

**IRONMIND®**

STRONGER MINDS,  
STRONGER BODIES™

IronMind Enterprises, Inc.  
P.O. Box 1228  
Nevada City, California 95959  
U.S.A.

ADDRESS SERVICE REQUESTED



IronMind Gift Cards

Gift-giving and contest prizes  
made quick and easy, starting  
at \$15.00.

No. 1202-EGC

PRSR STD  
U.S. POSTAGE  
PAID  
Ann Arbor, MI  
48103  
Permit No. 87

# IRONMIND®

Tools of the trade for serious strength athletes™ . . . since 1988

## IronMind: Grip Central since 1988



(p. 2)

Z E N I T H™



(p. 3)

IMTUG™



(p. 3)

Left-Turn™  Grippers



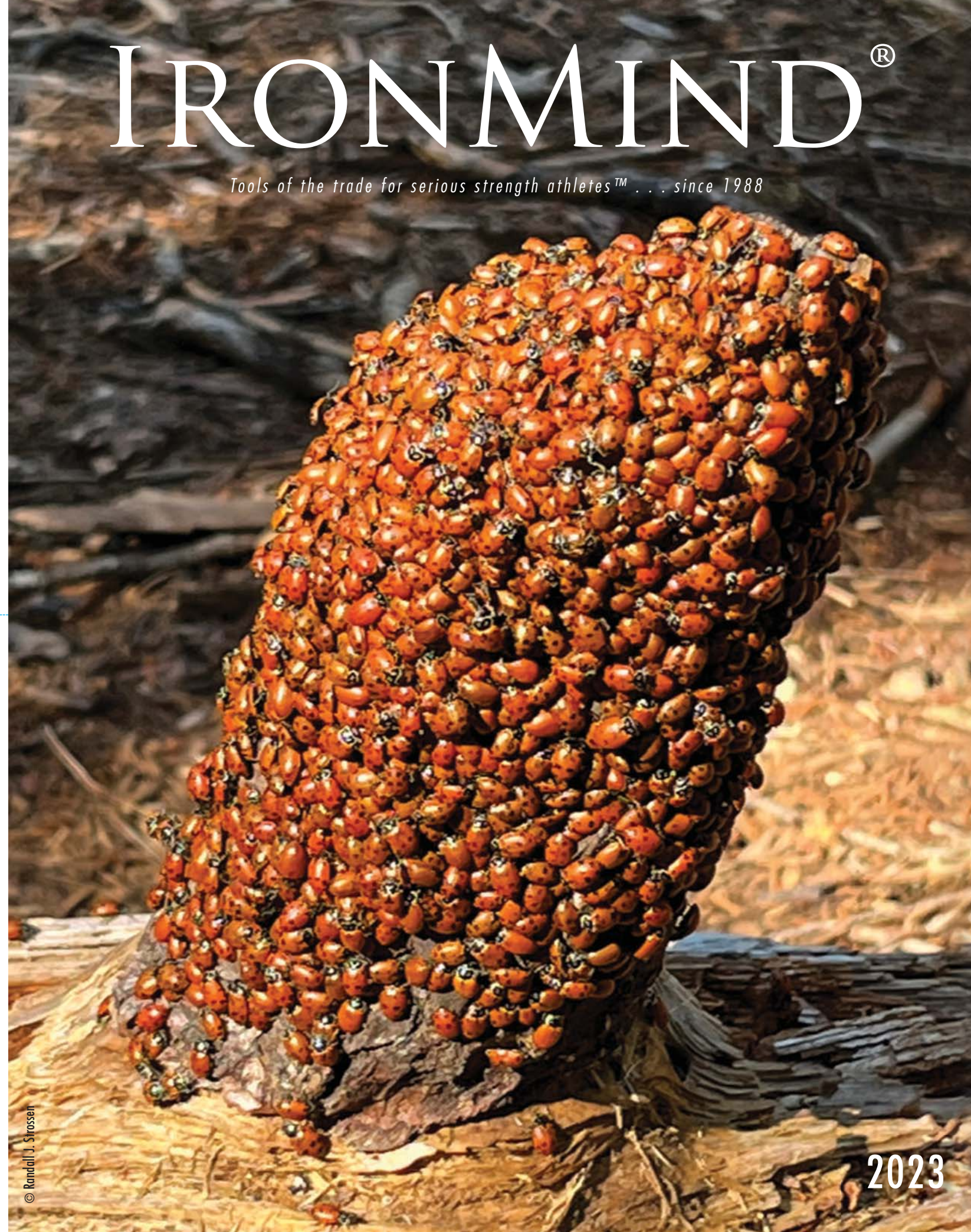
(p. 3)



(p. 11)

Cover: Ladybugs are a widely regarded symbol of good luck. If you get particularly lucky on a hike in the hills, you might spot a swarm or "aggregation" of thousands of ladybugs, which they do "to regulate their internal body temperatures, share mates, enhance their defense, and share resources." \* ©Randall J. Strossen photo, 2022 (Nevada County, California)

\*-trehugger.com citing Verheggen, François J., Heiko Vogel, and Andreas Vilcinskas. "Behavioral and Immunological Features Promoting the Invasive Performance of the Harlequin Ladybird *Harmonia axyridis*." *Frontiers in Ecology and Evolution*. 2017.



© Randall J. Strossen

2023