

IRONMASTER

STRENGTH MULTIPLIED



Thank you for your interest in Ironmaster weight lifting equipment. You are one step closer to building a fitter, more muscular body by considering a home gym. Whether you are interested in the **world's best self-spotting weight lifting gym system** or the **world's best adjustable dumbbells** or both, you have just found the key to getting in shape. **You can get strong and build a rock solid body without having to go to the gym!** All Ironmaster products are built commercial quality with the home user in mind and have the ultimate in safety features.

UNBEATABLE WARRANTY & GUARANTEE

Try our equipment in your home for up to 30 days. If you are not completely satisfied, return for a full refund, including all shipping costs! See WEBSITE or call for additional warranty and guarantee details.

SUPER BENCH



The perfect partner for dumbbells or the IM2000 and can be used with most cages and Smith Machines, too. It is stronger and more adjustable than any other bench out there. It can be locked into

11 different positions allowing for a complete workout. There is a huge list of attachments available for the Super Bench as well. The Super Bench Combo is one of our most popular items. We offer many dumbbell and bench package deals for great savings and make it easy to set up the Ultimate Home Gym with REAL free weights.

QUICK-LOCK WEIGHTS



The perfect solution for small workout centers and personal training. The dumbbells and stand are very compact, taking up just a couple feet of floor space, and super

heavy-duty! These babies are tough and can take the rigors of heavy workouts. They feel and work just like traditional dumbbells at a fraction of the cost. Most adjustable dumbbells are too light and fragile. Ironmaster dumbbells are designed for serious lifting. The weights quickly adjust in 2.5 lb increments. We also offer add-on kits so you can expand the weights easily and never outgrow them! **Lifetime warranty!** Our Quick-Lock Kettlebells are just as versatile and cost saving.

IM2000



The greatest squatting and pressing machine ever designed! We have refined this design over decades, resulting in the most complete, space efficient and best operating home gym you can buy. You can work each body part in at least three different ways in complete safety. The quick-lock guided barbell system

is our patented design. Although similar in concept to the common Smith machine design, the Ironmaster does the job much better, and the overall machine is much more versatile and space saving. Working out with a bar and bench is not as efficient as a machine and is not safe to use without the aid of spotters. In fact, it is commonly known that working out with traditional free weights is limiting since you must always stop your reps before you reach maximum muscle failure. It is a proven fact that when you push yourself to failure you will make your muscles grow stronger. **You can really blast your muscles by training to the point of ultimate failure and never get stuck with lockout points only 1.7" apart!**

The lifting bar sliding system is a state of perfection on the Ironmaster. The best Smith machines use linear ball bearings as a means of guiding the bar up and down the guide rods and under ideal conditions work well but the IM2000 is different. There are some important reasons the Ironmaster system is better. Linear bearings require constant lubrication with grease which is quite messy. They also have a limited life along with the steel guide rods and will require replacement. The grease will attract dirt that will cause premature wear to the bearings and rods. Linear bearings are very noisy and have the feeling of rolling friction resistance. The Ironmaster slide bushing and slide rail system is unique. We use a special polymer material bushing that slides over specially coated slide rails of compatible materials. Other designs use bushings that have simple plastic sliding on metal. This causes fast wear and friction and the action feels terrible. **We have proven the long life of our design in schools, police departments, fire departments, and commercial gyms all over the world, not to mention countless home gyms. You will not find a machine with better feeling free-flowing action or simplicity of use!**

THE IRONMASTER™ QUICK-LOCK DUMBBELL SYSTEM

The Ironmaster Quick-Lock Dumbbell System is the latest generation of our patented adjustable weights. You can quickly change each dumbbell from 5 to 45 or 75 lbs each, or even heavier with the optional add-on kits. The specially formed weight plates stack together to help make the weight changes quick and simple. Weights are held surely in place and will not loosen up during exercises.

Now you can have a complete set of free weights at home that feel just like pro-style fixed weight dumbbells, but for much less cost and space.



- ▼ PATENTED QUICK-LOCK HANDLE DESIGN LETS YOU ADD OR REMOVE PLATES WITH JUST A PARTIAL TURN OF THE LOCKING SCREWS.
- ▼ ADJUST FROM 5 TO 75 LBS, EACH IN 2.5 LB INCREMENTS, IN JUST SECONDS.
- ▼ CHROME PLATED STEEL HANDLES WITH KNURLED GRIPS.
- ▼ SUPER HEAVY DUTY — GO AHEAD AND DROP THEM. NO PLASTIC OR FRAGILE PARTS.
- ▼ LIMITED LIFETIME WARRANTY AND MONEY BACK GUARANTEE.
- ▼ MODULAR DESIGN MAKES IT EASY TO ADD MORE WEIGHT.
- ▼ DUMBBELL STAND IS VERY STRONG AND COMPACT. JUST 14.5" WIDE X 19" DEEP X 26" HIGH WITH RUBBER LEVELING FEET. THE STAND WILL ALSO HOLD THE 120 LB ADD-ON KIT.
- ▼ DUMBBELLS ARE 6.7" SQUARE X 14.5" LONG AT THE 75 LB SIZE AND JUST 9" LONG AT 20 LB SIZE. HANDLE GRIP DIAMETER IS 1.25".
- ▼ VISIT THE IRONMASTER WEBSITE FOR MORE WARRANTY AND SPECIFICATION DETAILS.



QUICK-LOCK DUMBBELL KITS & ACCESSORIES



45 LB QUICK-LOCK DUMBBELL SET



75 LB QUICK-LOCK DUMBBELL SYSTEM



75 LB ADD-ON KIT



1.5" DIAMETER FAT GRIP ADAPTERS



120 LB ADD-ON KIT



165 LB ADD-ON KIT



2" DIAMETER FAT GRIP ADAPTERS



75 lb + 120 lb add-on kit

75 lb + 120 lb + 165 lb kits

QUICK-LOCK STRAIGHT BAR



Fits Quick-Lock Dumbbell plates. Holds up to 210 lbs of plates. 66" long and 21 lb bar.

QUICK-LOCK DUMBBELL HANDLE SET



QUICK-LOCK EZ-CURL BAR



Fits Quick-Lock Dumbbell Plates. Holds up to 150 lbs of plates. 48" long and 15 lb bar.

DUMBBELL STAND



THE IRONMASTER™ QUICK-LOCK KETTLEBELL SYSTEM



Kettlebells are a great tool for sports training, fitness and strength and have become increasingly popular in recent years with trainers, athletes and professional fighters. They give you some capabilities not possible with barbells, dumbbells or machines. The Ironmaster Quick-Lock Kettlebells are designed to work with our Quick-Lock Dumbbell weights and locking screws so if you add a kettlebell handle to your dumbbell system you are all set.

The Quick-Lock Kettlebell is sold as a single handle and has an available weight kit to go up to 57.5 lbs, or add-on kit to 80 lbs for the hardcore trainer! Now you can have a complete set of kettlebell weights at home that feel just like traditional fixed weight kettlebells but for much less cost and space!

- ▼ PATENTED QUICK-LOCK DESIGN. ADJUSTS FROM 22.5 TO 57.5 LBS, IN 2½ LB INCREMENTS, IN JUST SECONDS.
- ▼ SUPER HEAVY DUTY. ALL STEEL AND CAST IRON CONSTRUCTION.
- ▼ PERFECT ERGONOMICS MAKE THE BELLS EASY TO HOLD. THEY SWING WITH CONTROL AND REST MORE COMFORTABLY ON THE FOREARM THAN TRADITIONAL KETTLEBELLS.
- ▼ 1.15" GRIP DIAMETER X 9" WIDE IS LARGE ENOUGH TO HOLD WITH TWO HANDS BUT SHAPED WELL FOR SINGLE HAND.
- ▼ LIMITED LIFETIME WARRANTY AND MONEY BACK GUARANTEE.
- ▼ VISIT THE IRONMASTER WEBSITE FOR MORE WARRANTY AND SPECIFICATION DETAILS.



57.5 LB WEIGHT KIT



80 LB ADD-ON KIT



QUICK-LOCK LOCKING SCREWS



THE IRONMASTER™ SUPER BENCH

The Ironmaster Super Bench is the world's best adjustable weight bench! The patented design is perfect for working with dumbbells, cages or machines. The Super Bench has an incredible list of attachments like the Crunch Situp, Dip Bar Handles and Chin Up Bar to make your bench even more versatile. With the modular design, you can build your gym just the way you want.



- ▼ 11 POSITIONS FOR ANY INCLINE OR DECLINE ANGLE.
- ▼ 1000 LB RATED FOR FLAT AND 600 LB RATED FOR INCLINE/UPRIGHT POSITIONS.
- ▼ SUPER EASY ADJUSTMENTS WITH PATENTED FOOT LEVER ACTION.
- ▼ ULTRA STABLE STRONG PLATFORM IN ALL POSITIONS YET IS EASY TO LIFT AND MOVE. BENCH WEIGHS 62 LBS WITHOUT INCLINE SEAT.
- ▼ POWDER COATED FRAME WITH CHROME COMPONENTS.
- ▼ COMPACT DESIGN 44" LONG X 18.75" WIDE X 20" HIGH OVERALL DIMENSIONS IN THE FLAT POSITION.
- ▼ 3" THICK COMMERCIAL GRADE PAD AND STITCHED VINYL UPHOLSTERY.
- ▼ 10 YEAR WARRANTY AND MONEY BACK GUARANTEE.
- ▼ VISIT THE IRONMASTER WEBSITE FOR MORE WARRANTY AND SPECIFICATION DETAILS.



The Ironmaster

SUPER BENCH

An ultra strong and stable platform in all positions, yet is easy to lift and move.

CRUNCH SITUP/DECLINE



LEG EXTENSION/CURL*

*Fits standard and Olympic plates, 200 lb rated



BAR DIP/LEG RAISE HANDLES*

*24" wide, 350 lb rated



PREACHER CURL PAD

Angle adjustable



CHIN UP BAR

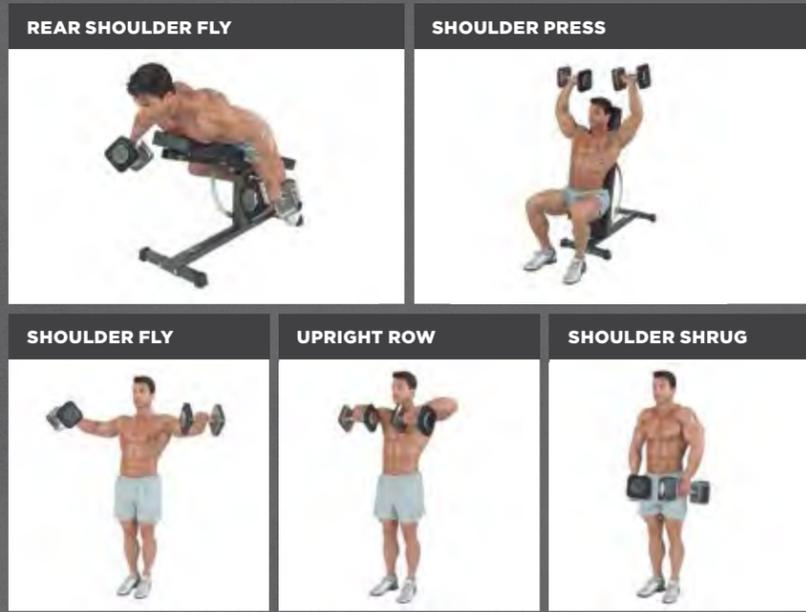
78" to 89" height range, 300 lb rated



WHEEL KIT



SHOULDERS



CHEST



ABS



TRAINING PROGRAM #1 TOTAL BODY WORKOUT

TRISSET A

(CHEST/BACK/ABS):

- ▼ PUSHUP OR INCLINE BENCH PRESS
3 SETS X10-12 REPS (NO REST)
- ▼ ONE ARM DUMBBELL ROW (NO REST)
- ▼ CRUNCH
3 SETS X25-40 REPS (1 MINUTE REST)

TRISSET B

(DELTS/BICEPS/TRICEPS):

- ▼ DUMBBELL UPRIGHT ROW
3 SETS X10-12 REPS (NO REST)
- ▼ DUMBBELL CURL
3 SETS X10-12 REPS (NO REST)
- ▼ OVERHEAD TRICEP EXTENSION
3 SETS X10-12 REPS (1 MINUTE REST)

TRISSET C

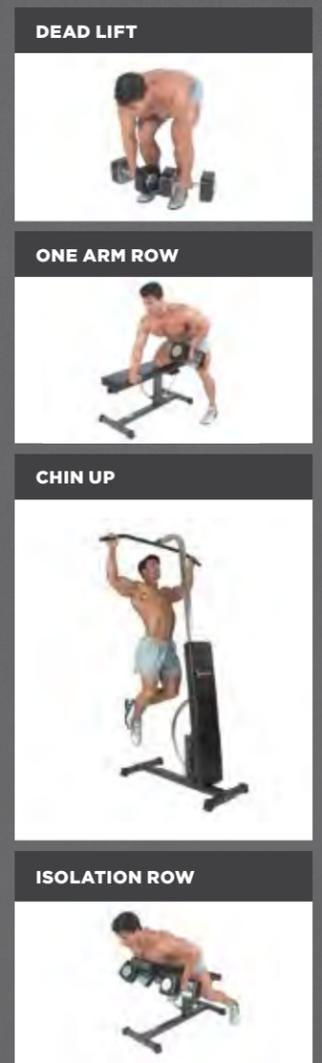
(THIGHS/HAMSTRINGS/CALVES):

- ▼ SQUAT
3 SETS X10-12 REPS (NO REST)
- ▼ STIFF LEGGED DEADLIFT
3 SETS X10-12 REPS (NO REST)
- ▼ ONE LEG CALF RAISE
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.

Courtesy Hugo A. Rivera
BSCE, CFT, SPN and President of www.hrfit.net

BACK



TRAINING PROGRAM #2 SPLIT ROUTINE

UPPER BODY

- | | |
|---------------------------|--------------------|
| ▼ 70 DEGREE INCLINE PRESS | ▼ DUMBBELL CURL |
| ▼ FLAT BENCH PRESS | ▼ INCLINE CURL |
| ▼ INCLINE FLY | ▼ TRICEP KICKBACK |
| ▼ ONE ARM ROW | ▼ TRICEP EXTENSION |
| ▼ ISOLATION ROW | ▼ WRIST CURL |
| ▼ SHOULDER FLY | |

LOWER BODY

- | | |
|-------------------------|--------------|
| ▼ SQUAT | ▼ LEG CURL |
| ▼ LUNGE | ▼ CALF RAISE |
| ▼ LEG EXTENSION | ▼ SITUP |
| ▼ STIFF LEGGED DEADLIFT | ▼ AB LATERAL |
| | ▼ LEG RAISE |

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.

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 any doubt as to how to perform any exercises.

ARMS



LEGS



THE IRONMASTER™ CABLE TOWER ATTACHMENT

The Ironmaster Cable Tower Attachment allows you to expand your Super Bench capabilities with an upper and lower pulley cable system all in a very small footprint. The special weight carriage will hold the Ironmaster Quick-Lock Dumbbells, Standard weight plates or Olympic style weight plates.



- ▼ EASILY CONNECTS TO THE SUPER BENCH IN SECONDS.
- ▼ HEAVY DUTY AND RATED FOR 250 POUNDS.
- ▼ NO CABLE CHANGE DESIGN MAKES IT SUPER EASY TO USE.
- ▼ SPACE SAVING COMPACT DESIGN.
- ▼ WHEELS ON THE BASE LET YOU EASILY ROLL IT OUT OF THE WAY WHEN NOT IN USE.
- ▼ MUST BE USED WITH SUPER BENCH.
- ▼ 10 YEAR WARRANTY AND MONEY BACK GUARANTEE.
- ▼ VISIT THE IRONMASTER WEB SITE FOR MORE WARRANTY AND SPECIFICATION DETAILS.

The Ironmaster CABLE TOWER ATTACHMENT Includes a 48" lat pull down bar. Other optional cable handles are available such as a Low Row Bar, Cable Curl Bar and Tricep Rope. Must be connected to the Super Bench for use.



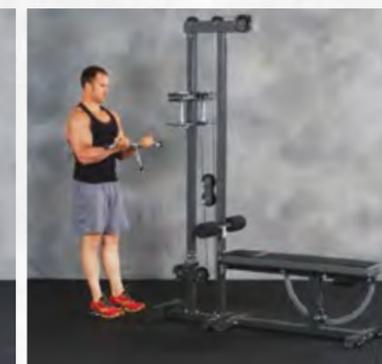
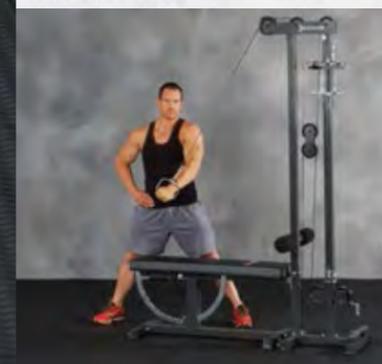
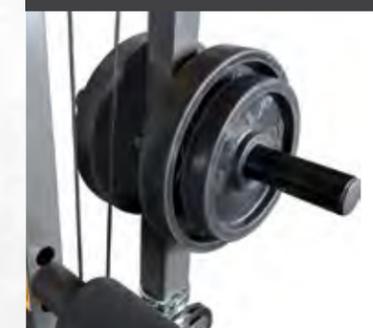
SIMPLE INSTALLATION



LOW ROW FOOT PLATE



OLYMPIC PLATES



HYPER CORE ATTACHMENT

You can strengthen your entire core with this versatile attachment. This attachment simply plugs into the bench and turns it into a 45 degree hyper extension bench for: Hyper Extensions—Lower Back, Roman Chair—Abs, Oblique Crunch—Side Obliques, and Reverse Hyper—Glutes/Ham.

The attachment has an adjustable foot holder for users of different heights and is very stable. You get about a 90 degree bend for range of motion. You can hold a weight plate or dumbbell for an extra challenge. Load rating is 300 lbs.



THE IRONMASTER™ DUMBBELL SPOTTING STAND



There is no better way to weight train than with dumbbells, and now you can enhance your training to the max! Perfect for training heavy and for difficult moves like overhead presses and declines.

The Spotting Stand works with the Ironmaster Super bench and can be taken away in just seconds. The special drop in yoke design means you just set the bench in, adjust the saddle heights, add dumbbells and start lifting. Very stable and simple, yet will make you wonder how you ever got along without it!

- ▼ SUPER HEAVY DUTY FRAME MADE OF STRUCTURAL STEEL ALLOWS UP TO 130 LB DUMBBELLS.
- ▼ WORKS WITH MOST DUMBBELLS.
- ▼ SIMPLE SET UP GOES FROM DECLINE TO FLAT TO INCLINE IN JUST SECONDS.
- ▼ MUST BE USED WITH THE SUPER BENCH.
- ▼ SPACE SAVING DESIGN AND MODULAR DESIGN SO YOU CAN MOVE IT OUT OF THE WAY WHEN NOT IN USE.
- ▼ 10 YEAR WARRANTY AND MONEY BACK GUARANTEE.
- ▼ VISIT THE IRONMASTER WEBSITE FOR MORE WARRANTY AND SPECIFICATION DETAILS.

BARBELL ADAPTER FOR SPOTTING STAND

All new barbell uprights for use with the Dumbbell Spotting Stand. This item allows you to add additional functionality to your Super Bench and works with either a full size Olympic Bar or the shorter bars like the Ironmaster Straight Bar. (Note: Ironmaster™ Straight Bar will fit with the Uprights in the narrow position only.) Simply remove the dumbbell saddles from the Spotting Stand and insert the barbell uprights and lock into place with the pull pin knobs. Adjusts in 2" increments. They can be inserted in two ways for narrow or wide positions. Heavy duty with 1" solid bar pegs. Load rating 350 lbs. Includes just the two uprights. Spotting Stand and Super Bench are required for use. Not designed to be used for squats and the bench must be in place for stability.



INCLINE PRESS



BENCH PRESS



SHOULDER PRESS



DECLINE PRESS



THE IRONMASTER™ IM1500 WEIGHT LIFTING SYSTEM

The IM1500 is a half cage for barbell training with unique features to help save you space and let you train hard at home with a traditional or CrossFit focus. This unit is built for the individual to train on at home, but can also work well in a gym environment with the super heavy duty 60mm square construction. This unit works perfectly with the Ironmaster Super Bench or most other benches. Ideal for squats, bench press, shoulder press, dead lifts, shrugs plus many more frame supported lifts. Super stable with rubber feet, but can also be bolted down for commercial needs.



The Ironmaster IM1500

Includes the following standard equipment (as shown in the picture): Main frame with chin up bar, standard plate storage holders with Olympic adapters, bar storage, double upper hooks, lower spotting arms and 4 adjustable band pegs. Super Bench, bars and weights sold separately.

- ▼ SUPER HEAVY DUTY POWDER COATED STRUCTURAL STEEL FRAME FOR THE ULTIMATE IN STRENGTH AND STABILITY. 1000 LB CAPACITY.
- ▼ BUILT IN CHIN-UP BAR.
- ▼ BUILT IN WEIGHT STORAGE BARS FOR STANDARD OR OLYMPIC WEIGHTS.
- ▼ NUMBERED UPRIGHT HOLES EVERY 2" FOR PLENTY OF EASY ADJUSTMENT.
- ▼ SIMPLE AND STRONG DOUBLE BAR HOOKS AND SPOTTING ARMS. SPOTTING ARMS EXTEND 14".
- ▼ 4 ADJUSTABLE BAND PEGS.
- ▼ 4 RUBBER FOOT PLATES WITH BOLT DOWN HOLES.
- ▼ 2 VERTICAL BAR STORAGE POSITIONS.
- ▼ FOOTPRINT: 51" X 51" X 84.5" HIGH.
- ▼ 10 YEAR WARRANTY AND MONEY BACK GUARANTEE.
- ▼ VISIT THE IRONMASTER WEBSITE FOR MORE WARRANTY AND SPECIFICATION DETAILS.



ADJUSTABLE BAND PEGS



SUSPENSION TRAINING



THE IRONMASTER™ IM2000 SELF-SPOTTING WEIGHT LIFTING SYSTEM

The Ironmaster IM2000 self-spotting system is our latest generation design with over 25 years of proven performance.

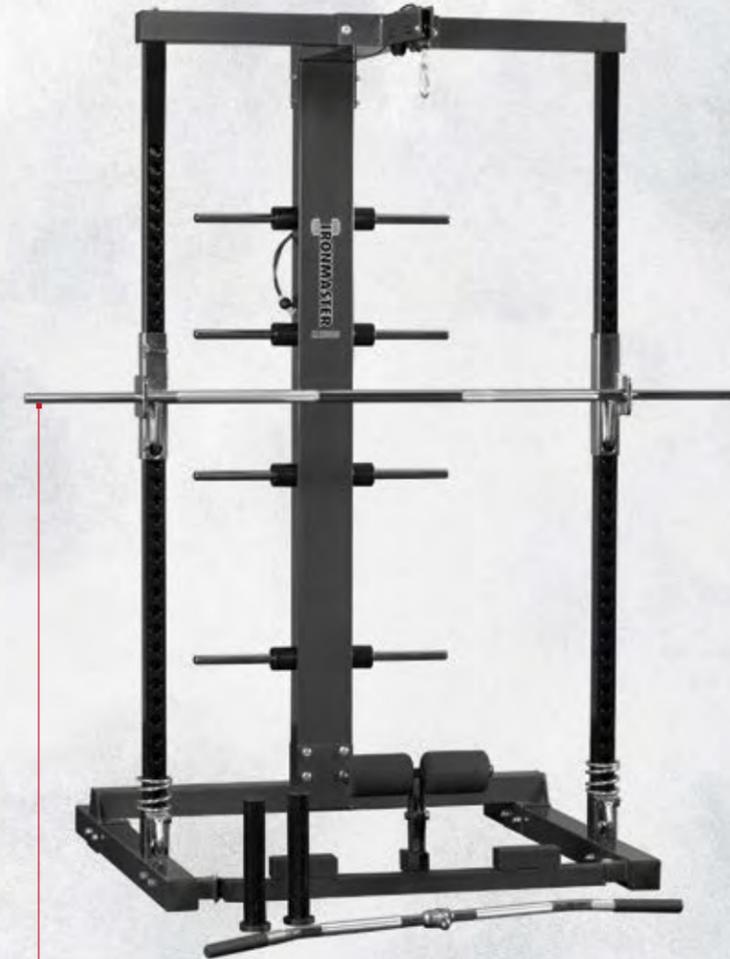
The Ironmaster lifting bar is non-binding and friction free no matter how much weight you want to use.

The exclusive plastic on plastic sliding system is quiet and only requires clean to the touch silicone spray lubricant. The action is truly amazing!

This machine is the ultimate personal training center that is compact, offers an unlimited variety of exercise to work every muscle group and does it all in complete safety. Thousands of our customers will testify—Ironmaster is the best you can get.



- ▼ PATENTED SELF-SPOTTING LIFTING BAR SYSTEM HAS LOCKOUT HOLES EVERY 1.7" APART SO YOU NEVER GET STUCK WHEN WORKING OUT ALONE.
- ▼ BETTER THAN ANY SMITH MACHINE WITH NO BINDING DUE TO OUR PATENTED SLIDE RAIL AND BUSHING SYSTEM.
- ▼ SUPER HEAVY DUTY POWDER COATED STRUCTURAL STEEL FRAME FOR THE ULTIMATE IN STRENGTH AND STABILITY. 1000 LB CAPACITY.
- ▼ BUILT IN UPPER AND LOWER CABLE SYSTEM RATED AT 350 LBS.
- ▼ SAFETY STOPS AND HEAVY DUTY SPRINGS PROVIDE A BACKUP WHEN THE LIFTING BAR IS NOT UNDER FULL HAND CONTROL.
- ▼ SPACE SAVING DESIGN BUT FULL SIZE FOR THE SERIOUS WEIGHT LIFTER. TAKES UP LESS ROOM THAN A CAGE, SMITH OR LEVERAGE MACHINE.
- ▼ BUILT IN WEIGHT STORAGE BARS FOR STANDARD OR OLYMPIC WEIGHTS.
- ▼ 48" WIDE X 48" DEEP X 84.5" HIGH.
- ▼ LIFTING BAR IS 73" WIDE AND WEIGHS 36 LBS WITH THE INCLUDED OLYMPIC SLEEVE ADAPTERS AND 32 LBS WITHOUT THEM. GRIP WIDTH AREA OF THE BAR IS 42".
- ▼ 10 YEAR WARRANTY AND MONEY BACK GUARANTEE.
- ▼ VISIT THE IRONMASTER WEBSITE FOR MORE WARRANTY AND SPECIFICATION DETAILS.



The Ironmaster IM2000

Includes the following standard equipment (as shown in the picture): Main frame, lifting bar with Olympic adapters, standard plate holders, lat pull bar, upper and lower pulley/cable system. Super Bench and other attachments sold separately or in packages.



IM2000 ACCESSORIES



PREACHER CURL PAD



OLYMPIC SLEEVE ADAPTER SET

Converts plate storage bars to Olympic Size.



BAR PAD



CABLE CURL BAR



DOCKABLE CURL SUPPORT



TRICEP ROPE



LOW ROW BAR



ORGANIZER

Holds most of the Ironmaster™ attachments to keep your gym clutter free.



ULTIMATE CHIN UP BAR



LOW ROW FOOT PLATE



CALF BLOCK



BAR HOOKS



SPOTTING ARMS



LEG PRESS PLATE

Converts Ironmaster™ to fully dedicated Leg Press Machine.



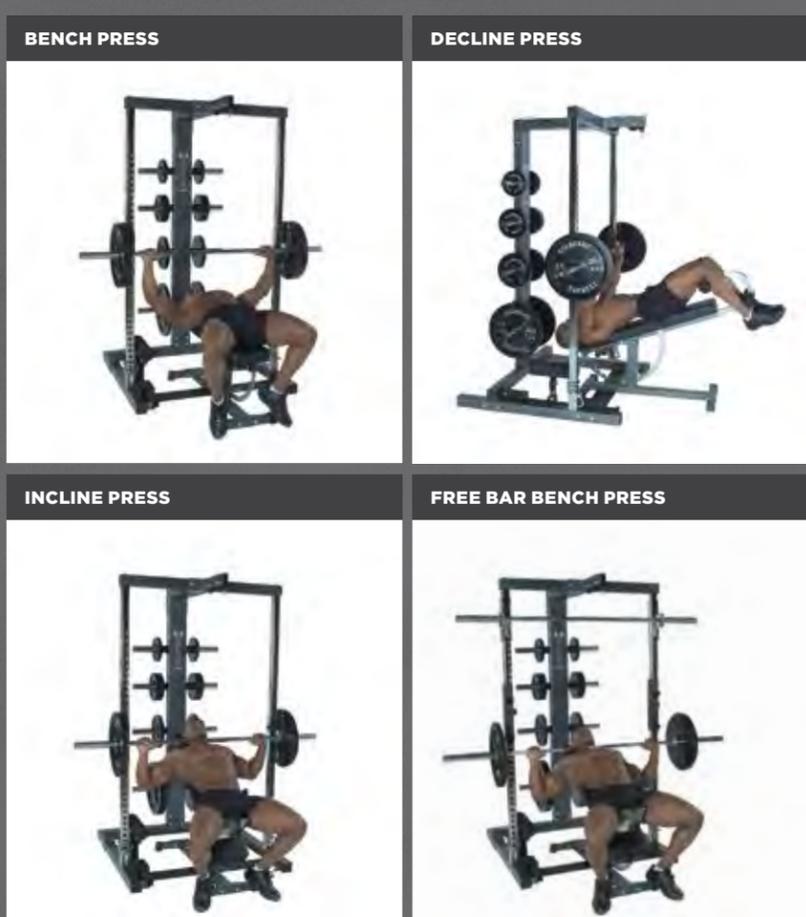
ABS



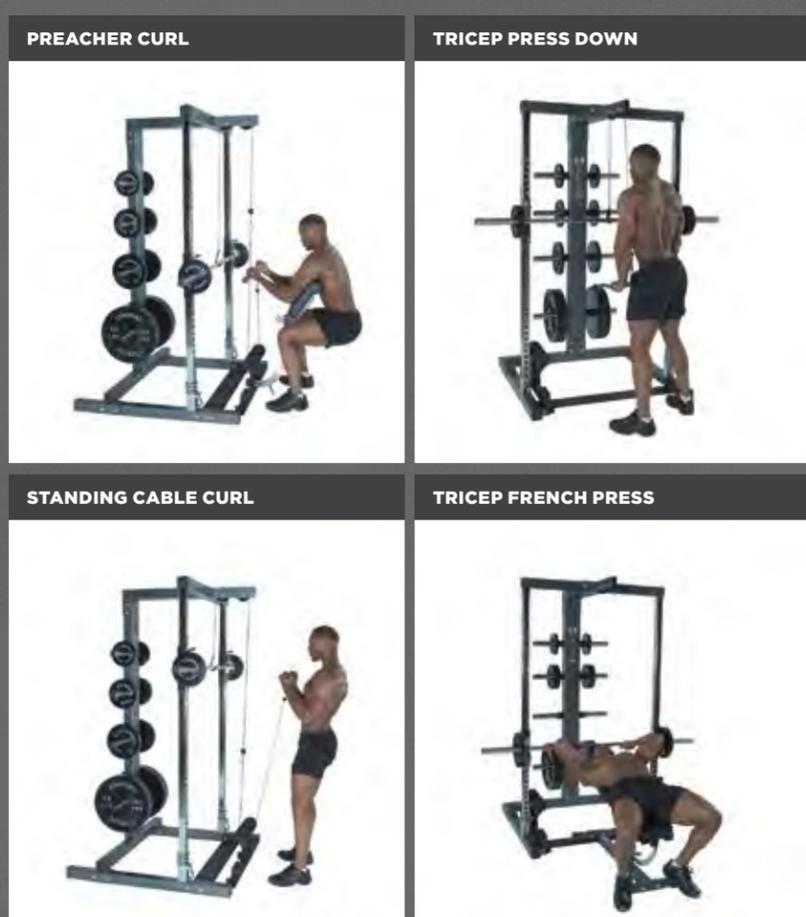
SHOULDERS



CHEST



ARMS



LEGS



BACK



OLYMPIC BARS & PLATES

The foundation of any home gym is built around weights and a barbell. If you're going to invest in building your own home gym, it's important that you don't skimp on furnishing your space with quality Olympic barbell and Olympic weights.

These products pair perfectly with Ironmaster's own IM1500 half rack or Super Bench adjustable weight bench.

OLYMPIC BAR



Not all barbells are made equal. The Ironmaster™ Olympic Barbell is a premium training bar with deep fine knurling, brass alloy bushings and alloy steel bar. 7'84" long, bar weight is 44 lbs. 1000 lb capacity. The Ironmaster bar is great for any traditional barbell exercise. Limited lifetime warranty.

OLYMPIC EZ-CURL BAR



Solid steel, chrome finish with knurled grips and rotating ends. Heavy duty needle bearing construction for smooth professional action. 47" long, bar weight is 25 lbs. Limited lifetime warranty.

OLYMPIC COLLAR PAIR

These are not your average spring collars. The Ironmaster Olympic collars are superiorly engineered to be more secure, quicker, and easier to use than traditional spring collars. Limited lifetime warranty.



OLYMPIC RUBBER COATED PLATES

Quality rubber encased iron weight plates with handle grips. Custom Ironmaster logo design. This is a great set of plates to use with an IM2000 machine or other equipment. Available in various size sets with or without barbells. Limited lifetime warranty.



A GYM OWNER WHO WAS LOOKING FOR BETTER WEIGHT LIFTING EQUIPMENT



Ironmaster™ was originally founded as Spartan Manufacturing in the late 1970's by a gym owner who was looking for better weight lifting equipment. He was disappointed at what he found and started building his own. With this experience a new innovation was born with the now famous self-spotting home gym system. Sales expanded from the Northern California market to nationwide in the 1980's.



Ironmaster has continued to improve their equipment designs and has patented many new innovations along the way. The Ironmaster adjustable dumbbells, adjustable bench, machines and a full array of attachments are perfect for setting up the ultimate gym!



Ironmaster today is headquartered near Seattle, WA and sells worldwide. Ironmaster is still a family run business and continues the tradition of building innovative commercial grade equipment for the individual user.





**IRONMASTER**

800-533-3339
360-217-7780
WWW.IRONMASTER.COM



SCAN QR CODE TO GO TO THE IRONMASTER WEBSITE