. You can work the small nylon treating surface into stiff fascia and stubborn knots anywhere they turn up.

## REHAB & PREHAB DVD'S



**ASSESS AND CORRECT DVD**  
Mike Robertson, Eric Cressey and Bill Hartmann



**MAGNIFICENT MOBILITY**  
Mike Robertson and Eric Cressey



**INSIDE-OUT WARM-UP DVD**  
Mike Robertson, Eric Cressey and Bill Hartmann

## POSTURE CURVE

The Posture Curve doesn't look like much, but this contraption is as penetrative as the strongest masseur's fingers.

Sit the Posture Curve on the floor or lie down over the top of it. A slight movement will allow you to feel its potential for mobilising the spine one vertebrae at a time, courtesy of its two focused contact points. It works well on other areas like the rhomboids and is a must for Piriformis Syndrome.



# INOV-8 SHOES

INOV-8 HAVE APPROACHED TRAINING FOOTWEAR FROM A TRULY PRACTICAL STANDPOINT. NO MATTER WHAT THE ACTIVITY OR THE WORKOUT, THEY HAVE A SHOE TO BEST EQUIP YOU FOR MAXIMUM PERFORMANCE.



1



2



3

BEST SELLER



4



6



5



7



8



9



10



13



11



12

- |                                      |                                      |  |
|--------------------------------------|--------------------------------------|--|
| 1. INOV-8 F-LITE 195<br>Black/White  | 6. INOV-8 F-LITE 195<br>Grey/White   | 11. INOV-8 F-LITE 240<br>Grey/Camo     |
| 2. INOV-8 F-LITE 215<br>Grape/Blue   | 7. INOV-8 F-LITE 230<br>Purple/White | 12. INOV-8 BARE-XF 260<br>Black/Kettle |
| 3. INOV-8 F-LITE 195<br>Yellow/Green | 8. INOV-8 F-LITE 240<br>Black/Lime   | 12. INOV-8 BARE-XF 210<br>Black/Lime   |
| 4. INOV-8 F-LITE 215<br>Red/White    | 9. INOV-8 BARE-XF 210<br>Silver/Blue |  |
| 5. INOV-8 F-LITE 195<br>Azure/Lime   | 10. INOV-8 BARE-XF 260<br>Black/Grey |  |



# IRON EDGE APPAREL



## COMPLETE TRAINING PACK

### PACK INCLUDES:

Iron Edge Hoodie  
Iron Edge Cap  
Iron Edge Tee  
Iron Edge Shorts



1. IRON EDGE SERIOUS TRAINING LOGO 2013 TEE - STEEL
2. IRON EDGE MEN'S SERIOUS TRAINING BASIC 2013 TEE - STEEL
3. IRON EDGE MEN'S SERIOUS ABOUT TRAINING TEE - COLOUR
4. IRON EDGE TC SERIOUS TRAINING 2013 TEE - STEEL
5. IRON EDGE MEN'S SHORTS - BLACK
6. IRON EDGE MEN'S/WOMEN'S HOODIES
7. IRON EDGE WOMEN'S SERIOUS TRAINING LOGO 2013 SINGLET - COLOUR
8. IRON EDGE MEN'S SERIOUS TRAINING LOGO 2013 SINGLET - STEEL



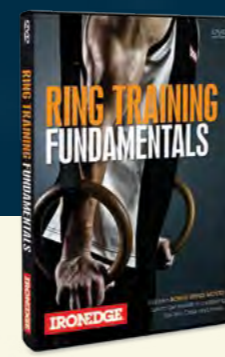
# INSTRUCTIONAL DVDS & BOOKS

KNOWLEDGE, AS THEY SAY, IS POWER. HERE AT IRON EDGE, WE NOT ONLY PROVIDE YOU WITH ACCESS TO FIRST-CLASS TUITION, BUT ALSO STOCK A RANGE OF TEXTBOOKS AND DVDS TO SHOW YOU HOW.

## IRON EDGE DVDS



**TORSONATOR - THE COMPLETE GUIDE DVD**  
With over 25 drills covered in detail, this DVD breaks down all the best and most effective Torsonator exercises.



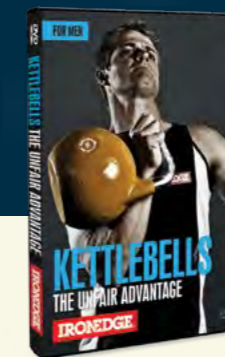
**RING TRAINING FUNDAMENTALS DVD**  
Master the rings with this comprehensive introductory video. Includes BONUS super moves.



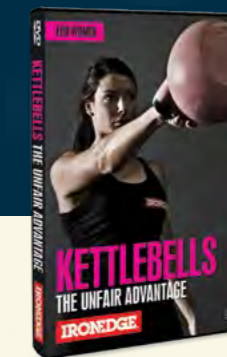
**POWER BANDS STRENGTH BEYOND STRENGTH DVD**  
Covers over 40 exercises including strength, agility, stretching and tractioning drills



**THE ULTIMATE KETTLEBELL WORKOUT GUIDE DVD**  
With no less than 46 workouts, this work-along DVD has numerous beginner, intermediate and advanced workouts covered. Easily the most comprehensive work-along DVD on the market.



**GET THE UNFAIR ADVANTAGE DVD**  
Develop the strength, power and endurance of an elite athlete with this ancient Russian tool. The ultimate introduction to kettlebell training. Includes BONUS workout download.



**GET THE UNFAIR ADVANTAGE DVD**  
Develop the strength, power and endurance of an elite athlete with this ancient Russian tool. The ultimate introduction to kettlebell training. Includes BONUS workout download.



## DVDS

- KETTLEBELLS**
- Get the Unfair Advantage with Kettlebells – Male
  - Get the Unfair Advantage with Kettlebells – Female
  - The Ultimate Kettlebell Workout Guide DVD by Iron Edge

- STEVE COTTER**
- Encyclopedia of KB Lifting Steve Cotter #1 (5 Discs)
  - Encyclopedia of KB Lifting Steve Cotter #2 (6 Discs)
  - Mastering the Pistol

- REHAB & PREHAB**
- Joint Mobility**
- Magnificent Mobility
  - Inside-Out Warm-up

- EDUCATIONAL**
- Assess and Correct - Eric Cressey, Bill Hartman and Mike Robertson

- FOAM ROLLER**
- Body Ease With The Foam Roller - Dr. Aaron Anderson

- TORSONATOR**
- Torsonator: The Complete Guide by Iron Edge

- POWER CLUBS**
- The Encyclopedia of Clubbell Training (5 Discs) – Scott Sonnon
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- POWER BANDS**
- Power Bands: 'Strength Beyond Strength' by Iron Edge

- DAVE SCHMITZ**
- Power Bands: 'Accelerating To The Ball'
  - Resistance Bands Unleashed (2 Discs)
  - Total Flexibility with Resistance Bands

- POWER RINGS**
- Ring Training Fundamentals by Iron Edge

# BOOKS

- Cotter's Complete Guide to Kettlebell Lifting
- Captains of Crush Grippers Book (Second edition)
- Grip Master's Manual
- The Complete Sandbag Training Course

## IRON EDGE eBooks

Iron edge eBooks are the fast-track to expertise. They will get you going with easy-to-follow, reliable instruction as soon as you can get your hands on a Kettlebell, Aqua Bag or Power Rope.

**AQUABAGS EBOOK**  
Covers over 40 exercises including strength, agility, stretching and tractioning drills.



**42 OF THE BEST KETTLEBELL EXERCISES**  
Skyrocket your kettlebell training and development with the 42 best kettlebell exercises of all time.

**POWER ROPES EBOOK**  
The Power Ropes eBook takes you through 21 of the best exercises with detailed instructions and images.



# WHY CHOOSE IRON EDGE



## 'NO BS' POLICY ON ALL OUR PRODUCTS

We take our products and service seriously. It's for this reason we offer a hassle-free 'No BS' policy with all our products.

If for any reason you're not happy with our service or product just let us know and we'll do our best to fix the problem. No BS.



## TIME-TESTED PRODUCTS IN AUSTRALIA'S BEST GYMS

- Resellers for leading industry suppliers
  - Nike - Inov-8
  - Uesaka - Fat Gripz
  - IronMind - Grip4orce
  - Do-Win
- Lifetime warranties on selected products
- Continued research and development
- Great value packs
- Over 4000 customer reviews



## WHOLESALE ACCOUNTS FOR THE FITNESS INDUSTRY, ADF, PERSONAL TRAINERS AND MORE.

Enjoy the benefits that come with being a wholesale client of Iron Edge – Receive up to 40% off RRP.

Iron Edge extend wholesale rates to gyms, personal trainers, sporting organisations, retailers, osteopaths, chiropractors and physiotherapists, the ADF and CrossFit affiliates. To apply for wholesale rates, visit our wholesale page at [ironedge.com.au/wholesale](http://ironedge.com.au/wholesale)



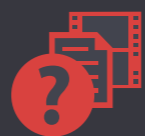
## DAILY DISPATCH ON ALL ITEMS SATCHELS (UNDER 5KG)

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- Overnight delivery to Melbourne, Sydney & Adelaide
- Delivery within 2-4 days to Brisbane
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- Delivery within 4-6 days to Hobart

\* May take longer to rural & residential areas.



## HUGE RESOURCE OF TRAINING AND PRODUCT INFORMATION

- Training and instructional books and DVDs for all major products
- Free reports to help you make an informed decision.
- Relevant and up-to-date articles and information
- Training workshops with industry leaders
- Certified courses with Fitness Australia & Physical Activity Australia
- Follow-up information – user guidelines, training tips and recommended complimentary products.
- Free full-colour catalogue



## GREAT SERVICE AT IRON EDGE

- Mon-Fri 9am-5pm and Sat 10am-4pm phone service
- Knowledgeable sales staff
- Daily email support
- Secure world class e-commerce website
- Fully equipped showroom – Glen Iris, Melbourne

# IRON EDGE WORKSHOPS

IRON EDGE CURRENTLY HAS SEVERAL WORKSHOPS THAT ARE ACCREDITED WITH BOTH FITNESS AUSTRALIA AND PHYSICAL ACTIVITY AUSTRALIA:

- Kettlebell Level 1
- Kettlebell Level 2
- Kettlebell Group Instructor
- Functional Equipment Essentials
- Power Bands Essentials
- Olympic Lifting

To create these workshops, Iron Edge have sourced information from industry leaders.

With input from physiotherapists, exercise scientists and all-round great instructors, our workshops provide safe, smart and scalable tuition.

Not only will Iron Edge workshops equip personal trainers with the information they need to prescribe exercise, they will earn valuable CECs and PDPs as well.

Iron Edge has long been the industry leader in terms of supplying hard-core training equipment. The first company to manufacture and supply kettlebells, we have continued to source and bring to you some of the best, most revolutionary equipment from all over the world. The two questions we hear most often around the showroom are,

### 1. What is it? Which is closely followed by 2. How do you use it?

You've heard the expression 'necessity is the mother of invention'. Given our commitment to the highest industry standards, we want to be sure that the effectiveness of the tool is maximised in the safest possible way. For this reason, Iron Edge has assembled a host of workshops, suitable for both personal trainers and the general public alike.

WE NOW OFFER SEVERAL WORKSHOPS, ALL OF WHICH ARE ACCREDITED WITH BOTH FITNESS AUSTRALIA AND PHYSICAL ACTIVITY AUSTRALIA:

### Kettlebell Level 1

Level 1 introduces you to the kettlebell, along with the fundamental lifts and essentials of technique

### Kettlebell Level 2

Level 2 builds on this platform of knowledge, introducing more lifts as well as showing you how to effectively combine them for the most effective programming

### Kettlebell Group Instructor

The group instructor course aims to develop your understanding of the kettlebell in a group setting. It distinguishes which exercises are best-suited to a group format, given the kettlebell's technically demanding nature. The course concludes with two, thirty-minute workouts to illustrate what you've learned

### Functional Equipment Essentials

'Functional training' isn't just another industry buzz-word around here; it's at the heart of everything we do. Power Ropes, Dead Balls, Aqua Bags and Power Bags are just some of the implements that will be used to teach you the techniques and principles for practical, effective training.

### Power Bands Essentials

Power Bands are multi-faceted tools. They have a reputation as a rehab implement, but are every bit as useful as assistance and resistance trainers. There is a multitude of ways to use bands to maximise the gains you get from all kinds of activity

### Olympic Lifting

Olympic lifting is one of the most beneficial forms of weight training out there. It's also one of the most complex. Iron Edge's Olympic Lifting course has organised the information to get you going as quickly – and safely – as possible. Taught by former Australian Olympic representative Simon Heffernan, the course will give you an appreciation of why these lifts are considered the backbone of any strength and conditioning programme.

All of our workshops have been put together with input from physiotherapists and exercise scientists and are presented by the highest-quality instructors to provide you with safe, smart and scalable tuition. Not only will personal trainers be equipped with the information they need to prescribe exercise, they will earn valuable CECs and PDPs as well.

Iron Edge workshops. Because it's not about how big or heavy it is; it's all about how you use it.

“ NOT ONLY WILL IRON EDGE WORKSHOPS EQUIP PERSONAL TRAINERS WITH THE INFORMATION THEY NEED TO PRESCRIBE EXERCISE, YOU WILL EARN VALUABLE CEC'S AND PDP'S AS WELL. ”



# WHOLESALE CUSTOMERS

ENJOY THE BENEFITS THAT COME WITH BEING A WHOLESALE CLIENT OF IRON EDGE – RECEIVE UP TO 40% OFF RRP.

Iron Edge extends wholesale rates to a host of people in the fitness game; gyms, personal trainers, sporting organisations, retailers, osteopaths, chiropractors, physiotherapists, the CFA, the MBF, Ambulance Australia, Victoria Police, the ADF and CrossFit affiliates. If that sounds like you, apply now.

We'll review your application and, provided you've given us an ABN number (a defence email address is all that's required for ADF members), you'll be good to go. Once you're approved, you'll receive a wholesale login account via email and can start browsing our wholesale site.

SUBMIT YOUR APPLICATION HERE:  
[IRONEDGE.COM.AU/WHOLESALE](http://IRONEDGE.COM.AU/WHOLESALE)

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# SPARTAN RACE

YOU'LL KNOW AT THE FINISH LINE

IRON EDGE - OFFICIAL SPONSORS OF THE SPARTAN RACE AUSTRALIA

## 'SHOW UP UNPREPARED AT YOUR OWN PERIL'

MAKE NO MISTAKE YOU WILL NOT COMPLETE THE MIGHTY 7KM, 14KM & 21KM SPARTAN RACES WITHOUT SOLID PREPARATION. AND THAT MEANS SIMULATING RACE CONDITIONS AS BEST YOU CAN.

You could be climbing ropes, traversing, crawling under barbed wire, dragging concrete blocks, carrying huge sand bags or throwing spears. With Spartan Race, you're never certain of the obstacles until race day.

So it's crucial to be ready. By training the obstacles and understanding the techniques, you'll save yourself time. And effort. And you'll leave those that thought some jogging and pushups would be enough trailing in your wake.

Iron Edge supplies the obstacle equipment and official training WODs for Spartan Race Australia. We also supply the Australian Defence Forces (including the legendary SAS), Police Special Operations Squads and elite sports teams. When it comes to high performance strength training, we know what we're talking about.

These Spartan Training Packs have been designed to simulate the race requirements. They'll hurt you. They'll break you. Then, they'll build your endurance and they'll make you strong. And when we are talking Spartan Race, that's just perfect.

- SPARTAN GRIP PACK - FOR RACE STRENGTH**
- Power Rope - 15m, 1.5"
  - Fat Gripz
  - Dead Ball (45Kg)
  - Super Gripper
  - Spartan Race T-Shirt



- SPARTAN POWER PACK - FOR RACE POWER**
- Power Vest (20Kg)
  - Pull-Up Rope - 2m, 1.5"
  - Elevation Training Mask
  - Power Bag with handles - Large
  - Spartan Race T-Shirt



- SPARTAN POWER PACK - FOR RACE POWER**
- Inov8 F-Lite 195 Race Shoes - Azure/Lime
  - Power Bag with handles - Original
  - Agility Band
  - Climbing Rope - 4m
  - Sling
  - Carabiner
  - Spartan Race T-Shirt



- SPARTAN WARRIOR PACK - FOR RACE DOMINANCE**
- Inov8 F-Lite 195 Race Shoes
  - Power Vest - 10kg
  - Pull-Up Rope - 2m
  - Dead Ball (45Kg)
  - Power Bag with handles - original
  - Agility Band - standard
  - Climbing Rope - 4m
  - Carabiner
  - Sling
  - Spartan Race T-Shirt



ALL PACKS COME WITH A SPARTAN/IRON EDGE T-SHIRT

# IRON EDGE FINANCE

## IRON EDGE FINANCE VIA FLEXICOMMERICAL

### There are several key reasons Iron Edge has sought out FlexiCommercial to assist our clients with finance:

- They have the same No BS attitude Iron Edge does. They're upfront with all fees and conditions, there's no red tape and absolute minimal paperwork.
- Finance is offered by 'Lease plan' as opposed to 'loans'. Leasing is a fully deductible operating expense for tax purposes for a business. At the end of the lease you can either opt to keep the equipment or turn it over for brand new equipment and continue your lease plan.
- Set monthly payments with no hidden costs make budgeting easy. Leases range from 2 to 6 years. You can do your sums upfront on the Flexi Calculator without the usual haggling process associated with other finance companies.
- No down payments required. By avoiding a lump sum payment at the beginning of your finance commencing, you preserve your liquidity and give your business the best chance possible to hit the ground running before incurring expenses.
- No assets required to be fixed on the loan as a guarantee.

### What's the process?

- Obtain a quote from Iron Edge for your required training gear.
- Contact FlexiCommercial on 1300 328 569 and let them know you have a quote from Iron Edge that you would like to obtain finance for. Alternatively, Iron Edge can send the quote along with your contact details direct to FlexiCommercial for them to contact you.
- The application is done over the phone in approximately 10 minutes.
- Once approved, the paperwork is faxed or emailed to you to sign.
- Once signed, FlexiCommercial will contact Iron Edge to confirm the order and the training gear will be immediately released to you.

### Who's eligible?

- Fitness businesses
- Those looking to lease between \$300 and \$35,000 of training equipment. In excess of \$35,000 is available however additional details will be required.
- FlexiCommercial is not a product of Iron Edge. FlexiCommercial is a division of publicly listed FlexiGroup Limited. For their full details and background visit [www.flexicommercial.com.au](http://www.flexicommercial.com.au)

**FLEXI**<sup>®</sup>  
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Glen Iris  
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**Call**

1300 85 40 50

**Email**

[info@ironedge.com](mailto:info@ironedge.com)

[ironedge.com.au](http://ironedge.com.au)

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