

Build ferocious fingers

IM TUG™



■ 1 ■ 2 ■ 3 ■ 4 ■ 5 ■ 6 ■ 7

## Meet IMTUG—Train Your Fingers One or Two at a Time

Your fingers differ in length and strength, and IMTUG focuses your workouts finger by finger, taking your grip training to unprecedented levels of precision.

With IMTUG, you train one or two fingers at a time.  
And your thumb is not excluded, so you can train your pinch grip with the sort of mobility usually reserved for your crushing grip.

New PRs, healthier hands, better performance on the job or in your sport, IMTUG proves that great things sometimes come in small packages.

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*Bring each of your fingers up to  
its potential with IMTUG™*

## How to Hold IMTUG

Not a conventional gripper, IMTUG is not held in the hand like this!

For your safety and for the most effective results, use IMTUG only as directed. Never position IMTUG so that the spring rests against any part of your hand.

**Warning:** *IMTUGs are designed for superior performance; and while they should provide many years of active use, spring failure is always a possibility. Only use your grippers in a manner that is safe for both you and any bystander.*

### Care and Maintenance

The GR8™ springs on IMTUGs are made of steel, so they will oxidize in humid climates. To avoid rust, wipe the spring with a drop of light oil, which will also help to prevent or quiet squeaks. Clean excess chalk from the knurling with a stiff nylon-bristled brush.

We recommend an **easier** IMTUG for warm-ups and your thumb (pinch grip)



A **medium** IMTUG for your ring finger and pinkie



A **tougher** IMTUG for your index and middle fingers

You can train one or two fingers at a time, although we generally recommend training your ring finger and pinkie together, not your pinkie alone.

## Training with IMTUG

IMTUG comes in 7 strengths, from 1 (easiest) to 7 (hardest), and you will probably use two or three levels in your training.

Use this chart to choose your IMTUG grippers:

If you are working on this Captains of Crush gripper:	Use these IMTUGs to zero in on your thumb and other fingers:		
Guide or Sport	<u>Thumb/pinch</u>	<u>Ring/pinkie</u>	<u>Index/middle</u>
Trainer, Point Five, No. 1	IMTUG1	IMTUG1	IMTUG2
No. 1, No. 1.5, No. 2	IMTUG2	IMTUG3	IMTUG4
No. 2, No. 2.5, No. 3	IMTUG3	IMTUG4	IMTUG5
No. 3, No. 3.5, No. 4	IMTUG4	IMTUG5	IMTUG6

Approach your training with IMTUG as seriously as if you were lifting weights in the gym, always following the generally accepted principles of safe, productive training.

Focus on doing high-quality reps to build strength. We recommend training with IMTUGs after you have completed your other grip work.

- Always warm up before doing your heavy work: *do a warm-up set or 2 of about 10 reps*
- Keep the reps low and your effort high for maximum strength gains: *do 2 or 3 work sets of 5 or fewer reps*
- Give yourself time to recover: *training 2 or 3 times a week is about right for most people*

## The Brush Technique

The hemi-end handle allows you to use a potent training technique called *the brush*: get an assist from an extra finger by lightly brushing across the tip of the handle, giving added juice to complete your crush. Now, hold the closed position and then slowly let the IMTUG open up, or just release and repeat—and develop new levels of strength and coordination.

## Hand-in-Hand for a Grip with Guts

Pairing up your Captains of Crush® grippers and IMTUGs will add a whole new dimension to your grip training. First, work on your hand as a unit with CoC grippers; and then hit your thumb and fingers individually or in pairs with IMTUG grippers.



## IMTUG is small and looks friendly, but it packs a big punch

- Fine-tune your grip strength training, one or two fingers at a time
- Ergonomic design optimizes comfort and performance
- Pocket-sized for portability, it's easy to carry . . . and hard to put down!
- Hemi-end handles protect rather than pummel the soft tissue in your hands
- Features GR8™ springs for precision, durability, and appearance
- CoC<sup>2</sup>—CoC compatible, designed to work in tandem with Captains of Crush®, Zenith, and Left-Turn grippers
- Build strong and healthy hands: target areas for increased strength and muscle balance
- Use for prehab and injury prevention; and to rehab injuries or overuse problems
- Designed and built by IronMind, Grip Central since 1988

With IMTUG, you can train your fingers one or two at a time, increasing your overall grip strength while improving your muscle balance and hand health.



## **Limited One-Year Warranty**

IMTUGs are designed for high-intensity, low-volume, single-user training. We warrant to the original purchaser of an IMTUG that we will replace free of charge any IMTUG that fails during proper use within one year of the date of purchase. To claim the 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 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.

## **Questions?**

Please contact us if you have any questions about using your IMTUGs.

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