

IVANKO®

Engineered Passion

Force Required To Close The Ivanko Super Gripper

Springs/ Positions		Force (pounds)	Springs/ Positions		Force (pounds)	Springs/ Positions		Force (pounds)	Springs/ Positions		Force (pounds)
1 st Spring	2 nd Spring		1 st Spring	2 nd Spring		1 st Spring	2 nd Spring		1 st Spring	2 nd Spring	
1	3	45	4	1	56	7	1	101	10	1	162
1	4	56	4	2	64	7	2	109	10	2	170
1	5	70	4	6	113	7	3	119	10	3	179
1	6	85	4	7	130	7	4	130	10	4	191
1	7	101	4	8	149	7	5	143	10	5	204
1	8	120	4	9	169	7	9	214	10	6	219
1	9	140	4	10	191	7	10	235	10	7	235
1	10	162	4	11	214	7	11	259	10	8	254
1	11	185	4	12	240	7	12	285	10	12	345
1	12	211	5	1	70	8	1	120	11	1	185
2	4	64	5	2	77	8	2	128	11	2	193
2	5	77	5	3	87	8	3	137	11	3	203
2	6	92	5	7	143	8	4	149	11	4	214
2	7	109	5	8	162	8	5	162	11	5	228
2	8	128	5	9	182	8	6	177	11	6	242
2	9	148	5	10	204	8	10	254	11	7	259
2	10	170	5	11	228	8	11	278	11	8	278
2	11	193	5	12	253	8	12	303	11	9	298
2	12	219	6	1	85	9	1	140	12	1	211
3	1	45	6	2	92	9	2	148	12	2	219
3	5	87	6	3	102	9	3	157	12	3	228
3	6	102	6	4	113	9	4	169	12	4	240
3	7	119	6	8	177	9	5	182	12	5	253
3	8	137	6	9	197	9	6	197	12	6	268
3	9	157	6	10	219	9	7	214	12	7	285
3	10	179	6	11	242	9	11	298	12	8	303
3	11	203	6	12	268	9	12	323	12	9	323
3	12	228							12	10	345

‘Position’ is defined as the ‘notch number’ where the ‘1’ position is the easiest (least tension) and the ‘12’ position is the hardest (most tension). Your IG was delivered in the unlocked position. Return it to unlocked to adjust spring position or add springs, or between workouts. There is no good reason to remove springs. Always leave at least one notch between springs.

The Ivanko Super Gripper Chart originally formulated by the late John Szimanski of Piedmont Design Associates.