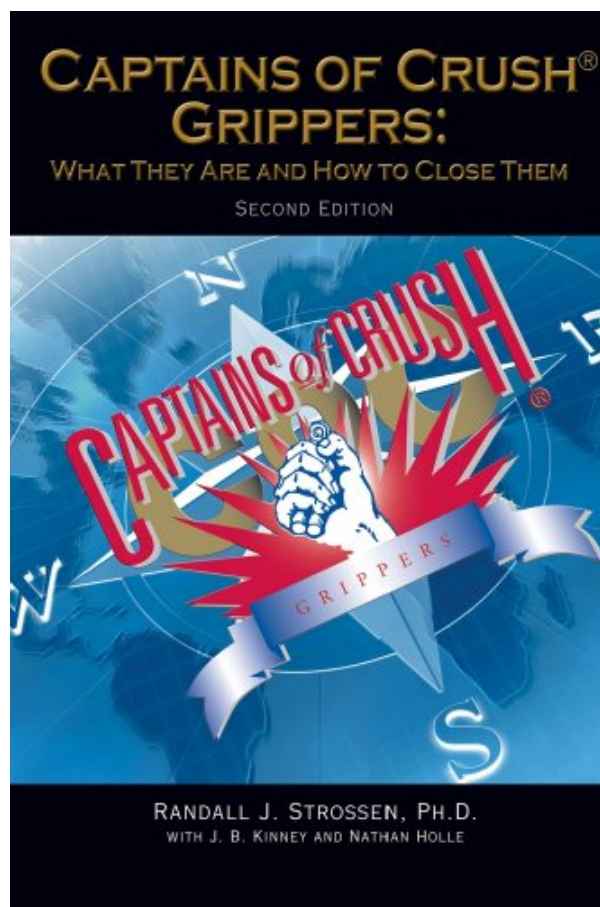


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Dedicated to all who know "it's not a crush . . . it's an obsession," this book is filled with the sort of information every gripper enthusiast should know, including gripper basics, the history of the CoC Grippers, and training advice for building superior grip strength. Whether you want to get an A+ on your next gripper exam or only care about getting stronger, you'll want to get this book--updated and expanded to include over 20% new material, and most of it on training.

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- Binding: Paperback
- 192 pages

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21 of 22 people found the following review helpful.

Author's History and Common Knowledge

By Michael Valentine

Book is supposed to be about the grippers and methods of achieving their closure -- title reads: What They Are and How to Close Them. Instead, it's about the author's (and mostly Ironmind's since they're mainly a grip company) history and some useless general tips. For the history, just do a search and you'll find it all there in one page if you REALLY want to know the story. It's irrelevant to actually knowing the grippers and how to close them. I say useless tips because they're obvious facts that anyone who has done any reading about muscle gaining at all will know them. It was as useful as fortune teller.

12 of 13 people found the following review helpful.

Thorough, well written and interesting

By D. A. Fahey

I really enjoy this book. I really admire Joe Kinney and his plain speak about how to develop a really strong grip. This book is motivating and has tons of info on the grippers themselves, some myths dispelled, and good basic training info. Mostly, it is a map you should have with you on your quest for the COC 3. I closed the 3 and this book helped me do it. Now I'm onto to closing the 3.5, which is a real bear.

18 of 25 people found the following review helpful.

The Gripper Bible!

By Craig M. Knight

I love this book! Instead of complicated answers to the simple question of how to get stronger using grippers, I learned valuable lessons on the application of hard work and goal-setting.

That's what I like about Ironmind, they don't try to sell you anything other than what's required, and they are not afraid to let you know when honest hard work is the path to reaching your goal.

The first part of the book is devoted to the history and development of Ironmind's Captains Of Crush Grippers. It made interesting reading and cleared a lot of confusion for me about some of the claims being made by rival gripper manufacturers.

The second part of the book focuses on how to train. Along with basic training advice from Randall Strossen aimed at the newcomer to gripper training, Joe Kinney and Nathan Holle reveal how they trained to officially close the number 4 Captains of Crush Gripper. Kinney shares some very interesting and innovative insights into his mental approach to workouts, and the training methods he uses, while Holle provides a different but equally effective method of training to get a super-strong crushing grip.

I finished the book with renewed motivation to train, and the tools required to get the job done.

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