

The Missing Link in your Grip Training

Perfect Fit, Bull’s Eye Focus, Faster Gains



IMTUG . . . a small wonder that will take your grip strength and hand health to new levels.

If you’ve taken a look at the [IronMind Crushed-To-Dust!® Cube](#), you know that grip strength (and hand health) involves your thumb, as well as your other four fingers: your thumb is key to your pinch grip and your other four fingers are key to your crushing grip.

Most grip training tools ignore the thumb—even though an opposable thumb is unique to primates and closely tied to the development of tools—and then treat the other four fingers as if they’re all the same.

Not so at IronMind, where charting new territory is in our DNA, and when we tackled the thorny question of how to best train the hand—the whole hand—we discovered a great irony: the best way to do this was to focus on one or two fingers at a time . . . **recognizing that our fingers differ in both length and strength** and ever mindful that the fifth member of the club—**your thumb—should get the same direct attention as your other four fingers.**

You can’t achieve these goals with a conventional gripper, so we wiped the board clean and started fresh and the result was IMTUG . . . a small wonder that will take your grip strength and hand health to new levels.

IMTUG is not used like a conventional gripper:



Choose the IMTUG based on the relative strength of your fingers:

Thumb

Ring and pinkie fingers

Index and middle fingers

W – weakest

M – medium

S – strongest



An **easier** IMTUG for your thumb/pinch grip



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



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

Because your fingers differ in strength, choose your IMTUGs accordingly:

No. 1411	IMTUG1 (easiest)
No. 1412	IMTUG2
No. 1413	IMTUG3
No. 1414	IMTUG4
No. 1415	IMTUG5
No. 1416	IMTUG6
No. 1417	IMTUG7 (most difficult)

Each \$19.95

[You'll find IMTUGs in our on-line store.](#)

IMTUG may look little and friendly, but he’s one powerful guy. Take the *untraditional route* to superior grip strength with IMTUG:



- Fine-tune your grip strength training, one or two fingers at a time
- Ergonomic design matches finger lengths with training range of motion
- Pocket-sized for portability: easy to carry . . . and hard to put down!
- Massive ergonomic handles protect rather than pummel the soft tissue in your hands
- Hemi-end handles fit comfortably in any position: use the brush technique for new gains in strength and coordination
- Captains of Crush® Compatible—designed to work in tandem with our Captains of Crush Grippers
- Part of IronMind’s Crushed-to-Dust!® family: the world’s largest, most complete system of grip strength training
- Build strong and healthy hands: perfect for zeroing in on areas requiring additional strength and muscle balance; use for prehab and injury prevention; and to rehab injuries or compensate for overuse
- Made from authentic IronMind Grip-Tech™: since 1988 IronMind has been the world leader in designing grip tools
- Features GR8™ Springs: the same spring technology IronMind developed for its gold standard Captains of Crush Grippers—an IronMind exclusive



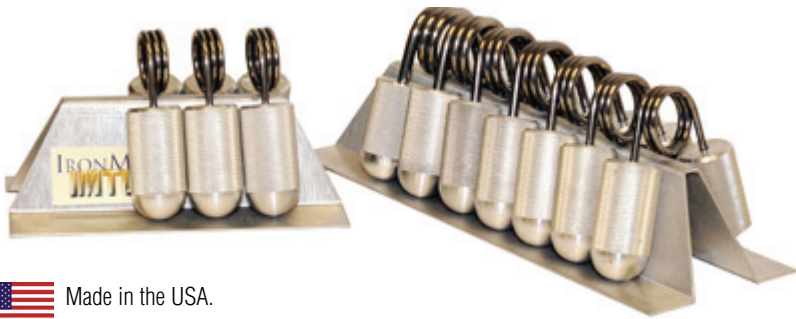
The Brush Technique
The hemi-end handle allows you to use a potent grip training technique called **the brush**: get an assist from an extra finger by lightly brushing across the tip of the handle. The idea is to get just enough added juice to complete your crush. You can now hold the closed position, slowly let the IMTUG open up, or just release and repeat. Whichever style you prefer, the brush technique will have the same result: stronger fingers and hands.

The Buddy System for Grip Strength Training

Pairing up your Captains of Crush Grippers and IMTUGs will add a whole new dimension to your grip training . . . first working on your hand as a unit and then hitting your thumb and fingers individually or in pairs. Here’s how it goes:

If you’re doing your work sets on these CoC Grippers:	Use these IMTUGs to zero in on your thumb and other fingers:		
	W – Pinch grip	M – Ring/pinkie	S – Index/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	IMTUG4	IMTUG6	IMTUG7

IMTUG Caddies: a simple, easy way to keep your IMTUGs at hand and in line



 Made in the USA.



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.

[Build ferocious fingers with IMTUGs: visit our on-line store for IMTUGs and IronMind’s other Crushed-to-Dust! Grip Tools](#)

[Find out more about Captains of Crush Grippers.](#)

[For more information about how to build your grip strength, we please visit our All-About-It Resource Pages on Grip Training Hand Grippers, and Hand Strength.](#)

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