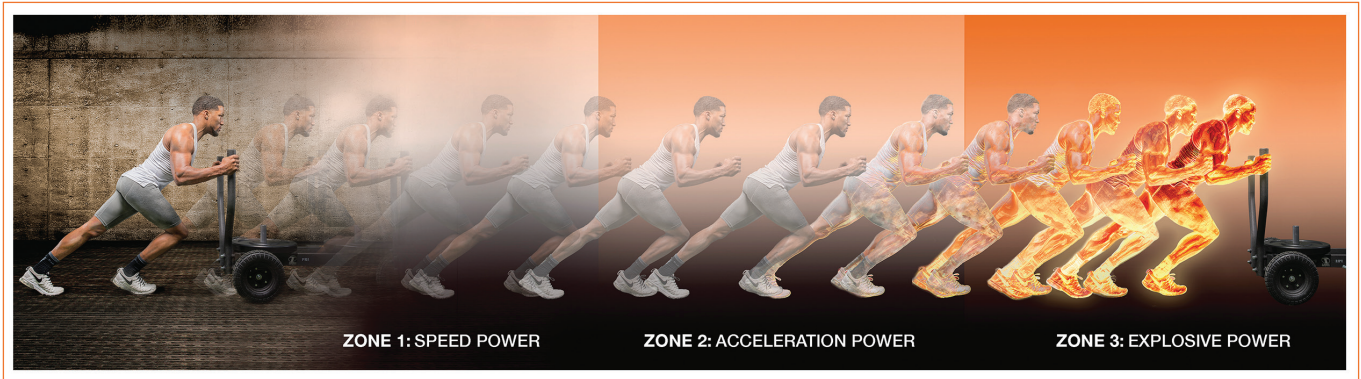


How Nothing Trains Like TANK



Explosive functional power for any breed of athlete

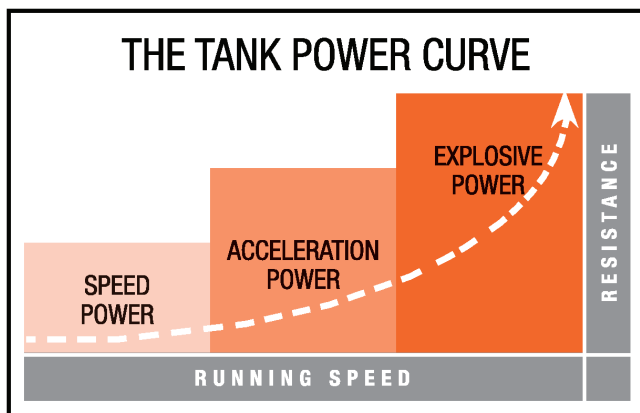
At trade shows, Torque lays down a 50 foot long “TANK Zone” for people who want to drive TANK. What happens then is the user pushes it the length of the run, stops, turns around and smiles. This has become known as the “Push and Smile.” What’s behind that smile? First it’s the surprise feeling of something that resists your efforts to accelerate and run faster. Then it is imagining all the ways such an innovation can train for athletic performance, prevent injury, and return the injured player back to the field faster. This potential is readily obvious to experienced trainers. The Indiana Pacers ordered TANKs sight unseen after reading an article on it in National Fitness Trade Journal.

The Pittsburgh Steelers asked for one of the first TANKs off the line to rehab an injured player. Since the athlete can change the resistance up or down in real time, it is easier to keep body mechanics and joints within the safe zone at all times. This enables faster recovery with minimal risk of setbacks.

The Steeler trainers also quickly discovered TANK’s use

for deceleration training, an important aspect of football performance. Up until now, training technology has simulated deceleration on various stationary platforms. TANK is the first piece of equipment that delivers real world deceleration training on the run. Nothing else comes close.

Torque has also initiated clinical testing at Bethel University where studies on metabolic rate are underway.



The faster you push it the harder it gets.

The plan is to manipulate load and burn calories and fat in shorter, high intensity bursts. As much as a 10 to 1 ratio versus aerobic equipment is thought possible. This could mean three minutes running TANK would equal 30 minutes on a treadmill, while strengthening the lower and upper body in the process. Half or even a fourth of this difference would save a lot of time in people's busy schedules and reduce the incidence of boredom. Torque will publish the test results when they are available in a few months. What does TANK bring to training programs for other sports? Deventri Jordan runs a training center specializing in elite athletes at the high school, college and professional levels. At his facility, TANK is used to train all breeds of athletes for speed, acceleration, power, strength and endurance for both the lower body and upper body. An exercise regimen he calls "Tempo Runs" involve running TANK at Force Level 1 then shifting up to Force Levels 2 then 3. By strengthening hamstrings, quadriceps and ankles, Tempo Runs are shaving an average of 0.2 to 0.3 seconds off athletes' 40 yard times, and adding an average of 2 to 3 inches to their vertical jump. These performance enhancements are accompanied by dramatic improvements in quickness and mobility. Football, soccer, track and field, basketball, baseball - all teams are reaping benefits from TANK's functional real world training.



"Tempo Runs" move through the force levels to ramp up the intensity and explosive power.

TANK also overlays real world functionality to a number of exercises formerly performed on stationary equipment. Push and walk forward replicates bench pressing. Pull and walk backwards replicates rows. Straight push forward builds the power to perform traditional lower body exercises safer, with

more resistance and repetitions. This is especially true in the case of athletes safely increasing the weight and repetitions in their squat exercise.

Taking workouts outdoors has become more popular at clubs and gyms. To meet this growing trend, TANK offers an optional basket to hold weights, straps, balls, battle ropes and other accessories for easy portability to any location in the club or outside. You can run TANK on any surface – carpet, wood, turf, sidewalks, or roads – for great workouts anywhere.



TANK's optional basket holds everything needed to take the workout anywhere within the club or outdoors.

On Leadership

When people come to you to pursue their fitness and training goals, you want them to see your facility as the ultimate place to realize their full potential. This means bringing forth new and exciting workout experiences they can find nowhere else. Advancement in exercise science doesn't pause. The need to stay on the cutting edge is always there. The battle for the hearts and minds of motivated people never ends. Don't quit.



To learn more call 1.763.754.7533, or 1.877.867.7835, or e-mail sales@torquefitness.com. www.torquefitness.com.