

# INTRODUCING THE IRON GRIP MAX DUMBBELL



## SAFER. STRONGER. SMARTER.

Available in heavier sizes up to 200 pounds, the MAX™ dumbbell has a wider 10-inch diameter head, resulting in a more compact form in ultra-heavy sizes.

## BETTER BALANCE.

A wider (versus a longer) head centers the dumbbell mass around the handle to improve balance at higher weights.

## OPTIMAL BIOMECHANICS.

Innovative compact design allows a greater range of motion for pressing movements and more comfortable lifting overall.

## SUPER HEAVY DUTY.

Premium press fit and welded construction, beefy XL® Handles, and American-made urethane combine to deliver the most durable heavy dumbbells yet.

*175 lb.  
8-in. diameter*

*MAX™  
175 lb.  
10-in. diameter*



Iron Grip MAX™ dumbbells are proudly built in the US for superior strength, safety, and durability. As the only company to manufacture its entire line exclusively in the US, Iron Grip is the leader in innovative, heavy-duty free weight equipment.



**IRON GRIP**  
BARBELL COMPANY