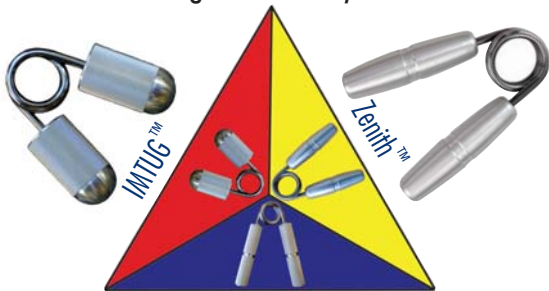


4*

~~3~~ Grippers, 1 Goal

Strong and healthy hands



Captains of Crush®

IRONMIND®

Since 1988 – Grip Central

IronMind Grippers—4 Ways to Get Strong and Healthy Hands

Precise, durable and gorgeous, IronMind grippers deliver results like no other hand strengthening device in the world—results that are:

- **Fast**
- **Focused**
- **Enduring**

We'd like to introduce our grippers to you, explaining the special features of each, and tell you how they work together to help you reach your grip strength and hand health goals. With 4 styles of grippers and 28 strengths to choose from, IronMind grippers can provide an unparalleled fit for the requirements of your training program.

Just as essential as the grippers themselves are the training information and customer service that accompany them. Let's get started—and if you have any further questions, please don't hesitate to contact us.

Randall J. Strossen, President
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Founded in 1988, IronMind is Grip Central—designing, building, and delivering serious grippers to help people reach their grip strength goals for sports, job, and everyday life. Shake hands with IronMind’s triple-team roster of hand grippers:



Captains of Crush® (CoC®) grippers

- the gold standard of grippers
- 11 strengths, from Guide to CoC No. 4
- certification for elite performances
- maximum crushing grip strength via low-volume—high-intensity workouts



IMTUG™ two-finger utility grippers

- targeted training one or two fingers at a time, including the thumb
- 7 strengths, from IMTUG1 to IMTUG7
- reduced pressure on soft tissue of hands
- tune up your weak fingers, advance on CoCs, power up your pinch grip



Zenith™ digital fitness grippers

- for conditioning as well as strength
- 6 strengths, from Zenith Agility to Zenith 4
- silky-smooth handles, bump-free ride
- warm-ups, prehab, rehab, conditioning and strength-building via moderate-to-high-rep workouts



Left-Turn grippers

- tailor-made for lefties
- 4 strengths, from LT Trainer to LT 3
- perfect complement to Captains of Crush grippers
- designed for high-intensity training



Made in the USA



Captains of Crush® the gold standard of grippers

Captains of Crush (CoC) grippers are the worldwide benchmark for building and testing your grip strength. They are the single best tool you can buy for building maximum grip strength and they are the fastest route to increasing your grip strength.

Captains of Crush grippers are designed for **low-volume—low-rep training at a high intensity level**—and working to your limit.

Low volume means that you won't be doing tons of reps each week with your Captains of Crush gripper. If you want to squeeze something constantly as you drive or watch TV, we'd recommend the IronMind EGG. But if you want to be able to crack coconuts with your bare hands, a CoC gripper is your number one training tool.

Training with Captains of Crush grippers

The general structure of your training is to start with warm-up sets, follow with work sets, and include the concept of a challenge gripper, the one that is your next goal.

Warm-up sets

As a basic training routine, do a warm-up set or two of about 10 reps, alternating hands as you do the sets. Make your warm-up reps deliberate and full range, setting the stage for the maximum efforts that will follow. If you are just beginning, your warm-up sets will be done with one strength of gripper, but if you are more advanced, you will move up the ladder using progressively tougher grippers, just as you would add weight to the bar as you warmed up for heavy squats, for example. You might do several warm-up sets, and as you do more of them, the reps could go down.



Here's how that might look, depending on your current level of strength:

Beginner

CoC Guide 2 x 10*

* 2 sets of 10 repetitions

Intermediate

CoC Sport 2 x 10

CoC Point Five 1 x 8

CoC No. 1 1 x 6

Advanced

CoC Trainer 1 x 10

CoC No. 1 1 x 8

CoC No. 2 1 x 6

Work sets

These are the sets where you go to failure, and that make you stronger.

Beginner

CoC Guide 2 x 10 [warm-up sets]

CoC Sport or Trainer 2 x 5 [work sets]

Intermediate

CoC Sport 2 x 10 [warm-up sets]

CoC Point Five 1 x 8

CoC No. 1 1 x 6

CoC No. 1.5 2 x 4 [work sets]

Advanced

CoC Trainer 1 x 10 [warm-up sets]

CoC No. 1 1 x 8

CoC No. 2 1 x 6

CoC No. 2.5 2 x 4 [work sets]



WARNING:

Captains of Crush grippers are designed for the superior performance—including extreme durability—that has made them a legend around the world. While many of these grippers are in active use year after year, spring failure is always a possibility. Only use your grippers in a manner that is safe for both you and any bystanders.

Failure means absolute failure: you fight to make the maximum number of reps you can and make every effort to complete one more rep.

Challenge gripper

Your challenge gripper is the one you are striving to fully close but have not quite reached yet, so in the case of the above Beginner, the CoC No. 1 (or the CoC Point Five) will be your goal; for the above Intermediate level, it is the CoC No. 2; and for the above Advanced level, it is the CoC No. 3.

If you are working with full step increases (Guide, Sport, Trainer, No. 1, No. 2, No. 3, No. 4), once you can do at least 10 full reps with the gripper below your challenge gripper, test yourself on the challenge gripper periodically. If you are using half-step grippers (Point Five, No. 1.5, No. 2.5, No. 3.5), you can test yourself on your challenge gripper once you are in the range of at least 5 full, consecutive reps on your work-set gripper.

Important!

No matter what your level of gripper workout, after all that crushing you'll want to finish with some extensor work with the Expand-Your-Hand Bands. Training the opposing movement—expanding instead of contracting—helps strengthen your hands, prevent injuries, and build muscle balance.

Expand-Your-Hand Bands 2–3 x 10–15

You can use the Expand-Your-Hand Bands on off days as well, to keep your fingers limber and pain-free.



How strong should you be?

If you are coming back from an injury, or are elderly or very young, fully closing a **Captains of Crush Guide** will be quite a milestone.

Fully closing a **Captains of Crush Trainer** puts your strength well beyond that of mastering a sporting goods store gripper, and if you are a woman, this marks very respectable grip strength.

Most men who lift weights will not be able to fully close a **Captains of Crush No. 1** the first time they try, but 10 reps on this gripper is the basic level of grip strength IronMind recommends for just about any sport, recreational activity, or job where grip strength is a factor in one's performance.

If your life or someone else's, or your professional performance depends on the level of your grip strength, IronMind recommends that you master the **Captains of Crush No. 2** gripper. For women, go down one full level on each of these grippers to gauge your target level of grip strength.

And, if you are an aspiring gripmaster or want to prove your stature in this community, certification on the **Captains of Crush No. 3, No. 3.5, and No. 4** (or **No. 2 and No. 2.5** for women) awaits you. See www.ironmind.com for details.

If your life or someone else's, or your professional performance depends on the level of your grip strength, IronMind recommends that you master the **Captains of Crush No. 2** gripper.



IMTUG two-finger utility gripper

Target your fingers 1 or 2 at a time

Ever wish you could give your ring finger and pinky a little extra training? Wonder if that might be the key to knocking off your next challenge-level CoC gripper? How about working just your trigger finger or maybe your thumb?

Meeting these goals—and more—is what IMTUG was designed for.

IMTUG training using the CoC program

Some people, including top names in grip strength and armwrestling, have built their entire grip training programs around using IMTUGs. In this case, you would train the same way as you would with Captains of Crush grippers, but instead of using your whole hand for each set, you would isolate your fingers by, for example, training your index and middle finger together, and the same with your ring finger and pinky. If you were interested in building up your pinch grip, you would use IMTUG to train your thumb by itself.

While a lot of people do low reps with IMTUGs, just as with Captains of Crush grippers, don't be afraid to work into something more like the 8–12 rep range, too. Follow the same principles, including warm-up, work-set and challenge grippers, that were explained for Captains of Crush grippers.

IMTUG training after using CoC grippers

Another way to use IMTUGs is following your training on Captains of Crush grippers, to help fill in the areas you would like to hit with a little more work.



For example, after you have completed your CoC workout, you might want to include 2–3 sets with an IMTUG for your thumb and maybe the same thing for your ring finger and pinky.

Which IMTUGs should you use?

There are seven different strengths of IMTUGs, from 1 (easiest) to 7 (hardest). IMTUG recognizes that your fingers differ in both length and strength, and you will use a different strength IMTUG depending on which fingers you are targeting:

Easier IMTUG



**Pinch gripping
with thumb and
index finger**

Moderate IMTUG



**Upside down,
training the ring finger
and pinky**

Harder IMTUG



**Right side up,
training the index
and middle fingers**

This chart will help you select the right IMTUGs based on which CoC grippers you are using for your work sets:

Use these IMTUGs for:

<u>CoC work sets</u>	Thumb (pinch grip)	Ring and pinky	Index and middle
Guide or Sport	IMTUG1	IMTUG1	IMTUG2
Trainer or No. 1	IMTUG2	IMTUG3	IMTUG4
No. 1 or No. 2	IMTUG3	IMTUG4	IMTUG5
No. 2 or No. 3	IMTUG4	IMTUG5	IMTUG6
No. 3 or No. 4	IMTUG5	IMTUG6	IMTUG7

For example, if you are doing your work sets with the CoC No. 2, you would select the IMTUG4 for pinch gripping, the IMTUG5 for working your ring finger and pinky, and the IMTUG6 for working your index and middle fingers.

ZENITH™

Conditioning as well as strength

Zenith is a radically new kind of gripper, made especially for fitness and strength-conditioning workouts with moderate to high reps, by itself or in conjunction with a CoC gripper or an IMTUG. You'll love its silky-smooth handles and the no-bump ride—and the way your hands feel after a workout.

If your primary focus is building maximum strength, we recommend that you use Zenith grippers for active rest on your off-days. This workout would take the form of doing 1–3 sets of 10–20 reps with a Zenith gripper that is very easy for you. Don't be afraid to use a Zenith Agility or a Zenith Trainer even if you are certified on the Captains of Crush No. 3 or beyond.

If you are training for conditioning as well as strength, do only 1–2 work sets with your Captains of Crush gripper and then follow that with 1–2 sets of 10–20 reps with a Zenith gripper that will leave you feeling taxed at the end of the set.

Which Zenith grippers should you choose?

Zenith grippers are available in six strengths:

Zenith Agility – one level below a CoC Guide, for hands that hurt or for a warm-up that is like using an empty bar, even if you can snatch 200 kg.

Zenith Trainer, 1, 2, 3, and 4 – each is somewhat easier than its CoC namesake and this is by design, so a Zenith 1 is easier to close than a CoC No. 1, for example.



To select the right Zenith model, use the same model you are using for your work sets with a Captains of Crush gripper as a starting point—so if you are doing your work sets with a CoC No. 1, try a Zenith 1 and then go up or down depending upon your preferences.

Going forward: keep it simple, take it one step at a time

If you can buy only one grip strength training tool, get a Captains of Crush gripper. The next step is to get a second and possibly a third CoC gripper, each a different strength. Add a Zenith or IMTUG next, choosing what best complements your training goals. And if you think that your left hand deserves special treatment, get a Left-Turn gripper or two. For example, you might select:

- Captains of Crush Trainer, No. 1, No. 2
- IMTUG1, IMTUG2
- Zenith Trainer
- Left-Turn 1

3-days-a-week training program

Warm-up

- Zenith Trainer 2 x 10
- CoC Trainer 1 x 8
- IMTUG1 (thumb) 1 x 10

Work sets

- CoC No. 1 2 x 4 (all-out sets)
- IMTUG2 (thumb) 2 x 8

Challenge

- CoC No. 2 Test periodically

Extensors

- Expand-Your-Hand Bands 2–3 x 10–15

* Left-Turn Grippers

The fourth in IronMind's line-up of grippers, Left-Turn grippers complement Captains of Crush grippers—and you train on them just the same way.

What's special about Left-Turn grippers?

IronMind's world-famous Captains of Crush® grippers, and most others, use what are called left-hand wind springs, and gripsters around the planet successfully train both their right and left hands with them. But some people think grippers feel slightly different in their left hand than in their right. Of course, part of this could be differences in hand position, hand dominance, or hand strength, but it could also be due to differences in the geometry of left-hand and right-hand wind springs.

Left-Turn grippers use what are called right-hand wind springs, the opposite of CoC grippers. If your trusty Captains of Crush (CoC) gripper doesn't feel quite the same in your left hand as in your right, grab an IronMind Left-Turn gripper.

Training with Left-Turn grippers

How do you train for best results with a Left-Turn gripper? Exactly the same way as with a Captains of Crush gripper—so your focus will be on short, high-intensity workouts.

Remember, you can train either hand with your Left-Turn grippers—just as you can use either hand when training with your Captains of Crush grippers.

