



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

By *Randall J. Strossen, J.B. Kinney, Nathan Holle*



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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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