

Z E N I T H™

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The digital fitness gripper



A new gripper,  
different results

**IRONMIND®**

Made in the USA.



Congratulations on being the proud owner of a Zenith Gripper, IronMind's 21st century tool for digital fitness. Zenith is the bold, new, different way to train for strong and healthy hands: its super-smooth ride makes it hard to put down—you'll love it at first squeeze.

## **Why Zenith?**

Even if you're not wrestling alligators or rock climbing for a living, your hands need to be strong and healthy. Nothing will slow you down more than hands that keep you from working, enjoying your hobbies, and doing your daily tasks—and Zenith will help you develop and maintain the digital fitness you need.

And if you're already (or on your way to becoming) certified on the Captains of Crush No. 3, No. 3.5 or No. 4 Gripper, you'll find that Zenith can play a special role in your training.

## **Getting started**

Generally, we recommend that you train on a Zenith Gripper one or two levels below the Captains of Crush (CoC) Gripper you are using on your work sets. If you are doing your work sets with a CoC No. 2, for example, we would recommend a Zenith No. 1 (Z-1) or a Zenith Trainer (Z-T).

## **Shake hands**

The first thing you'll notice about Zenith is how the handles are slightly oval and larger than standard—this was done to give you a superior ergonomic fit while simultaneously decreasing pressure on the soft tissue in your hand. And speaking of soft tissue, you will see that the handles on Zenith have a silky-smooth surface, so they can glide across your fingers, rather than grind into your skin.

## **Training**

With the spring facing up, place Zenith so that one handle sits naturally against the base of your thumb, wrap your other four fingers around the other handle and squeeze. Hold the gripper shut for at least an instant, let your hand open up, and repeat.



Spring facing up.



Spring facing down.

Instead of training with either very high reps (as you might with a plastic-handled sporting goods store gripper), or with very low reps (as you would with a Captains of Crush Gripper), we recommend moderate reps with Zenith. Our suggested starting point is 10 reps, and you can scale that up or down to meet your specific requirements.

If you are new to grip(er) training, one set three times a week will be plenty to start with. Add a second and possibly a third set as you progress, and if you feel as if you are recovering in between workouts, feel free to train more often than three times per week. Also, you might wish to do at least some of your training with the spring of the gripper facing down.

### **Safety**

Zenith Grippers are designed and built for superior performance, but spring failure is always a possibility and all users must accept the risk of the spring breaking at any time and only use their gripper in a manner that is safe for both themselves and any bystanders. Always keep your fingers on the handle (not on the spring) and do not, for example, grab the spring with your free hand or push the spring into your leg.

### **Maintenance**

The spring on your Zenith Gripper arrived with a protective finish that is both a rust inhibitor and a lubricant. If the spring on your gripper makes a chirping noise, the coils are rubbing against each other, and a drop of any light oil should quiet them down. Similarly, if you live in a humid environment and you would like extra protection from rust, wipe the spring down periodically with anything that blocks moisture, such as 3-IN-ONE oil or WD-40.

## Limited one-year warranty

Zenith Grippers are designed for moderate-volume, single-user training as defined by IronMind's training recommendations. We warrant to the original purchaser of Zenith 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 and a receipt showing the purchase date must be returned to IronMind, 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, suggestions?

We are always happy to hear from you:

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