



The Institute of Human Performance

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JC Grip Dominator



The grip Dominator series was made for the combat athlete, but also has enormous carry over to general fitness applications. If you want to dominate your opponent, develop a grip like a vise, or grow massive forearms, JC's Grip Dominator Series delivers results! Train with the Grip Dominator series and feel what JC's fighters experience, "total domination."

JC 2.5 inch Clamp Grip (2 per Pkg)

\$ 69.95

Training with JC's Clamp grip will turn your hands into clamps. Anyone can hold on to a one-inch bar " but doing pull-ups, rowing, lat pull downs, and curling motions with JC's 2.5 inch Clamp is something you have never experienced. [\[Product Details...\]](#)

JC Lockdown Grip (4.5")

\$ 84.95

JC's 4.5" Lockdown grip is designed to develop the Gable Lock and the deadly "hook grip" necessary to control large body segments, such as the neck, thighs, back, and the shoulders. [\[Product Details...\]](#)

JC Grip Dominator Sleeve Set

\$ 59.95

Gripping and sleeve control wins Judo and Jiu-Jitsu matches â€” it is that simple. Attach JCâ€™s Grip Dominator to any cable, band, kettle bell, or barbell, or high bar and take your martial arts training to the next level. If you want to dominate the [\[Product Details...\]](#)

JC Power Sling with Clips

\$ 99.95

JCâ€™s Power Sling will soon be in every gym. Whether itâ€™s securing the upper body for knee-tucks, performing Gable lock pull-ups, or using it as a harness for pulling cars and tires, JCâ€™s Power Sling can get the job done easily and safely. Look no [\[Product Details...\]](#)

JC Rollup Grip

\$ 69.95

In the art of grappling and many other activities, such as Batting and Tennis require a tremendous amount of forearm strength and stamina. [\[Product Details...\]](#)

JC Dominator Stack

\$ 19.95

The Dominator Stack is the perfect tool to stack weights for wrist rolling or to use with the Clamp or Lockdown Grips. The shorter stack height allows greater rolling distance â€” making it the best weight stack in the industry. [\[Product Details...\]](#)

Large Carabineer

\$ 29.95

[\[Product Details...\]](#)

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