



Black Iron Master and Trainer

Product Code: Master: BIM, Trainer: BIT
Features:

- The **Black Iron Master (BIM)** was especially designed for high performance, heavy duty and professional level weight lifting and training. The **Black Iron Master** was used in national competition at the Arnold Classic® in 2004.
- The **Black Iron Trainer** is for general every-day weight lifting. It is a lighter weight,

lighter duty alternative yet still is capable of handling the wide range of grip and apparatus handle diameters that are encountered in modern fitness and exercise facilities.

- The **BIM** is for serious weight lifters only! The **BIM** is designed to mechanically grasp and lock onto handles and bars to provide unparalleled security and stability for extreme weight, bench pressing, dumbbell flies, dead lifts, squatting, etc. It is also useful for adapting to a wide variety of other exercise equipment available in modern fitness facilities.
- Swinging gate clamps the bar between curved rubber saddles. The gate is manually secured in place with a large wing nut. The **BIM and BIT** has 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.
- **Black Iron Master and Trainer** can be used with the following wrist units: Wedgegrip Large Round or Oval, Disconnect Large Round or Oval, FM Disconnect Large Round

"L" Code: L 6704

SPECIFICATIONS

	MASTER	TRAINER
Length:	3.5 in. (9 cm.)	2.6 in. (6.6 cm.)
Width:	2 in. (5 cm.)	2 in. (5.1 cm.)
Weight:	25 oz. (709 gm.)	15.5 oz. (440 gm.)
Load Rating:	1650 lbs. (750 kg.)	440 lbs. (200 kg.)
Bar Diameters:	0.875 in. (2.2 cm.) to 1.5 in. (3.8 cm.)	0.875 in. (2.2 cm.) to 1.5 in. (3.8 cm.)
Material:	Forged aluminum, steel hardware, polymer rubber pads.	Forged aluminum, steel hardware, thick polymer rubber pads.
Color:	Dark gray-black, hard anodized finish.	Dark gray-black, hard anodized finish.
Application:	Right or left. Serious, heavy duty, high performance only.	Right or left. All around weight training and lifting.

Black Iron Lite

Product Code: BIL

Features:

- The **BLACKIRONLITE** is designed for light-weight aerobic style dumbbell exercise and light weight barbell, dumbbell and cable machine, resistance exercise and training.
- The **BLACKIRONLITE** is not recommended to be used with weights in excess of ten pounds!
- The **BLACKIRONLITE** is molded from high strength polymers and is equipped with a ratchet type lock down strap for securely capturing weights and handles.

Application:

- Right or Left. Light duty weight training and exercise
- Aerobic/dance style dumbbell exercise

- **BLACKIRONLITE** units can be used with the following wrist units: All Wedgegrips, All Disconnects, FM Disconnect

SPECIFICATIONS

Length:	3.3 in. (8.4 cm)
Width:	2.0 in. (5.1 cm)
Weight:	11.7 oz. (332 gm)
Load Rating:	Not recommended for weights in excess of 10 pounds (4.5 KG)
Bar Diameters:	0.875 in. (2.2 cm) to 1.5 in. (3.8 cm)
Material:	High strength polyurethane and nylon.
Colors:	Stealth Black, Teal-Blue, Violet-Purple

