



# TANK GROUP PROGRAMMING

PROGRAM OVERVIEW

WARM-UP

COOL DOWN

TANK COMPETITION

TANK HIIT SESSION

TANK TOTAL BODY CIRCUIT





# THE PROGRAM

The following TANK Group Programming includes 3 workouts that can be used as a complete group training program. The program is designed to fit a range of fitness levels, number of participants, and lengths of time. This program includes a warm-up, a TANK competition workout, a TANK HIIT session, and a TANK total body conditioning circuit, as well as training tips along the way.

## TRAINING NOTES:

**EACH WORKOUT LASTS APPROXIMATELY 40-50 MINUTES, INCLUDING WARM-UP AND COOL-DOWN.**

**DETAILED EXPLANATIONS OF TANK MOVEMENTS ARE INCLUDED IN THE MOVEMENT GUIDE, ATTACHED.**

**TORQUE RECOMMENDS TRAINERS WALK MEMBERS THROUGH A FUNCTIONAL WARM-UP AND COOL-DOWN/STRETCHING BEFORE STARTING AND ENDING THE FOLLOWING WORKOUTS.**

**REMEMBER ONCE YOU LOAD 270 LBS OF WEIGHT ONTO TANK, THE WEIGHT DOES NOT NEED TO BE ADJUSTED.**



# WARM-UP CIRCUIT

**TANKS: 2**  
**TIME: 10 MINUTES**  
**OPTIMAL SPACE: 10 YARDS**  
**TANK GT REQUIRED: NO**

Have each person perform each movement for 1 minute, then rotate:

1. Forward jog with TANK
2. Knee-hug quad stretch
3. Calf stretch
4. Forward walking leg swings
5. Forward lunge with TANK
6. Neck clocks
7. Shoulder rolls

## TANK TRAINING NOTES:

**TANK JOG: HAVE MEMBERS GRASP HANDLES AND PUSH EVENLY AS THEY MOVE ACROSS THE TANK RUN ZONE**

**TANK LUNGE: WITH EACH STEP, DROP THE LUNGING LEG SLOWLY UNTIL THE REAR KNEE ALMOST TOUCHES THE GROUND**







# COOL DOWN

Torque recommends trainers take their group for a 5-10 minute walk, light stretching of major muscles worked, and foam rolling.



# WORKOUT 1- TANK COMPETITION

**NUMBER OF TANKS: 2**  
**TIME: 20-30 MINUTES**  
**OPTIMAL SPACE: 25 YARDS ONE WAY**  
**LOCATION: INDOOR OR OUTDOOR**  
**AMOUNT OF PEOPLE: 12**  
**TANK GT REQUIRED: YES**

A TANK competition is a fun and engaging way to incorporate team spirit and a competitive element that will motivate members to push themselves and others in the group.

The group will line up two TANKs at the beginning of the designated TANK run. Have the group arrange themselves with 3 and 3 on each end of the TANK run. It is ideal to pair up members from opposing teams that have as similar fitness levels as possible to make the competition close. The competition runs on a point basis. After running through the workout below, the team with the most points wins. The group will do each of these drills one time, giving them each 8 reps of high intensity movements.



# WORKOUT 1 - EXERCISES

1. TANK push: When the trainer says go, the two members first in line will take off running to their teammates at the end of the TANK zone, and pass the TANK off to the person at the beginning of that line, and they will run it to the other side. Each team will continue this drill until everyone on their team has completed two runs, putting them back at the side they finished on. The first team to finish receives one point.



## TRAINING INSTRUCTIONS:

**-ACCELERATE TANK WHILE PUSHING  
EVENLY WITH BOTH HANDS**

**-WHEN APPROACHING END OF RUN, DROP  
HIPS, QUICKLY DECELERATE WITH YOUR  
LEGS WHILE PULLING BACKWARDS ON THE  
HANDLES TO BRING TO A FULL STOP**



# WORKOUT 1 - EXERCISES

2. Battle rope pull: Attach battle ropes to both ends of each TANK. Have the teams line up 3 on each side. When the trainer says go, the first members in line on the side with TANK furthest from them, will pull TANK toward them. Once it has fully reached them, the member on the other side will put it back toward them. Each team will continue this drill until everyone on their team has completed two pulls. The first team to finish receives one point.



## TRAINING INSTRUCTIONS:

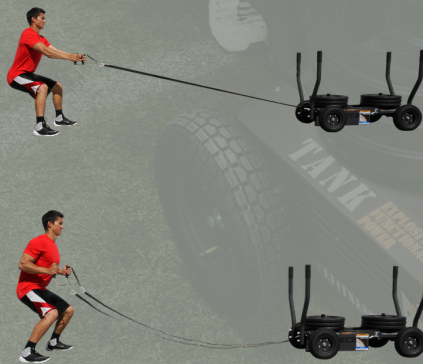
-ATTACH BRAIDED ROPE TO TOW HOOK

-WITH WIDE STANCE, PULL TANK TOWARD YOU WITH HAND OVER HAND MOTION



# WORKOUT 1 - EXERCISES

3. V-straps backpedal: Attach v-straps to both ends of the TANK. Run this drill in the same format as the battle rope exercise, by having one person stand with their back to the other team, pulling the TANK with the v-straps until they reach the other side. Each team will continue this drill until everyone on their team has completed two runs, putting them back at the side they finished on. The first team to finish receives one point.



## TRAINING INSTRUCTIONS:

- ATTACH V-STRAPS TO TOW HOOK AND GRASP BOTH HANDLES
- PULL TANK WHILE MOVING BACKWARDS



# WORKOUT 1 - EXERCISES

4. Harness run: Attach a harness to both ends of TANK. Line up all six members on one end of the TANK run. Have the first members in line hook up their harnesses and run down to the other end, unclip, attach their harness to the other side of TANK, and run back. Having the next person in line be ready in their harness when the member gets back to the line. Each team will continue this drill until everyone on their team has completed two runs, putting them back at the side they finished on. The first team to finish receives one point



## TRAINING INSTRUCTIONS:

**-ATTACH HARNESS TO WAIST AND TO TOW HOOK**

**-LEANING FORWARD, DRIVE LEGS PULLING TANK ACROSS TANK RUN ZONE**



# WORKOUT 2- TANK HIIT SESSION

TANK high intensity interval training is an efficient and engaging way to get members results. With two TANKS, form two teams of four. Line the TANKS up at the beginning of your designated TANK run. The trainer will set a timer for 30 seconds. When the trainer says go, the two members at the beginning of the line will push TANK to the other end of the TANK run, then they will turn around push it back. The same member will continue to push the TANK down and back until 30 seconds are up. Then the next three people in both lines repeat this same drill for the next 90 seconds, giving each person 30 seconds on, 90 seconds off per round. Repeat this drill 8 times to give your group a high intensity interval training session in less than 20 minutes. This same format can be used with different exercises on TANK, for example, users can push it down to one end and pull it back to the other.

**TANKS: 2**

**TIME: 16-20 MINUTES.**

**OPTIMAL SPACE: 25 YARDS ONE WAY**

**LOCATION: INDOOR OR OUT**

**AMOUNT OF PEOPLE: 8 MAXIMUM**

**TANK GT: OPTIONAL**

**RESISTANCE LEVEL: USERS CAN ADJUST RESISTANCE BASED ON THEIR LEVEL OF FITNESS AND CAN INCREASE IT OVER TIME AS THE PROGRAM PROGRESSES. TORQUE RECOMMENDS STARTING EVERYONE ON 1 AND INCREASING AS NEEDED.**





# WORKOUT 3- TANK TOTAL BODY CIRCUIT

The TANK total body circuit workout gives members a full body strength and conditioning workout. By incorporating other functional training accessories along with TANK, members are challenged and able to work a wide range of muscles while moving through the workout quickly. Members will work through 8 stations with little to no rest between exercises, performing a 60 second workout, the next exercise in the circuit. Repeat the circuit twice with a 3-5-minute rest in between.

**TIME: 16 MINUTES.**

**OPTIMAL SPACE: 25 YARDS ONE WAY**

**LOCATION: INDOOR OR OUT**

**AMOUNT OF PEOPLE: CIRCUIT DESIGNED FOR 8 BUT CAN BE SCALED UP TO 20 PEOPLE BY HAVING MULTIPLE PEOPLE DO THE SAME EXERCISE AT ONCE**

**TANK GT: OPTIONAL**

**RESISTANCE LEVEL: USERS CAN ADJUST RESISTANCE BASED ON THEIR LEVEL OF FITNESS AND CAN INCREASE IT OVER TIME AS THE PROGRAM PROGRESSES. TORQUE RECOMMENDS STARTING EVERYONE ON 1 AND INCREASING AS NEEDED.**



# WORKOUT 3 - EXERCISES

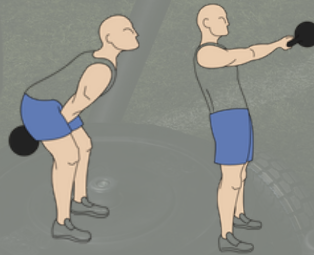
1. TANK forward walking lunge

Resistance: 1

Distance: 10 yards



2. Kettlebells swings



3. Plyobox step-ups or jumps (depending on level of fitness)





# WORKOUT 3 - EXERCISES

4. TANK v-strap pulls

Resistance: 1

Distance: 10 yards



5. Kettle bell sumo squats



6. Plank (on knees if needed)



7. Burpees (without weights if needed)



8. Kettle bell bent row







# DON'T QUIT. EVER.™

*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. Torque knows that 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. EVER.™*

