



STRONGER MINDS, STRONGER BODIES™

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Captains of Crush® Grippers: 10 Grippers . . . 1 Goal

Maximum grip strength, minimum time



Made in the USA

The CoC line-up – 10 strengths for a perfect fit



Strength for daily activities/general purpose; conditioning; rehab			
No. 1401	Guide	c. 60 lb.	beginners, seniors, rehab patients
No. 1402	Sport	c. 80 lb.	weekend warriors, light warm-ups, high school athletes
No. 1250	Trainer	c. 100 lb.	if you're ready for serious grip training; athletes, weightlifters, public safety officers
Grip-related activities; specific grip applications in work/sports; when your life or someone else's depends on grip strength			
No. 1251	No. 1	c. 140 lb.	if you've been training your grip already, start here; most strong guys cannot close the No. 1 the first time they try
No. 1251.5	No. 1.5	c. 167.5 lb.	the bridge to the No. 2
No. 1252	No. 2	c. 195 lb.	a grip to brag about; if your life depends on your grip, conquer the No. 2
No. 1252.5 No. 2.5 c. 237.5 lb. gateway to world-class strength			
World-class grip strength and certification; go here and you can crush a raw potato in your bare hands			
No. 1253	No. 3	c. 280 lb.	the most widely-known, highly-respected feat of grip strength in the world
No. 1253.5	No. 3.5	c. 322.5 lb.	master this if you're chasing the No. 4
No. 1272	No. 4	c. 365 lb.	the ultimate test of crushing grip

Each \$19.95

You'll find the Captains of Crush Hand Grippers that are just right for you in our on-line store.

Questions? Take a look at our FAQ about our Captains of Crush Grippers.

NEW! CoC Training Center

Perfect for gyms, weight rooms, gun ranges and garages:



Here's a way to keep our Captains of Crush Grippers hanging around your home or training center, so your members can easily train their grip—no more searching around for your favorite CoC that might have "walked off."

10 Captains of Crush Grippers are tethered to a Captains of Crush Shield—just mount it in a central location and watch your trainees' eyes light up when they see what's at hand. The [CoC Training Center](#) is available in our e-store.



GR8™ Springs
They define the apex of hand gripper springs in precision, durability and appearance. GR8 Springs are available exclusively on Captains of Crush Grippers and IMTUGs.

For our world-renowned Captains of Crush Grippers and other CoC² Grip Strength Training Tools, please visit our on-line store.

For more information about how to build your grip, wrist and forearm strength, please visit our All-About-It Resource Pages on Grip Training, Hand Grippers, and Hand Strength.

[Return to IronMind's Grip-Tech hub.](#)

Tools of the Trade for Serious Strength Athletes and Home of Captains of Crush® Grippers, Just Protein®, MILO®, SUPER SQUATS, Rolling Thunder®, Crushed-to-Dust!® Grip Tools . . . and more!

Stop by our Captains of Crush® Grippers website:



www.captainsofcrushgrippers.com

Everything You Need to Know and More About Captains of Crush Grippers!

"Gimme a Hand—What Should I Get?"

Even if you had all the money in the world, we'd say you don't have to rush out and buy every product IronMind makes, and if you're on a budget, we have some suggestions for how to best build up your supply of grip tools.

Start with **one Captains of Crush Gripper**—this is the cornerstone of your training—and this should be your **working gripper**.



Working gripper.

If you can afford it, get **two CoCs**—one should be your **working gripper**, and it's your choice whether the second one is your **warm-up gripper** or your **challenge gripper**. Ordering two grippers at once will save you money and give you more training options.



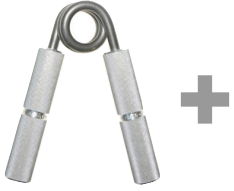
Working gripper and warm-up or challenge gripper.

If you can afford **three CoC grippers**, then get a **warm-up gripper**, your **working gripper**, and your **challenge gripper**. This is the range that allows you to get a thorough crushing grip workout no matter whether you are just starting off or are already at world-class levels. Once again, ordering three grippers at once will save you money and increase your training options.



Working, warm-up and challenge grippers.

For hand health and to speed your recovery from your gripper workouts, we also recommend that you add a set of [Expand-Your-Hand Bands™](#) to your training no matter where you are in terms of your strength level. For each set you do on your grippers, do one on your Expand-Your-Hand Bands.



CoC Gripper and Expand-Your-Hand Bands.

They can be done on your off days, and while they don't have the same intensity as those done on your grippers, you'll want to log roughly the same number of reps on both.



Captains of Crush Grippers, CoC Key and IMTUGs.

Once you have advanced beyond the beginning stage, you might want to begin using the [CoC Key](#) to measure your progress. Also, wise applications of the [IMTUGs](#) will allow you to target individual fingers, an especially potent advantage when 1) you are stuck between two levels of Captains of Crush Grippers or 2) you just can't seem to close whatever gap is defying you on your current challenge gripper.

CoC² CoC Compatible Grip Tools

The leading system for building grip strength.

CRUSH!

CoC Key

A precise way to assess your performance and gauge your progress.



Close the Gap Straps™

Gain the benefits of "strap holds," invented by John Brookfield.



IMTUG™: The Two Finger Utility Grippers

By hitting one or two fingers at a time, you can focus on the part of your grip that needs the most work.



RACK AND ROLL!

CoC & IMTUG Caddies

A simple, easy way to keep your CoC Grippers or IMTUGs at the ready.



Captains of Crush Grippers: Shield of Arms

Our metal shield signifies your training camp while protecting and displaying your Captains of Crush Grippers.



Tough-As-Nails™ Small Gear Bag

If you're a top grip guy, you'll want one of these for a couple of your favorite hand grippers, at the least.



CoC Compass T-shirt

Wherever you live, whatever you do, our Captains of Crush Grippers point you in the right direction for building and testing grip strength.



LEARN!

Captains of Crush Grippers: What They Are and How to Close Them, Second Edition

by Randall J. Strossen, Ph.D. with J.B. Kinney, and Nathan Holle



This is one-stop shopping for getting smart and good on these grippers.

ROCK!—TRAIN!—SAVE LIVES!

Captains of Crush Song CD

Play this song before your next grip workout and see if you don't get a PR. Proceeds go Doctors Without Borders (*Medecins Sans Frontieres*).



PRESTIGE!

Captains of Crush Grippers ID Card

It IDs you as a special grip guy with membership in the largest, strongest grip community in the world. First card free with the purchase of a Captains of Crush Gripper.



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