

Left-Turn<sup>TM</sup>



Grippers



Grippers with  
a new twist

IRONMIND<sup>®</sup>



Made in the USA.



Introducing

# Left-Turn<sup>TM</sup> Grippers



**Are you in the .1%?**

99.9% of people who train with grippers think they feel fine in both hands, but if you think your left hand has gotten short shift, meet IronMind's Left-Turn<sup>TM</sup> grippers. They feature:

- IronMind's proprietary GR8-L<sup>TM</sup> springs: precise, durable, good-looking
- black anodized aircraft-grade aluminum handles\*
- precision manufacturing and peerless build quality for world-class performance
- IronMind® stamped in the clear band mid-handle and model at the end of the handle

\*Just like the finish on your new car, if appearance is important to you, don't beat on the surface of your Left-Turn grippers as this could damage the anodizing; on the other hand, if this happens, don't lose any sleep over it because it is purely cosmetic and will not affect the functionality of the gripper.

Left-Turn grippers come in 4 strengths for maximum results:

- No. 1485 LT Trainer — c. 100 lb.
- No. 1486 LT 1 — c. 140 lb.
- No. 1487 LT 2 — c. 195 lb.
- No. 1488 LT 3 — c. 280 lb.

## What's special about Left-Turn grippers?

IronMind's famous Captains of Crush® grippers, as well as most others, use what are called left-hand wind springs, and gripsters worldwide successfully train both their right and left hands with them, but some people think the 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, and if that sounds confusing or backwards, the simple thing to remember is that 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 and train with it exactly as you would a CoC 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 that reflect the general principles of progressive resistance training. Don't worry—if that sounds like a mouthful of words, what you do in practice is simple: low reps, maximum effort, and so forth, with all the details spelled out in the training booklet for Captains of Crush grippers. A copy of the Captains of Crush instructional booklet is enclosed to guide your Left-Turn gripper training.

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.

**Left-Turn grippers join IronMind's world-class lineup of hand grippers:**



**Captains of Crush Grippers**  
Maximum strength, minimum time

**IMTUG™**



**IMTUG: Two-Finger Utility Grippers**  
Individual finger strength

**ZENITH™**



**Zenith: Digital Fitness Gripper**  
Strength & conditioning

Right hand or left, IronMind grippers are designed to build strong and healthy hands for people who use their hands—which is to say, everyone!

## Warning and warranty

Left-Turn grippers are designed for superior performance and extreme durability. It is important to remember that spring failure is always a possibility. Only use your grippers in a manner that is safe for both you and any bystanders.

Left-Turn grippers are designed for high-intensity, low-volume, single-user training as defined by IronMind's training recommendations. We warrant to the original purchaser of Left-Turn grippers that IronMind will replace free of charge any gripper that fails during proper use within one year of the date of purchase. To claim such replacement, the gripper must be returned to IronMind along with proof of purchase, and we reserve the right to replace the gripper with a different strength. Such replacement is the full extent of our liability under this warranty.

### Warranty exclusions

We do not warrant our products against unauthorized modification or alterations, improper use, improper maintenance, accident, misuse, negligence, or damage, or if the product is used for a purpose for which it was not designed. Except as expressly stated in this warranty, we shall not be liable for direct, indirect, incidental or other types of damage arising out of or resulting from the use of the product. This warranty is in lieu of all other warranties, expressed or implied, including but not limited to implied warranties of merchantability or fitness for a particular purpose.

Comments, questions or suggestions? We are always happy to hear from you:

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