

# INTRODUCING THE XL<sup>®</sup> HANDLE DUMBBELL

## ADVANCED TRAINING

Iron Grip's latest equipment advancement, the XL Handle Dumbbell, is designed to optimize physical performance inside and outside the gym. Our extra-thick XL Handles are 1-3/4" in diameter from end to end, challenging users to fully engage the muscles of the hand, and build grip strength with every rep.



## POWERFUL MOVEMENT STARTS WITH STRONG HANDS

Whether you're an NFL lineman, an Olympic gymnast, or an elite lifter, a strong grip is fundamental to your overall performance. In strength training specifically, hands and forearms can often be the weakest link, preventing you from maximizing larger muscle group development.

The Iron Grip XL Handle allows the muscles of your hands to work in a different and unique fashion, resulting in increased muscle recruitment from the fingers through the hands, forearms, biceps and triceps, and upper back. The XL Handle's extra-thick diameter allows hands to grip tighter, resulting in a heightened level of activation in the flexors and extensors of the forearms. This extra layer of activation will enhance performance in everyday activities and lead to more successful on-field pursuits.



**IRON GRIP<sup>®</sup>**  
BARBELL COMPANY

Our exclusively American-made equipment is built to survive the toughest workouts. Rely on Iron Grip for innovative engineering, dependable construction, and long-lasting performance.



*Straight Handle*



*XL<sup>®</sup> Handle*