



PRODUCT SPECIFICATIONS FOR IRON GRIP PRODUCTS

IRON GRIP® URETHANE DUMBBELLS

DUMBBELLS						
SIZE IN LBS	HEAD DIAMETER (POINT TO POINT)	HANDLE DIAMETER (CENTER GRIP Straight & Contour)	HANDLE DIAMETER (CENTER GRIP XL Handle™)	HANDLE DIAMETER (INSERTION END)	HANDLE LENGTH (OVERALL)	GRIP LENGTH (KNURLED SECTION)
5 – 27.5	6"	1.25"	1.625"	1.625"	5.75"	3.25"
30 and above	8"	1.375"	1.75"	1.75"	5.75"	3.25"

SIZE IN LBS	OVERALL LENGTH
5	7.233"
50	10.903"
100	15.303"
175	21.903"

AVAILABLE DUMBBELL SIZES

HANDLE TYPE	SIZE RANGE
Straight Handle	5–175 pounds (2.5-lb increments from 5–57.5, 5-lb increments from 60–175 lb.)
Contour Handle	5–125 pounds (2.5-lb increments from 5–57.5, 5-lb increments from 60–125 lb.)
XL® Handle	5–175 pounds (2.5-lb increments from 5–57.5, 5-lb increments from 60–175 lb.)

Also available in Kilogram sizes. Inquire for more details.

MATERIALS & CONSTRUCTION	Exclusively MADE IN USA. Dumbbells feature solid, one-piece assembly: solid steel handles are press fit into carefully machined solid steel heads under extreme pressure, and a precision weld seals the joint for added durability. Heads are encased in Iron Grip's proprietary American-made urethane that is blended in-house and regularly batch tested for stability. Dumbbells have a textured finish to better resist scratches and wear-and-tear and keep them looking new longer. All dumbbell handles feature stainless steel finish that is extremely durable, low-maintenance, corrosion-resistant, and has antimicrobial properties.
DESIGN	Iron Grip's signature 12-sided heads prevent dumbbells from rolling dangerously, yet the mostly round shape can be intentionally rotated when necessary. High-contrast weight markings are permanently engraved and bonded to the surface. Patented dumbbell handle design has flared shoulders to create a defined area for a more comfortable, secure, and ergonomic grip. Extra-wide diameter at each end of handle at head insertion point reinforces strength and durability.



IRON GRIP® FIXED BARBELLS

FIXED BARBELLS				
SIZE IN LBS	HEAD DIAMETER	BAR DIAMETER	BAR LENGTH (inside head to inside head) STRAIGHT	BAR LENGTH (inside head to inside head) EZ CURL
20 – 35	6"	1.125"	37"	36"
40 and above	8"	1.125"	37"	36"

AVAILABLE FIXED BARBELL SIZES

MODEL	SIZE RANGE
Straight Bar	20–110 pounds (10-lb increments)
EZ Curl Bar	20–110 pounds (10-lb increments)

Also available in kilogram sizes. Inquire for more details.

MATERIALS & CONSTRUCTION	Exclusively MADE IN USA. Fixed barbells feature solid, one-piece assembly: solid steel bars are press fit into carefully machined solid steel heads under extreme pressure, and a precision weld seals the joint for added durability. Heads are encased in Iron Grip's proprietary American-made urethane that is blended in-house and regularly batch tested for stability. Barbells have a textured finish to better resist scratches and wear-and-tear and keep them looking new longer. Barbell bars feature a hard chrome finish that is extremely abrasion resistant and will not chip, flake, or peel.
DESIGN	Iron Grip's signature 12-sided heads prevent barbells from rolling dangerously, yet the mostly round shape can be intentionally rotated when necessary. High-contrast weight markings are permanently engraved and bonded to the surface.



IRON GRIP® OLYMPIC PLATES

URETHANE	
SIZE IN LBS	DIAMETER (DIAGONAL, POINT TO POINT)
2.5	6"
5	7.75"
10	9.5"
25	12.5"
35	14.375"
45	17.5"

MATERIALS & CONSTRUCTION	Exclusively MADE IN USA. Center hole is bored to between 2.015" and 2.031" diameter for tight tolerances with chamfered edges for easy fit to bars. Cast to within 2% of stated weight, among the most accurate plates on the market. Iron Grip's proprietary American-made urethane formula is exceptionally durable and abrasion-resistant. The urethane coating has a textured finish to better resist scratches and wear-and-tear and keep them looking new longer.
DESIGN	Two diametrically opposed, elongated grips for increased safety, utility, and ergonomically correct handling. Distinctive 12-sided, anti-roll edge improves safety.



IRON GRIP® OLYMPIC BARS

OLYMPIC BARS						
BAR SIZE	OVERALL LENGTH	SLEEVE LENGTH	SLEEVE DIA.	BAR SHAFT LENGTH	BAR SHAFT DIA.	WEIGHT
7'	86.61"	16.34"	1.97"	51.57"	1.125"	44 LB
5'	60"	9.5"	1.97"	37.75"	1.125"	30 LB
EZ-CURL	54"	9.5"	1.97"	32.75"	1.125"	30 LB

MATERIALS & CONSTRUCTION	Exclusively MADE IN USA. Heat-treated, turned, ground, and polished steel, developed specifically for use in Olympic bars. Machined steel sleeves with exceptionally slick, product-specific bearings and bushings. Integrated collars are attached to the bar using our proprietary design, to ensure maximum durability. Iron Grip Olympic Bars feature our distinctive 12-sided collar (3.46" diameter, point to point.) Hard chrome finish is extremely abrasion-resistant, and will not chip, flake, or peel.
DESIGN	All bars have comfortable, medium diamond knurl. 7-foot bar has additional center knurling section for added safety.

COMPETITION SERIES						
BAR SIZE	OVERALL LENGTH	SLEEVE LENGTH	SLEEVE DIA.	BAR SHAFT LENGTH	BAR SHAFT DIA.	WEIGHT
20 KG	2200 mm	415 mm	50 mm	1310 mm	28 mm	20 kg
20 KG	86.61"	16.34"	1.97"	51.57"	1.10"	44.09 LB
15 KG	2010 mm	320 mm	50 mm	1310 mm	25 mm	15 kg
15 KG	79.13"	12.60"	1.97"	51.57"	0.98"	33.06 LB

MATERIALS & CONSTRUCTION	Exclusively MADE IN USA. Heat-treated, turned, ground, and polished steel, developed specifically for use in Olympic bars. Machined steel sleeves with exceptionally slick, product-specific bearings and bushings. Integrated collars are attached to the bar using our proprietary design, to ensure maximum durability. Competition Bars feature round collars (78.7 mm diameter.) Hard chrome finish is extremely abrasion-resistant, and will not chip, flake, or peel.
DESIGN	Competition Series Bars are built to International Weightlifting Federation (IWF) specifications and are suitable for Olympic-style competition. Competition Series Bars are calibrated to exact weights.