

BLACK IRON MASTER & BLACK IRON TRAINER & BLACK IRON LITE

The Black Iron Master (BIM) and Black Iron Trainer (BIT) were especially designed for high performance and professional level weight lifting and training. The Black Iron Lite (BIL) was designed for very lightweight exercise and aerobic exercise type dumbbell training. Weights or resistance in the not to exceed 10 pound load range.

The Black Iron Master was used in national world class bench press competition at the Arnold Classic® in 2004. The BIM is professional level, heavy duty, weight lifting device capable handling loads in excess of 500 pounds.

The Black Iron Trainer was introduced in 2007 as a lighter weight, general, all-around the gym alternative for persons getting introduced to a normal, weight training regime, persons with smaller body size, teenagers, etc. The Trainer however is a rugged, easy to use device that will handle almost any weight lifting scenario the average athlete is likely to encounter. Maximum weights to 400 pounds.

Both the BIM and BIT are designed to mechanically grasp and lock onto handles and bars, using a swing up gate clamp system and rugged friction pads, to provide unparalleled security and stability for bench pressing, dumbbell flies, dead lifts, squatting, etc. They are also useful for adapting to a wide variety of other exercise equipment available in modern fitness facilities and gyms. Exercise equipment handles come in a variety of diameters and these devices easily adapt to these systems. The gate is manually secured in place with a large wing nut. The BIM and BIT have no quick release or other break away features.... Once clamped in place it stays in place until manually released. Used properly it will not slip or slide on the bar.

The Black Iron Lite uses a ski boot style ratchet buckle system to secure a weight or handle between the curved rubber friction pads. Once clamped in place, it stays clamped, until it is manually released. There is no quick release mechanism.

The BIM and BIT come with a specialized weight lift strap system for the sound hand. TRS highly recommends to the user to learn to use this highly efficient strap system. The Schiek strap will help control and stabilize heavy bars and dumbbells. Additionally the strap helps reduce the amount of force required to control free weights. This reduces stress and fatigue to the muscles of the forearm and helps prevent overuse of these muscles. Persons with a hand absence should be concerned with over use of their unaffected limb because over the long term such over use can result in a variety of tendon and muscle related problems to the forearm and elbow that could require therapy. We do not include the strap with the Black Iron Lite because it is designed only for light weight training. Schiek straps are available separately for purchase if someone wishes to use this technology.

Note:

1.75 inch diameter bars (Olympic size bars and similar) require modifying rubber pads (saddles). Pads can be easily ground out to a radius that will fit and securely accept very large diameter bars.