



Crunch Situp/Decline



4' x 6' x 1/2" Rubber Mat



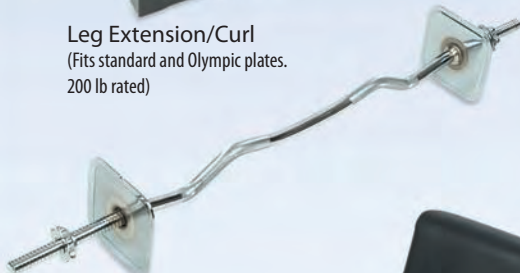
Leg Extension/Curl  
(Fits standard and Olympic plates.  
200 lb rated)



Calf Block  
(20" L x 3 1/2" H)



Chin Up Bar  
(78" to 89" height range,  
300 lb rated)



E-Z Curl Bar  
(Fits Quick-Lock Dumbbell plates.  
Holds 140 lbs)



Preacher Curl Pad  
(Angle adjustable)



Bar Dip/Leg Raise Handles  
(24" wide, 350 lb rated)



**IRONMASTER**  
STRENGTH MULTIPLIED

OPTIONAL EQUIPMENT



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[www.ironmaster.com](http://www.ironmaster.com)

# QUICK-LOCK DUMBBELL SYSTEM



#### SPECIFICATIONS

Rack: 14" x 19" x 27" high

#### DUMBBELL SIZES

5 lb: 6.5" x 6.5" x 8" long

75 lb: 6.5" x 6.5" x 14" long

120 lb: 6.5" x 6.5" x 19" long

1.25" x 6.5" dia. knurled grips

75 lb Set includes: 24) 5 lb and

4) 2.5 lb weight plates

120 lb Add-on Kit includes: 4) 22.5 lb

weight plates and 4) long locking screws



- ▶ Patented Quick-Lock design. Adjust from 5-75 lbs in 2-1/2 lb increments in just seconds!
- ▶ Super heavy duty. Welded steel, chrome plated handle construction.
- ▶ System includes two dumbbells – 75 lbs each, Rack and Exercise Poster.
- ▶ Super space efficient design.
- ▶ Limited Lifetime warranty!
- ▶ Do any dumbbell exercise known. Hold them just like a regular fixed weight dumbbell.
- ▶ Strong enough to use hard. Go ahead and drop them during your workouts.
- ▶ As seen in Muscle and Fitness Magazine®. Featured in many fitness publications.
- ▶ Add on kit is available to go up to 120 lbs! (Rack will hold the 120 lb dumbbells.)



120 lb. Add-on Kit

# SUPER BENCH

- ▶ Patented design has 11 lock-out angles: Inclines, Declines, Flat and Upright.
- ▶ 1000 lb. rated, 11 & 13 gauge super strong steel frame. 600 lbs. rated for angled positions.
- ▶ 3-position, removable incline seat will not let you slide off.
- ▶ Unique adjustment ring with foot lever adjust – operates from both sides and locks up tight!
- ▶ Easy to lift and move.
- ▶ 10 Year Limited Warranty on frame.
- ▶ Many attachments available.



#### SPECIFICATIONS

19" x 41" footprint

44" x 10" x 2-1/2" heavy duty pad and stitched vinyl upholstery

20" flat bench height

Shipping weight: 73 lbs

## CHANGING WEIGHTS IS NO SWEAT!

Simple procedure for changing weights on the Ironmaster Quick-Lock Dumbbell System:



Turn the locking screw knob so the arrow points up to open.

Pull the locking screw out.

Add or remove weight plates. They stack together and interlock. They also have angled edges so they will not fall away from the handles when the locking screw is removed!

Reinsert the locking screw and turn clockwise 1/4 to 1/2 turn to lock. Weights are securely locked in place and will not loosen up during any exercises.



**The Ironmaster Worry Free Guarantee:** Try our equipment in your home for up to 30 days. If you are not completely satisfied, return for a full refund, including shipping costs! See web site or call for additional warranty and guarantee details.

# SHOULDERS



SHOULDER PRESS



REAR SHOULDER FLYES



SHOULDER FLYES



UPRIGHT ROWS



SHOULDER SHRUGS

# CHEST



BENCH PRESSES



INCLINE FLYES



PUSHUP HANDLES



INCLINE PRESSES



DECLINE PRESSES

# ABS



AB LATERALS



CRUNCH SITUPS



LEG RAISES

## TRAINING PROGRAM #1

Courtesy Hugo A. Rivera:

### Triset A (Chest/Back/Abs):

- Push Ups or Incline Bench Presses  
3 sets x10-12 reps (no rest)
- One Arm Dumbbell Rows (no rest)
- Crunches  
3 sets x25-40 reps (1 minute rest)

### Triset B (Delts/Biceps/Triceps):

- Dumbbell Upright Rows  
3 sets x10-12 reps (no rest)
- Dumbbell Curls  
3 sets x10-12 reps (no rest)
- Overhead Triceps Extensions  
3 sets x10-12 reps (1 minute rest)

## TOTAL BODY ROUTINE

BSCE, CFT, SPN and President of www.hrfit.net

### Triset C (Thighs/Hamstrings/Calves):

- Squats  
3 sets x10-12 reps (no rest)
- Stiff Legged Deadlifts  
3 sets x10-12 reps (no rest)
- One Leg Calf Raises  
3 sets x10-12 reps (1 minute rest)

Notes: Move to Triset B after you have completed 3 sets of Triset A. Move to Triset C after you have completed 3 sets of Triset B. Precede each set with at least one set of light weight, high rep warm-ups. Rest 1-2 days between workouts. Add cardio on days off.

## TRAINING PROGRAM #2

## SPLIT ROUTINE

### Upper Body

- 70 Degree Incline Press
- Flat Bench Press
- Incline Flyes
- One Arm Rows
- Isolation Rows
- Shoulder Flyes
- Dumbbell Curl
- Incline Curls
- Triceps Kickbacks
- Triceps Extensions
- Wrist Curls

Notes: Perform 2 sets of each exercise for 10-12 reps. Move up to 3 sets after 4 weeks. At 2 sets per exercise the routine lasts 45 minutes if you rest 1 minute in between sets. At 3 sets it lasts 60 minutes.

### Lower Body

- Squats
- Lunges
- Leg Extensions
- Stiff Legged Deadlifts
- Leg Curls
- Calf Raises
- Sit Ups
- Ab Laterals
- Leg Raises

**Disclaimer:** These routines are intended to be only guidelines for dumbbell workouts and not a complete workout program. Please consult with a Fitness Professional if there is a ny doubt as to how to perform any exercises.

# BACK



DEAD LIFTS



ONE ARM ROWS



CHIN UPS



ISOLATION ROWS

# ARMS



PREACHER CURLS



BAR DIPS



TRICEP EXTENSIONS



TRI KICK BACKS



E-Z BAR CURL



CURLS

# LEGS



LEG CURL



LEG EXTENSIONS



LUNGES



SQUATS



CALF RAISES