



IRON NECK

CATALOG

IRON NECK BUNDLES

Iron Neck Pro Bundle | SKU: INPB

(w/ 3x pads, 25 lb. Band, Door Belt, Door Anchor, Cinch Anchor and Skull Cap)

Iron Neck Pro is the most advanced neck training solution for improving posture, rehabilitating neck and back injuries/pain, and reducing injury risk. Iron Neck Pro is different from the Starter and Varsity models with its Variable Friction Dial, which works similar to a brake in a spinning bike, allowing you to adjust the amount of friction applied when turning your head. Start friction-free to focus on form and proper biomechanics, then as you get stronger and more comfortable with the system, you can increase the friction to bust through training plateaus and accelerate strength gains.

Iron Neck Varsity Bundle | SKU: INVB

(w/ 3x pads, 25 lb. Band, Door Anchor, Cinch Anchor and Skull Cap)

The Iron Neck Varsity is perfect for fitness enthusiasts and amateur athletes with a history of neck strengthening, particularly wrestlers and BJJ / MMA athletes. What makes this model unique is the low, steady friction applied to the slider as you turn your body or rotate your head. This introduces concentric strength training and will turbo-charge your workout as you're incorporating multiple forms of resistance at once in nearly every exercise.

Iron Neck Starter Bundle | SKU: INSB

(w/ 3x pads, 25 lb. Band, Door Anchor and Skull Cap)

Iron Neck Starter is perfect for anyone trying to overcome poor posture, improve mobility, or rehabilitate chronic pain in the neck or back. Build neck, back and core strength through isometric exercises that also reduce stiffness and improve mobility. Resistance is provided by the included resistance band and home setup. Iron Neck Starter has no rotational braking component, allowing the user to experience friction free rotation that is exceptionally smooth and easy.

Headpiece Only



Iron Neck Pro | SKU: PRO

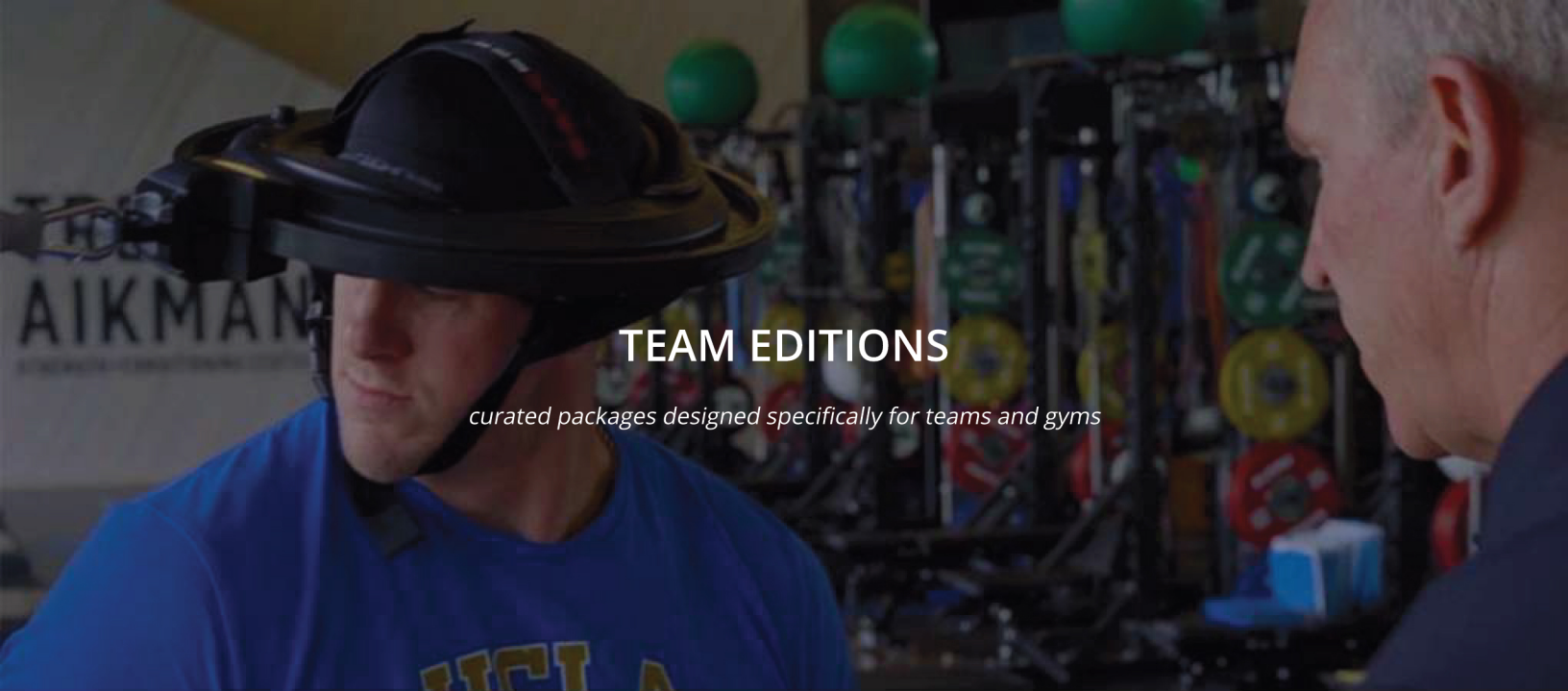
(w/ 3x pads)

Iron Neck Varsity | SKU: VARSITY

(w/ 3x pads)

Iron Neck Starter | SKU: STARTER

(w/ 3x pads)



TEAM EDITIONS

curated packages designed specifically for teams and gyms



Iron Neck Pro Team Edition | SKU: INPT

(w/ 3x pads, 25 lb. Band, Cinch Anchor, 3X Skull Cap and a Drawstring Bag)

The Iron Neck Pro is our most popular model and combines the best features from the Starter and Varsity models, making it the ideal choice for rehabilitation, reducing injury risk, and strength training applications. The variable friction dial works similar to a brake in a spinning bike, allowing you to adjust the amount of friction applied and take complete control over your training. Start friction-free to focus on form and proper biomechanics, then as you get stronger and more comfortable with the system, you can increase the friction to bust through training plateaus and accelerate strength gains.



Iron Neck Varsity Team Edition | SKU: INVT

(w/ 3x pads, 25 lb. Band, Cinch Anchor, 3X Skull Cap and a Drawstring Bag)

The Iron Neck Varsity is perfect for fitness enthusiasts and amateur athletes with a history of neck strengthening, particularly wrestlers and bjj/mma athletes. What makes this model unique is the low, steady friction applied to the slider as you turn your body or rotate your head. This introduces concentric strength training and will turbo-charge your workout as you're incorporating multiple forms of resistance at once in nearly every exercise. The Varsity is ideal for increasing neck size, improving stability and core strength, resisting chokes and head rotation, and reducing risk of concussions in contact sports. We don't generally recommend this model for early-stage rehabilitation.



Iron Neck Starter Team Edition | SKU: INST

(w/ 3x pads, 25 lb. Band, Cinch Anchor, 3X Skull Cap and a Drawstring Bag)

The Iron Neck Starter is a great introduction to neck training for fitness enthusiasts and amateur athletes interested in reducing risk of head and neck injuries in contact sports, core strengthening, and increasing strength/mobility in the neck. The Starter is perfect for anyone trying to overcome poor posture or rehabilitate chronic pain in the neck or back. It's also being recommended by doctors to help athletes recover from whiplash and as the initial phase of treatment for shoulder injuries; strengthening the muscles that connect the neck and shoulder while the shoulder itself has time to heal.

CLINIC EDITIONS

curated packages designed specifically for clinics and rehab professionals



Iron Neck Pro Clinic Edition | SKU: INPC

(w/ 3x pads, 10 lb. Band, Cinch Anchor, Door Belt, 2X Skull Cap and a Drawstring Bag)

The Iron Neck Pro is our most popular model and combines the best features from the Starter and Varsity models, making it the ideal choice for rehabilitation, reducing injury risk, and strength training applications. The variable friction dial works similar to a brake in a spinning bike, allowing you to adjust the amount of friction applied and take complete control over your training. Start friction-free to focus on form and proper biomechanics, then as you get stronger and more comfortable with the system, you can increase the friction to bust through training plateaus and accelerate strength gains.



Iron Neck Starter Clinic Edition | SKU: INSC

(w/ 3x pads, 10 lb. Band, Cinch Anchor, Door Anchor, Skull Cap and a Drawstring Bag)

The Iron Neck Starter is a great introduction to neck training for fitness enthusiasts and amateur athletes interested in reducing risk of head and neck injuries in contact sports, core strengthening, and increasing strength/mobility in the neck. The Starter is perfect for anyone trying to overcome poor posture or rehabilitate chronic pain in the neck or back. It's also being recommended by doctors to help athletes recover from whiplash and as the initial phase of treatment for shoulder injuries; strengthening the muscles that connect the neck and shoulder while the shoulder itself has time to heal.



RX TRAINING

RX TRAINING

Resistance band packages designed to cleanly integrate into any training studio or gym. Portable and easy to set up, the RX Training line brings efficient, powerful resistance training into one complete fitness solution.

Essential Package | SKU: RXTL
(2X 25 lb. Bands | Handles | 2X Door Belts | 4X Cinch Anchors)

Plus Package | SKU: RXTP
(2X 10 lb. & 35 lb. Bands | Handles | 2X Door Belts | 4X Cinch Anchors)

Elite Package | SKU: RXTE
(2X 5 lb. & 25 lb. & 50 lb. Bands | Handles | 2X Door Belts | 4X Cinch Anchors)

RX REHAB

RX Rehab is specifically designed for individuals who are rehabbing a shoulder injury. Strengthening the muscles that support your shoulder will help keep your shoulder joint stable, and keeping these muscles strong can relieve shoulder pain and prevent further injury.

Rehab Package | SKU: RXTR
(2X 5 lb. & 10 lb. Bands | Handles | 2X Door Belts | 4X Cinch Anchors)



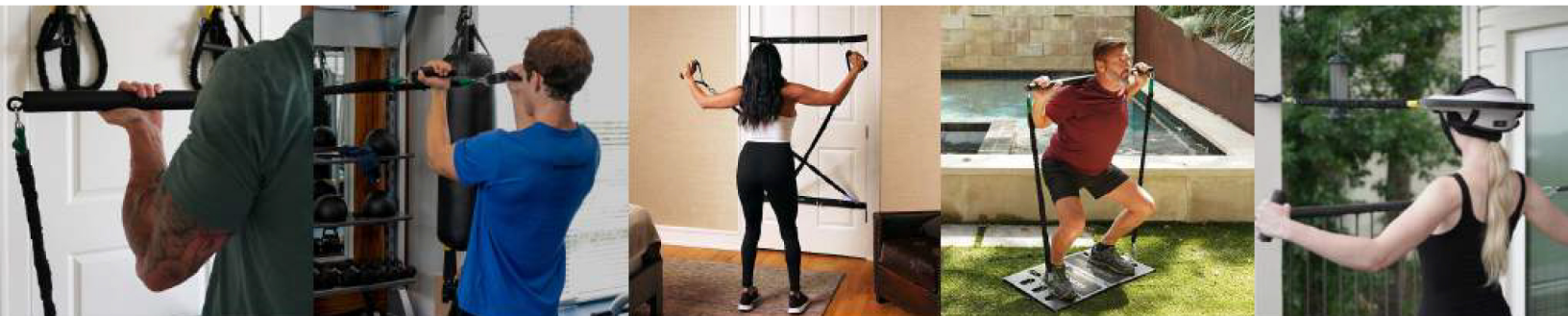
RX LaunchPad | SKU: PAD

A convenient, fun way to get a total-body workout at home or outside, the RX LaunchPad is a must for health and fitness enthusiasts ready to optimize their Essential, Rehab, Plus, or Elite RX Training Package.



RX Training Bar | SKU: BAR

The RX Training Bar allows you to clip in multiple resistance bands and supports you by keeping the resistance evenly distributed for an effective workout. Designed to unscrew for easy storage, this bar also features grips for comfort.





RX Resistance Bands
SKU: RB05
SKU: RB10
SKU: RB25
SKU: RB35
SKU: RB50



Power Bands
SKU: POWB-XH
SKU: POWB-H
SKU: POWB-M
SKU: POWB-L
SKU: POWB-XL



Speed Trainer Bundle
SKU: SPD-BDL



Hip & Glute Bands
SKU: GLUTE-TBD



Hip & Glute Loops
SKU: GLUTE-LPS



RX Handles
SKU: HANDLES



RX Tricep Handle
SKU: TRI



RX Ankle & Wrist Straps
SKU: STRAPS



Safe Lock Door Anchor
SKU: DANCHOR



Tri Clip Door Belt
SKU: DBELT



EZ Cinch Anchor
SKU: ANCHOR



Skull Cap
SKU: SKCAP



Arctic Krill Oil
SKU: SUPP-AKO



Peak Joint Health
SKU: SUPP-PJH



Drawstring Bag
SKU: BAG