

Torque TANK™ Series

Helps Gyms Thrive Post-Pandemic

In recent years, sleds have gone from being a niche tool for elite athletes to a must-have in most gyms and studios. What previously seemed suitable only for hardcore training sessions now is being practiced by exercisers of all fitness levels, CrossFit enthusiasts, active agers and those rehabbing injuries.

In 2016, Torque Fitness evolved the rudimentary sled category with its first all-surface TANK™. Recognizing its potential, the NFL's Pittsburgh Steelers requested one of the first TANKs off the line, and the Indiana Pacers NBA team ordered TANKs sight unseen. Torque's TANK also is the official internal resistance sled of the CrossFit Semifinal Competitions.



These versatile, in-demand Torque TANK models – the M1, MX and M4 – meet the needs of all exercisers, fitness professionals and gyms.

Over time, demand has steadily grown and expanded to health clubs, studios, colleges, universities and Cross Fit boxes.

As health clubs and studios continue to recover from the challenges of the pandemic, it's critical to find ways to attract new members, bring back former ones and boost retention. Due to their versatility and simplicity, sleds are a valuable tool for developing new programming and providing training options for a diverse population of users.



Known for his indomitable spirit, competitive CrossFit athlete Brent Fikowski battles his Torque TANK M4 as part of his grueling training regimen in British Columbia, Canada.

Benefits of Sled Training

Users

- **Simple to use:** No complex skills or learning curve are required; movements are natural and intuitive.
- **Total-body:** Sleds engage all the major muscle groups in the lower body (glutes, quads, hamstrings, calves), core and upper body (chest, back, shoulders, biceps, triceps).
- **Functional:** Used for weight-bearing, multi-muscle, compound movements that frequently replicate real-life motion, sleds provide true functional training.
- **Comprehensive conditioning:** Sled workouts drive overall conditioning in developing muscular endurance, stamina, speed, stability, coordination and explosive power.
- **Versatility:** Sleds can be pushed forward, pulled backward and used to move laterally; intensity can be varied by adding weight plates or adjusting internal resistance; and accessories multiply exercise options.
- **Active recovery/injury prevention:** With no impact, no compressive load on the spine and no eccentric training, sleds are ideal for recovery workouts or for individuals unable to run, squat, lunge or jump. Furthermore, reverse sled pulls have been shown to help strengthen knees and promote knee health, and trainer Ben Patrick (the "Knees Over Toes Guy") recommends performing sled pulls daily to "help bulletproof the knees."

"I use the Torque TANK with my athletes on every phase of work: speed, power, strength, acceleration, and deceleration – for both the lower body and upper body."

– Garrett Geimont, Head Strength and Conditioning Coach, Pittsburgh Steelers

Gyms

- **Diverse audience application:** Clubs and studios can use sleds for athletes, fitness fanatics, beginners and active agers.
- **Varied programming:** Gyms can develop programming and revenue streams for specific sports, new exercisers, seniors who want to increase strength and mobility, people who experience knee issues and those who are rehabilitating post-injury.

- **Safety and durability:** There is little risk of injury with sled training, and commercial sleds like Torque's TANK are built to take a beating and deliver long-lasting performance.
- **Ease of ownership:** With no electronics or moving parts, sleds require minimal maintenance and upkeep.
- **Space-efficient:** Compact and portable, sleds can be moved easily to suit available space.
- **Cost-effective:** Accommodating diverse audiences, with the potential to add new profit centers, these diehard machines deliver maximum ROI.

Engineered for Performance

More than a traditional sled, the Torque TANK was specifically designed to improve the experience for all users, trainers and coaches. Among its features:

- **Mag-Force Resistance™:** Unlike friction sleds or prowlers, TANK is controlled by magnetic resistance, which eliminates the need to add weight plates to increase intensity. Simply flipping a lever changes the resistance (3 or more levels), and the faster the user moves, the more resistance is generated.
- **All-surface:** With four rubber wheels, TANK can be used anywhere – inside or outside – including rubber, wood, carpet, turf, grass, concrete, asphalt and dirt.
- **Performance Handles:** Ergonomically designed handles better facilitate a lower running position and add a secondary horizontal grip position and higher attachment point for pulling movements.
- **Bidirectional:** Wheels move in both directions, eliminating the need to turn the TANK around.
- **Weight horns:** If necessary, weight plates can be added to the MX and M4 to provide greater traction.
- **Electrostatic paint coating:** This durable surface helps ensure safe operation outdoors.
- **Tow hooks on both sides:** Exercisers can perform pulling and battle rope exercises using these convenient hooks.
- **Quiet operation:** Because the TANK doesn't rely on friction for resistance, it runs smoothly and virtually silently.



For intense training and athletic conditioning, the Torque TANK MX delivers 25% more resistance than the M4 model at peak power – at the simple switch of a lever.

TANK Models

- MX** ✓ Offers 25% more resistance with MX Mode
 ✓ Larger, wider tires enhance traction
 ✓ Stackable with removable handles

- M4** ✓ Dual variable resistance brakes
 ✓ Performance Handles
 ✓ Built-in accessory tray

- M1** ✓ Lightweight and portable (67 pounds)
 ✓ Removable Performance Handles
 ✓ Easy storage with Wall Bracket

Plus, to multiply training opportunities with the TANK, Torque offers additional accessories, including a V-Strap, Inertia Wave (substitute for battle ropes), and for the MX and M4, a Tow Rope, Tow Strap and Harness; a Group Accessory Kit and more.



Torque enhances the fitness sled category with the TANK, which develops muscular endurance, stamina, speed, stability, coordination and explosive power.

A Proven Leader

Used by gyms worldwide, including Gold's Gym, Anytime Fitness and Life Time, the Torque TANK is a powerful asset to increase membership and retention. To enable fitness professionals to capitalize more fully on this tool, Torque is debuting a new TANK certification course soon, with online educational materials and a test.

Benefit your members and your business with a Torque TANK.

"I can't think of one facility that wouldn't benefit from a TANK. No matter what a gym has available from a space standpoint, this tool works flawlessly and provides outstanding total-body exercise."

– Pat Regan, Vice President of Procurement at Life Time

Torque Fitness manufactures high-quality training systems for gyms, clubs and home users. Visit torquefitness.com, or contact us at 763-754-7533 or sales@torquefitness.com.