TORQUE USA

TRAINING ACCESSORIES

TORQUE FITNESS FUNCTIONAL AND WEIGHT TRAINING ACCESSORIES FOR ANYTIME FITNESS INDIVIDUAL, SMALL GROUP, AND TEAM TRAINING.

NORTH AMERICA

DON'T QUIT. EVER.™

Accessory Packages

Torque makes outfitting your gym easy with packages available for sets of individual accessories designed to fit on Torque storage trays as well as group functional training packages designed to fit on our training systems. See our Accessory Package Brochure.

Rubber Grip Plates

Tri-spoked Grip Plates have a large comfortable grip and are available in 2.5, 5, 10, 25, and 45 lb weights. The stainless steel hubs are hydraulically pressed into permanent position to prevent surface damage to plates and bars. Available in both Rubber and Urethane.

Torque Fitness offers stand-alone and integrated system storage solutions for weight plates and bumpers. Contact us and we can help recommend what you will need.

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Black Bumper Plates

Torque Alpha bumpers have a proprietary chemical coating on the molded in steel reinforced hubs making them even more durable than our standard bumpers. Raised lettering and a smooth finish give them a premium look.

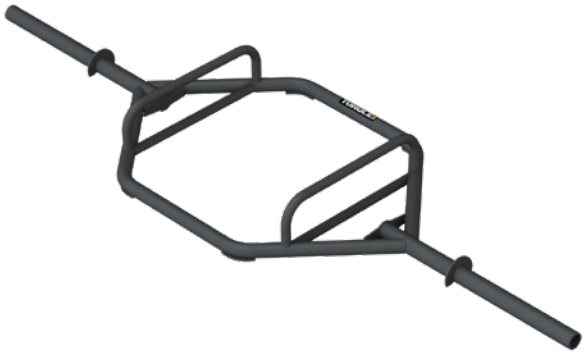
WEIGHT

Colored Bumper Plates

Torque colored bumpers bring energy to any workout room and make weight identification easy. With the same features as the black, the bumpers have been tested for 8000 drops from 6 feet.

Hex Bar

The Torque 7 foot (2.3 m) Hex Olympic Bar features durable fully welded construction. The versatile dual-handle design allows athletes to switch grips by simply flipping the bar over.



Hex Dumbbells

Rubber hex head dumbbells with fully welded sand-blasted cast heads are available in six weights ranging from 5 to 100 lb.

Torque Fitness is an Anytime Preferred Vendor and also offers storage solution and packages for barbells and dumbbells. Contact us and we can help recommend what you will need.

Collars

Easy to use spring collars are available for the standard Olympic bars and high impact nylon collars with a cam locking mechanism designed to stay put during drops are available for our X-Series training bars.

WEIGHT

Aerobic Dumbbells

Torque Aerobic Dumbbells have an extra thick neoprene coating with a slightly soft and textured grip making them easy to hold even when palms get sweaty. Sets include, 2 lb - 12 lb weights.

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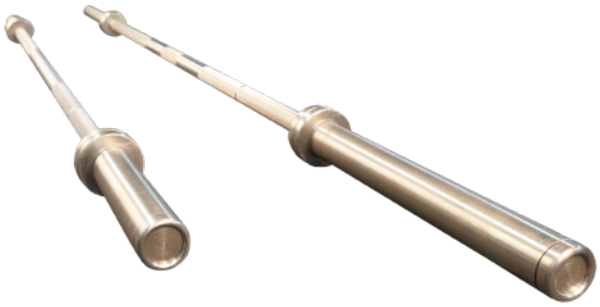
Short Olympic Bar

Our 5′ (153 cm) Standard Olympic Bar, while not long enough to fit most racks, is great for arm curl benches or Olympic movements when you are short on space. At 11.9 kg in weight, the bar is rated to 220 kg.

Standard Olympic Bars

Our standard 6′ (184 cm) and 7′ (220 cm) 32 mm diameter Olympic bars feature hard chrome, are rated to 1500 lbs (680 kg), and pair well with grip plates.



Torque Fitness supplies racks and rigs that integrate functional and free weight training, saving space and your investment. Call us and we can provide recommendations based on your needs in your facility.

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EZ Curl Bar

Our 4′ (1.2 m) 28.0 mm diameter EZ Curl bar fits all of our Olympic sized plates, has a medium knurl, rotates freely on bearings, and is coated with hard chrome.

WEIGHT

X-Series Bars

X-Series Olympic bars are designed to handle repeated drops. The 20 kg - 190,000 psi/28.5 mm dia, and the 15 kg - 180,000 psi/25.0 mm dia tensile strength bars are finished in black and clear zinc.

Torpedo Bags

Torque Torpedo Bags are a challenging alternative to traditional strength training products, allowing you to train for balance, plyometrics, rotational movements, and Olympic lifts. 5 weights from 10 to 50 lb.

Stability Balls

Torque Pro Stability Balls are available in 55 cm (silver) and 65 cm (black) sizes and include an air pump and nozzle.

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Kettlebells

Our solid cast kettlebells are constructed as a one-piece solid casting and painted black for years of durability. The kettlebells are available in weights ranging from 18 lb to 88 lb and are color-coded for easy identification.

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Foam Roller

Our closed cell foam 15.2 cm (6 in diameter) x 91.4 cm (36 inch) roller stimulates blood flow, improves circulation to the body's soft tissues and lengthens and loosens tight muscles.

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Medicine Balls

Our medicine balls are a versatile total body training tool helping you to develop muscular strength, endurance, power, stability, and joint integrity. Available in 4, 6, 8, 10, and 12 lb, they feature and durable rubber construction with a high grip texture.

Slam Balls

Torque Slam Balls are built to absorb the energy of a slam with zero bounce. The sand-filled center shifts during throws which engages core and stabilizing muscles. The textured cover has a pliable and tacky surface making it easy to grasp and throw making it perfect for floor slams. Available in 10 - 45 lb weights in 5 lb increments.

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Wall Balls

The pliable soft-shell construction and balanced uniform weight of these balls make it easy to catch and throw. Comprised of heavy-duty vinyl-coated nylon, the wall balls remain dimensionally stable and balanced over time.

FUNCTIONAL

Mobility Ball

The 63 mm Lacrosse/Mobility ball is great for breaking up muscle knots and hard to reach trigger points.

Strap Handles

Torque's premium custom designed short strap handles feature heavy duty yet soft feel nylon webbing, a glass reinforced nylon handle that has beveled edges for smooth rotation and an over-molded rubber T-Grip for a secure and comfortable hold. These handles are also great for attaching to resistance bands and power bands.

Hanging Mat

Our premium hanging mat provides cushioning for floor based exercises and can be hung from Torque systems or rolled. 72 in x 23 in x .39 in.

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Handled Power Tubes

The dual-handled power tubes feature a comfortable ergonomic grip with flared ends for smooth rotation. The power tubes are available in four different resistance levels and are encased in a protective nylon sleeve.

FUNCTIONAL

Strength Loop Bands

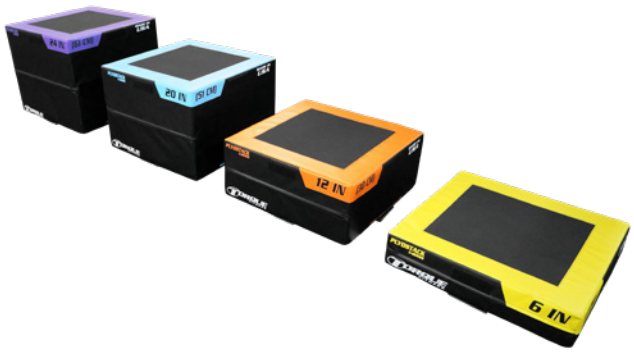
The 104 cm (41 inch) Torque Strength Loop Bands feature sturdy seamless constructions and are color-coded for easy identification. The Strength Bands are a versatile tool and can be used in a wide range of applications.

Tripleplyo™

Our TRIPLEPLYO™ provides heights of 20, 24, and 30 inches and is the perfect tool for plyometric training. The dense foam provides a safe padded surface to jump on and the unique grabber material makes your feet stick on every jump. At 25 kg, the box stays put.

Plyostack™

The Torque PLYOSTACK™ set includes a 6, 12, 20 and 24 inch height padded box that provides fifteen height combinations. Velcro tabs keep each 28 x 28 inch box securely linked when stacked and premium dual foam, heavy weight vinyl and grabber material on landing surfaces make them stand apart.



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Plyoprotect

Our smaller 18 x 18 inch non-stacking plyoprotect boxes include grabber material on top and bottom and are available in 12 and 18 inch heights.

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100 lb Heavy Bag

Torque's innovative bag has a high density molded foam core that ensures a more even striking surface and equal density throughout. Includes three target zones that improve an athlete's accuracy and allows for combination drills.

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Stackable Steps

Designed to stack, the steps are easily stored. The rounded corners reduce the risk of injury from rough edges. The non-slip top and non-skid bottom, with six rubber feet are additional safety features. Available in 4 inch (5 lbs.) or 6 inch (7 lb.) heights. These steps measure 26.5" in length and are 15.5" wide. Steps have a 250 lbs. weight capacity.

Core Slides

Our 6.75 inch low-friction non-marking convex slides allow you to engage your core on virtually any surface. Sold as a pair.

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Training Gloves

Our 16 oz synthetic Dura-Skin Training Gloves are machine molded with flexible latex rubber, have a velcro closure, heavy duty lining and are one size fits all.

FUNCTIONAL

Power Wheel

The Lifeline Power Wheel delivers a series of intense exercises that challenge your abs, obliques, back, hips and glutes. The heavy-duty wheel includes an adjustable toe/heel fastener.

TRX Club4 Suspension

Torque offers TRX commercial suspension trainers individually and in packages designed to outfit Torque Systems. Included with each are a TRX Pro Suspension Trainer, and Xtender strap, carrying bag and a wrench for the locking carabineer.

TRX Ripp

The Rip Trainer employs an innovative resistance cord system to create a variable, unbalanced load that enables you to develop core strength, explosive rotational power, flexibility and endurance.

Torque Fitness makes purchasing easy with packages of accessories that provide all the tools you need for Anytime Live Programming or to outfit Torque Functional and Storage Systems. Contact us for details.

Battle Rope

The Torque premium nylon covered 38 mm (1.5 inch) diameter nylon covered battle ropes are available in 9.1 m (30 ft) and 15.2 m (50 ft) lengths and are a great tool for metabolic and strength training.

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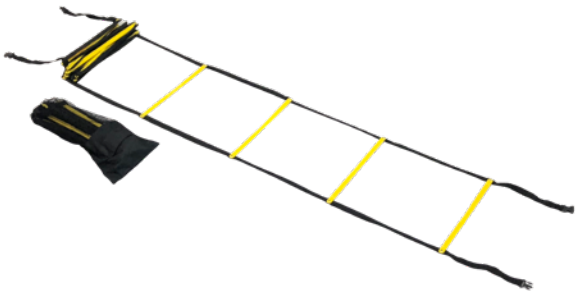
FUNCTIONAL

Jump Ropes

Our Jump Ropes are constructed with durable PVC rope, ball bearing swivels and foam grips on nylon handles. Sizes include 8 ft (2.4 m), 9 ft (2.7 m) and 10 ft (3.0 m) to fit athletes of all heights.

Agility Ladder

Develop fast feet with our 15 ft (4.6 m)long x 16.5 in (42 cm) wide 9-rung agility ladder. The fixed rungs save set-up time and clips allow you to connect multiple ladders together.



Agility Cones

Create infinite training patters to develop overall agility and balance. The set of 12 stacking 7.5 in (19 mm) diameter yellow cones are made of pliable PVC and their low profile 2 in (5 cm) height resist damage from foot strikes.

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FUNCTIONAL

CrankIt Straps

The split anchor and modular component design also allows you to use the CrankIt system in a variety of ways, perform more exercises, and have two people per set of straps if needed for group training.

Inertia Wave Pro

The Inertia Wave is a portable or stationary metabolic conditioning device designed to engage your entire body and strengthen your core. The Inertia Wave is the evolution of the traditional battle ropes.