

TORQUE USA

ULTIMATE TANK TRAINING GUIDE



ESS.COM

FORCE LEVEL

PRI



THIS GUIDE INCLUDES:

>> PROPER TANK USAGE DOCUMENT

>> WARM UP LIBRARY

>> MOVEMENT LIBRARY

>> TANK GROUP PROGRAMMING GUIDE

Proper TANK use

**Keep arms straight as you push.
Don't bend at your elbows too much.**

**Keep eyes up and focused on what you
are running towards. Do not look down
as you run.**

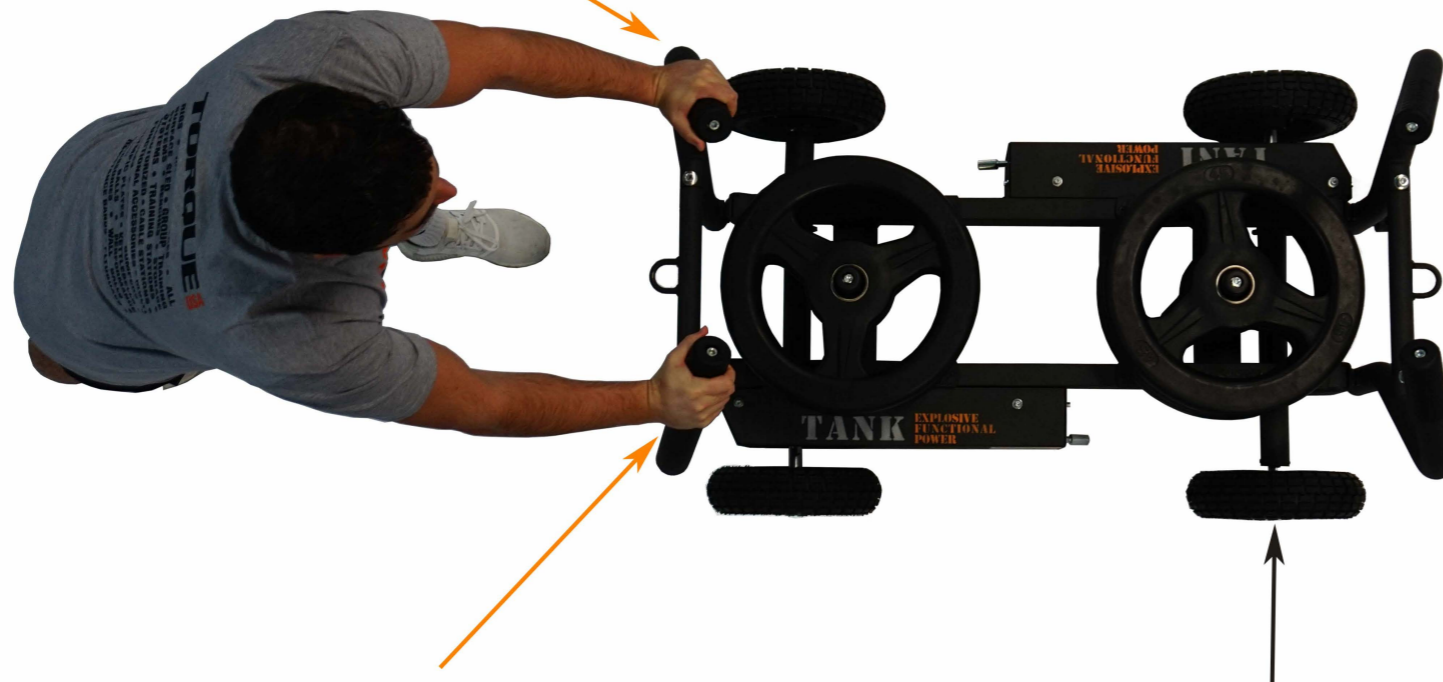


Load with 270 LBS for traction.

**Make sure each tire is evenly
inflated to 20 PSI.**

TANK is veering

Apply more force to same side of veering



Reduce force on opposite side
TANK is veering towards

Make sure each tire is evenly
inflated to 20 PSI.

Veering left?
Push harder with left hand,
reduce force with right hand



Veering right?
Push harder with right hand,
reduce force with left hand

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WARM-UP LIBRARY

TANK WARM-UP LIBRARY

Revision 1.0

NOTES

- » The resistance intensity can be controlled with the shift lever. (Neutral, 1, 2, and 3)
- » In all positions, the variable magnetic resistance increases as the TANK moves faster.
- » **Do not** perform pulling movements with TANK in the (N) or (1) position.
- » Torque Fitness recommends loading TANK with 270 lbs of weight for traction to prevent wheel skidding.
- » TANK will drift if you are pushing unevenly on the handles. To correct its path, push harder on the side that it is drifting towards.
- » Make sure all tires are evenly inflated. Recommended pressure is 20 psi.
- » Accessories shown in this guide are optional and can be purchased separately.
- » View our [Social page](#) for more movement and warm-up tips from users.

WWW.TORQUEFITNESS.COM

TANK WARM-UP LIBRARY

WARM-UP INSTRUCTIONS

- » The guide is broken up into two sections - dynamic warm-up and stationary warm-up.
- » Dynamic warm-up movements are to be performed at a slow and comfortable pace. Do not over exert until properly warmed up.
- » For all dynamic warm-ups, load tank with 270 lbs of weight and set the resistance level to Neutral. **(Note - (N) is only used in pulling movements for warm-up. Always have TANK in (2) or (3) when performing pulling movements with intensity)**
- » Each movement exercise should be performed over a 60 ft (18 m) distance if possible.
- » Each stationary exercise should be performed while using TANK as stabilization or to assist with movements. (Note: Some movements require the TANK to move, but the user is stationary.)
- » Some movements require a partner.

TANK WARM-UP LIBRARY

DYNAMIC WARM-UP

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FORWARD JOG

INSTRUCTIONS

- » Grasp handles and push evenly as you jog slowly across surface.
- » Repeat 2 times.



FORWARD SKIP

INSTRUCTIONS

- » Grasp handles and push evenly as you skip slowly across surface.
- » Raise forward knee high and hop with your planted foot with each step.
- » Repeat 2 times.



FORWARD LUNGE

INSTRUCTIONS

- » Grasp handles and push evenly as you lunge slowly across surface.
- » With each step, drop slowly until your rearward knee almost touches the ground.
- » Make sure that your forward knee doesn't pass the vertical plane of your toes.



FORWARD LUNGE WITH TWIST

INSTRUCTIONS

- » Grasp handles and push evenly as you lunge slowly across surface.
- » With each step, drop slowly until your rearward knee almost touches the ground.
- » At the bottom of your lunge, release hand from the forward leg side of your body and rotate arm and torso away from forward leg.



BACKPEDAL

INSTRUCTIONS

- » Attach V-Strap to tow hook and grasp both handles.
- » Pull TANK while backpedaling.
- » Repeat 2 times.



BACKWARDS PULL WITH SKIP

INSTRUCTIONS

- » Attach V-Strap to tow hook and grasp both handles.
- » Pull TANK while skipping backwards.
- » Raise forward knee high and hop with your planted foot with each step.
- » Repeat 2 times.



TANK WARM-UP LIBRARY

STATIONARY WARM-UP

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FORWARD/BACKWARD LEG SWINGS

INSTRUCTIONS

- » Stand alongside TANK and grasp handle with inside hand for stabilization.
- » Swing your outside leg forward then backwards.
- » Repeat for 15 repetitions.



SIDE TO SIDE LEG SWINGS

INSTRUCTIONS

- » Stand alongside TANK with a slightly staggered stance and grasp front and back handles nearest you for stabilization.
- » Swing your inside leg out away from mid-line of body then back towards the mid-line and away in the other direction.
- » Repeat for 15 repetitions.



QUAD STRETCH

INSTRUCTIONS

- » Stand alongside TANK and grasp handle with inside hand for stabilization.
- » Bend the knee of your outside leg and grab you ankle or foot and slowly pull upwards while keeping your hips in a neutral or slightly forward position.
- » Hold for 10-15 sec then repeat with other leg.



PUSH WITH PARTNER

INSTRUCTIONS

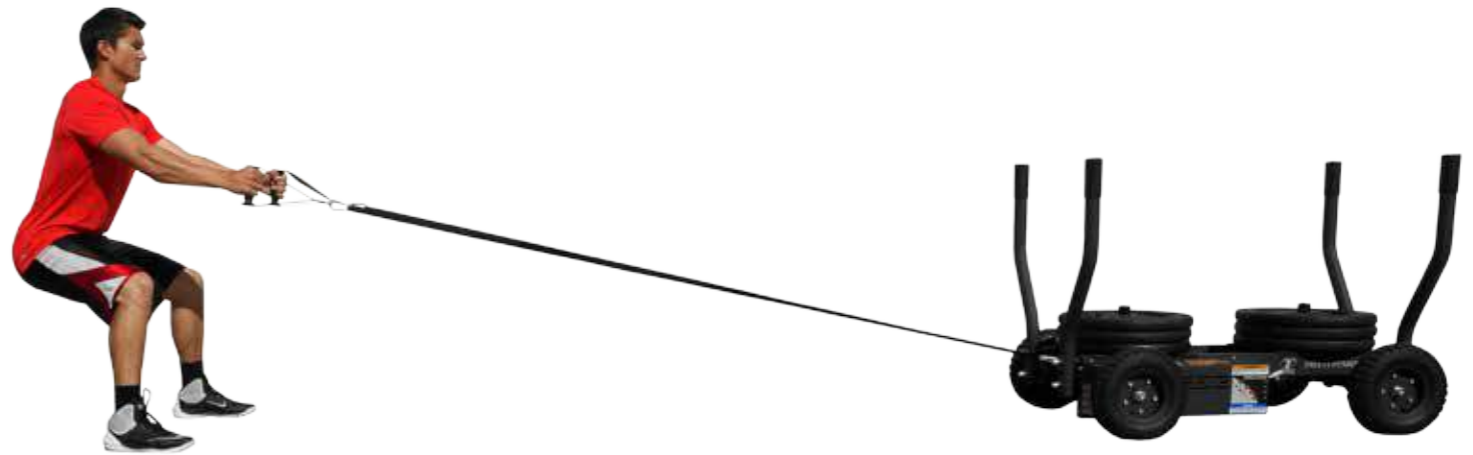
- » Stand with partner at each end of TANK and space yourselves approximately 10 feet (3 m) apart.
- » Stand with feet parallel in an athletic stance and push TANK away from you towards your partner.
- » Partner should be standing in the same stance and ready to “catch” the TANK as it is rolling towards them, and then he or she pushes it towards the first person.
- » Repeat for 10 repetitions.



PULL WITH PARTNER

INSTRUCTIONS

- » You and a partner attach V-Straps to the tow-hooks on each side of the tank.
- » The first person backs up so all the slack is taken out of the strap while the second person stands directly next to the opposite side of TANK.
- » With a parallel athletic stance, person one pulls TANK towards him. As the slack is taken out of the second person's straps, he or she then pulls TANK towards them.
- » Repeat for 10 repetitions.



Note: Partner not shown.

LAT STRETCH

INSTRUCTIONS

- » Stand with partner at each end of TANK and grasp handles.
- » Simultaneously, walk backwards while bending at the hips and gently pull backwards stretching lats.
- » Hold for 10-15 seconds.



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MOVEMENT LIBRARY

TANK MOVEMENT LIBRARY

Revision 1.1

NOTES

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- » **Do not** perform pulling movements with TANK in the (N) or (1) position.
- » Torque Fitness recommends loading TANK with 270 lbs of weight for traction to prevent wheel skidding.
- » TANK will drift if you are pushing unevenly on the handles. To correct its path, push harder on the side that it is drifting towards.
- » Make sure all tires are evenly inflated. Recommended pressure is 20 psi.
- » Accessories shown in this guide are optional and can be purchased separately.
- » View our [Social page](#) for more movement tips from users.

PUSH

INSTRUCTIONS

- » Grasp handles with and push evenly as you move across surface.

VARIATIONS

- » Run in lower gear
- » Push slow in higher gear
- » Perform lunges while pushing



DECELERATE

INSTRUCTIONS

- » Accelerate TANK while pushing evenly with both hands.
- » When approaching end of runway, drop hips, quickly decelerate with your legs while pulling backwards on the handles to bring to a full stop.



CHEST PRESS

INSTRUCTIONS

- » Place feet in parallel stance, grasp handles and squat so that hands are at chest height.
- » Explosively push TANK away from you.
- » Run to catch up to TANK and repeat.



VARIATIONS

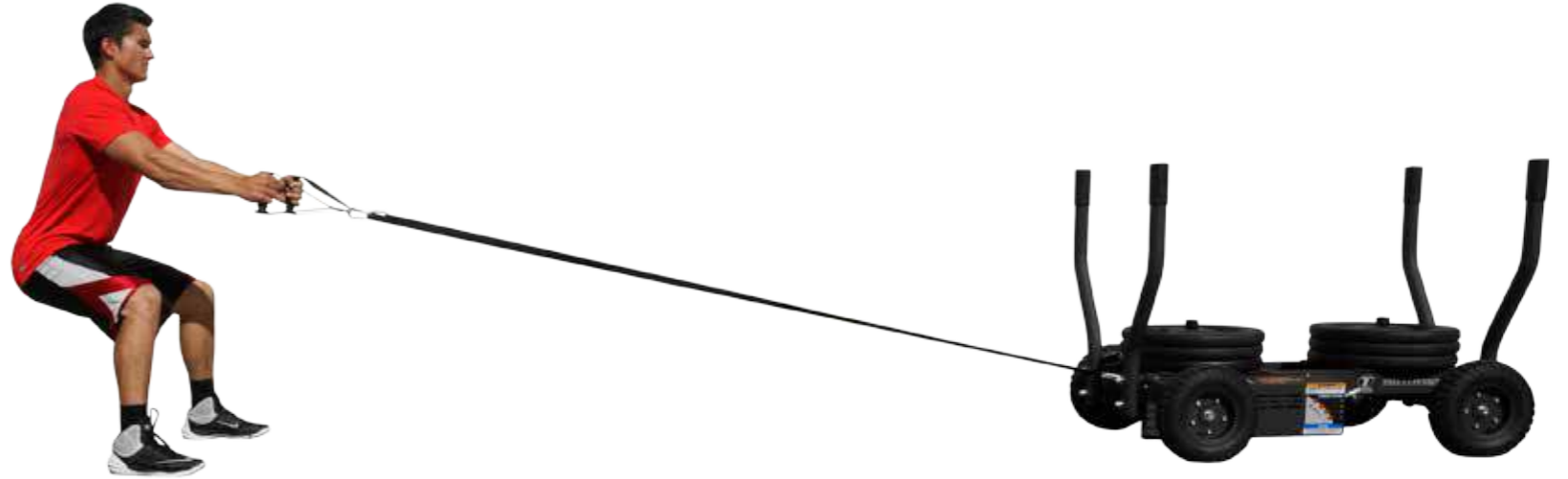
- » Push back and forth with partner.



V-STRAP ROW

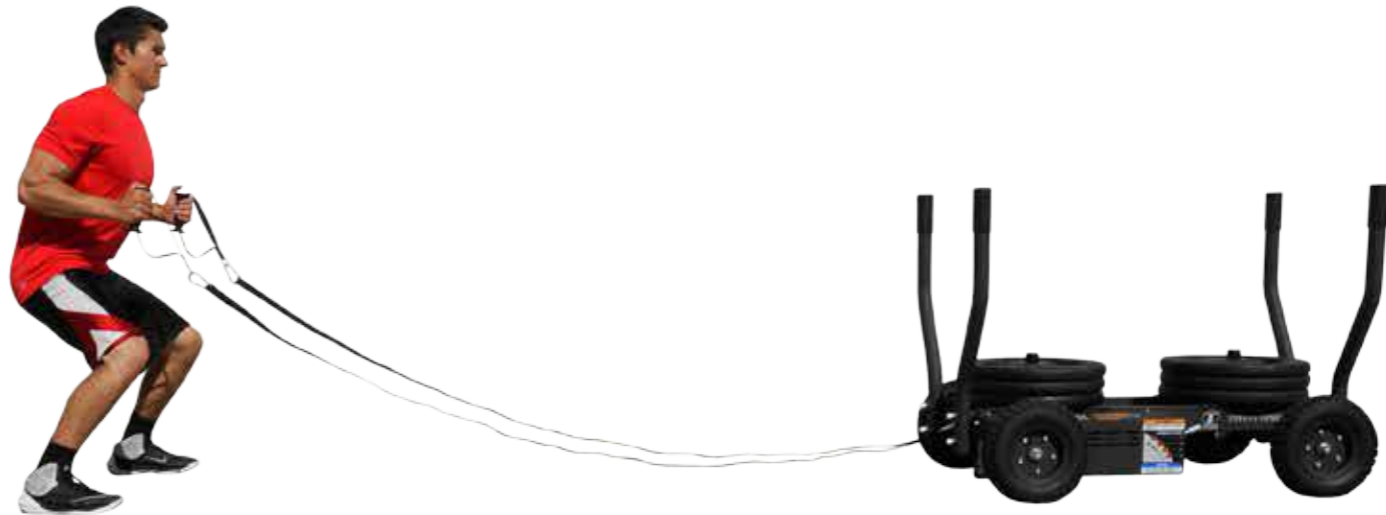
INSTRUCTIONS

- » Attach V-Strap to tow hook and grasp both handles.
- » Standing in squatted position with weight on your heels, explosively pull TANK towards you.



VARIATIONS

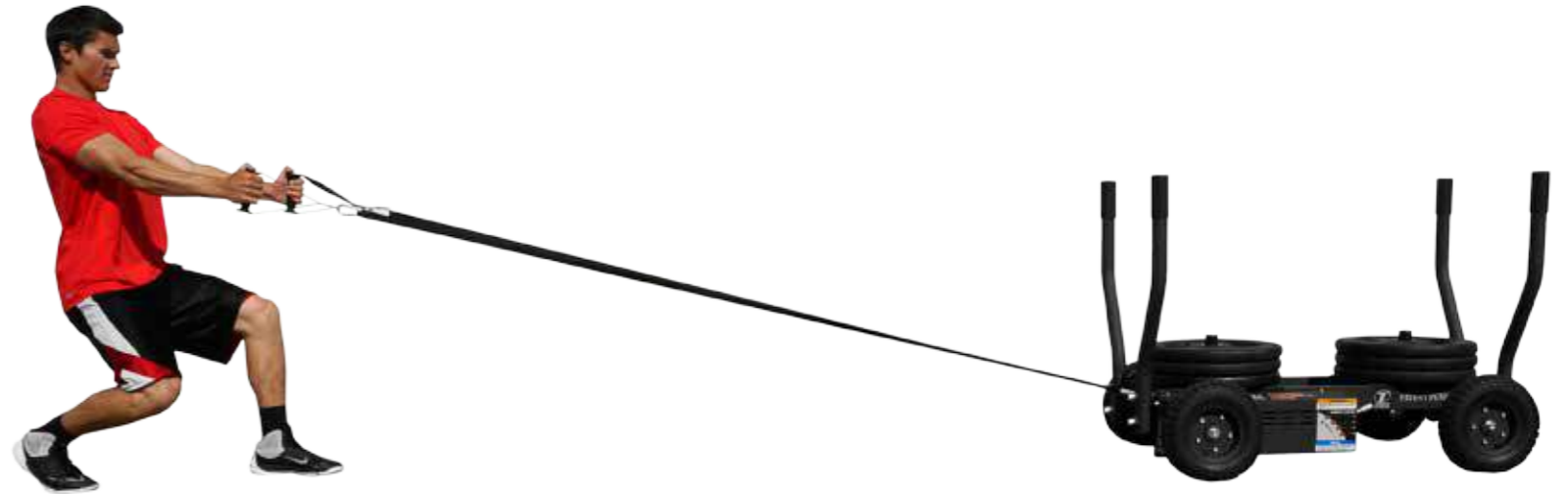
- » Perform movement with a partner and V-Strap handles attached to front and back tow hooks.



V-HANDLE BACKPEDAL

INSTRUCTIONS

- » Attach V-Strap to tow hook and grasp both handles.
- » Pull TANK while moving backwards.



VARIATIONS

- » Move sideways while holding onto one handle and shuffle feet laterally.

TORSO ROTATION

INSTRUCTIONS

- » Take a wide stance to the side and in front of TANK and grasp one handle with both hands.
- » Stabilize core and rotate arms pulling TANK forward.
- » Move to a new position in front of TANK and repeat movement.



VARIATIONS

- » Perform movement with a partner on opposite end and move TANK backwards and forwards, switching sides after set number of reps.



SEATED REVERSE PUSH

INSTRUCTIONS

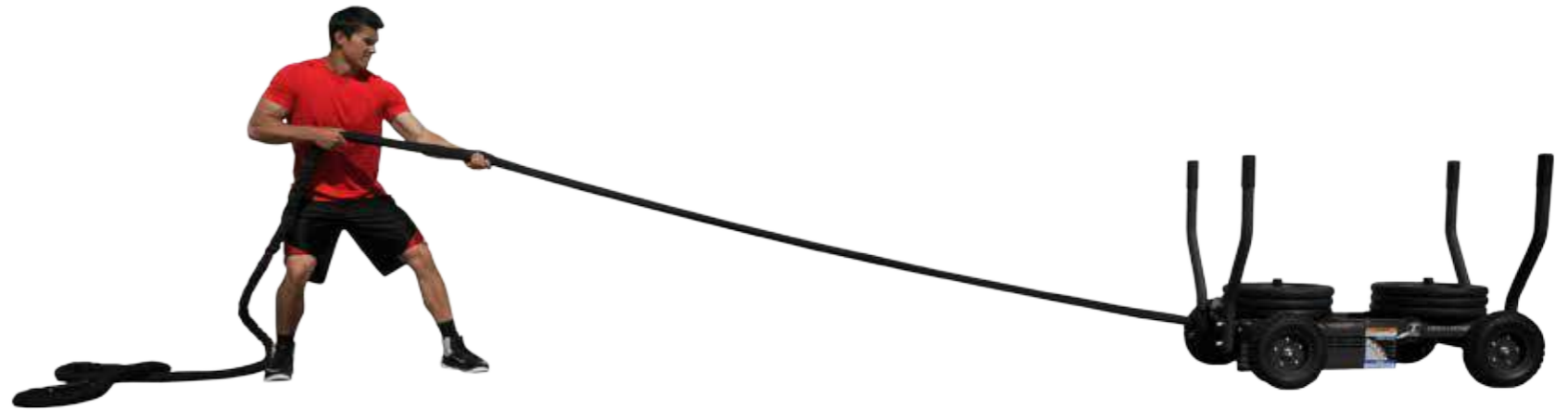
- » Sit on top of weight plates facing away from TANK.
- » Grasp handles, engage core and push TANK backwards walking down runway.



ROPE PULL

INSTRUCTIONS

- » Attach or tie braided rope to tow hook.
- » With wide stands, pull TANK towards you with hand over hand motion.



VARIATIONS

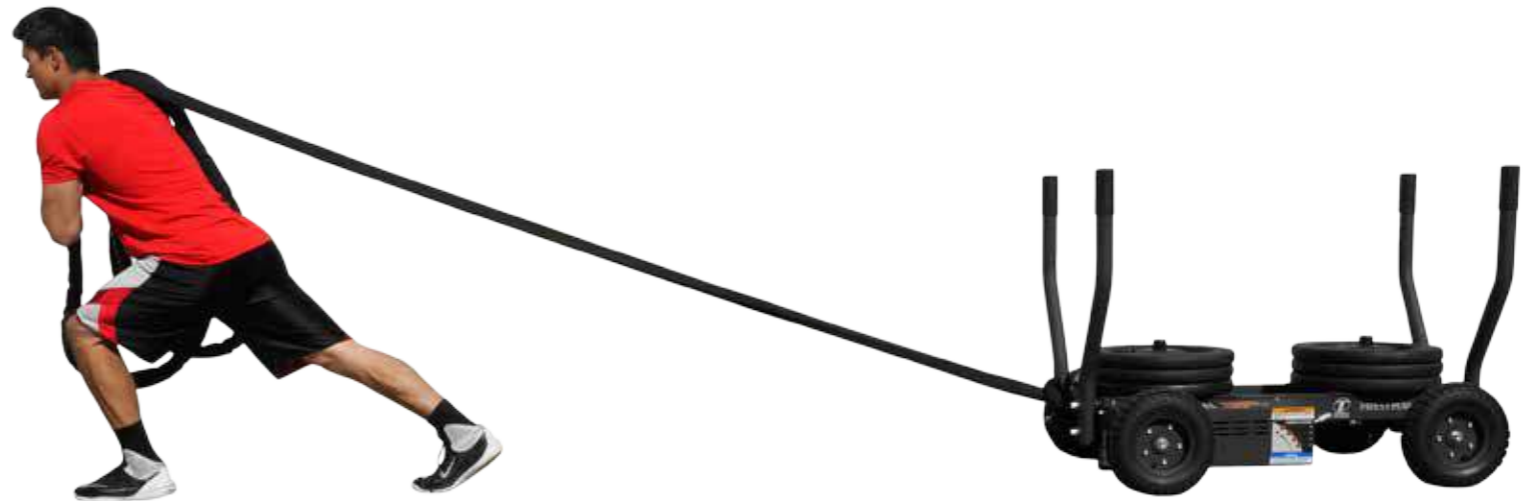
- » Use another rope attached to opposite end with a partner and pull TANK back and forth.



ROPE TOW

INSTRUCTIONS

- » Attach or tie braided rope to tow hook.
- » Coil up slack and loop over shoulder facing away from TANK.
- » Gripping firmly to rope, lean forward and pull TANK across runway.



HARNES PULL

INSTRUCTIONS

- » Attach harness to waist and to tow hook.
- » Leaning forward, drive legs pulling TANK across runway.



VARIATIONS

- » Run in lower gear
- » Pull slow in higher gear
- » Perform lunges while pulling.

HARNES LATERAL PULL

INSTRUCTIONS

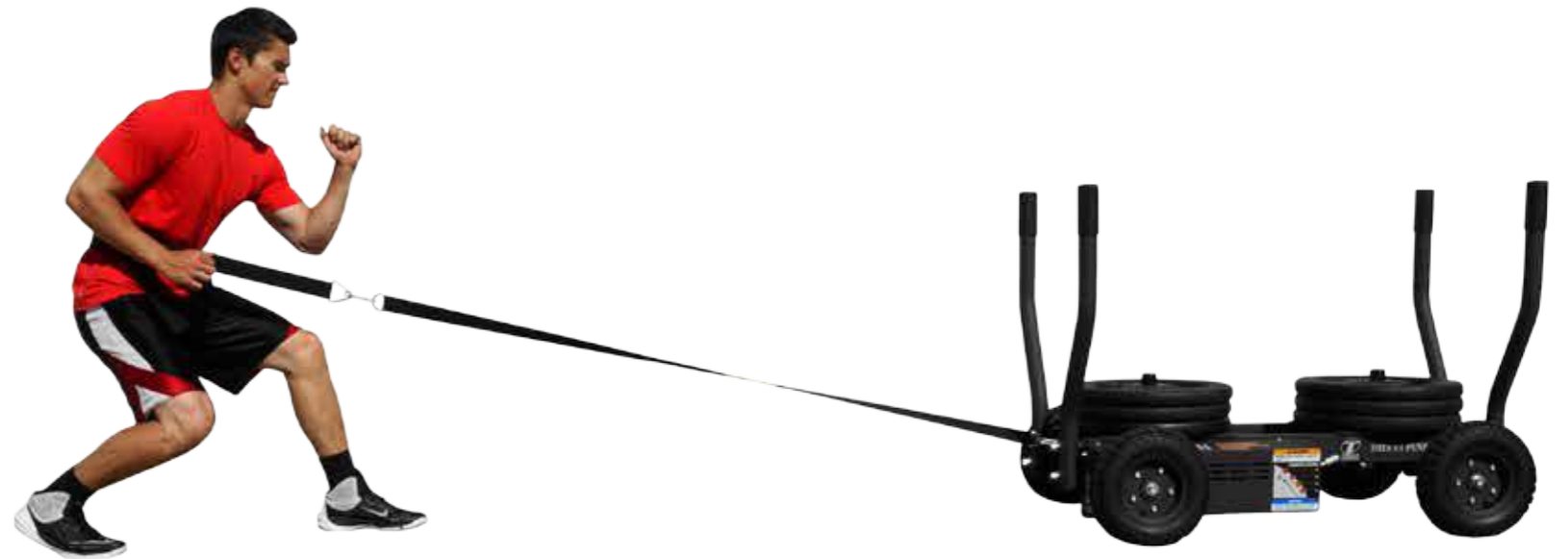
- » With harness around waist and attached to tow hook, stand parallel with TANK.
- » Move into an athletic stance and laterally shuffle pulling TANK down runway.



HARNES BACKPEDAL

INSTRUCTIONS

- » With harness around waist and attached to tow hook, stand facing TANK.
- » Squat low and backpedal legs pulling TANK down runway.



VARIATIONS

- » Perform reverse lunge while pulling TANK backwards.

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**TANK GROUP
PROGRAMMING**

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

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.

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

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.



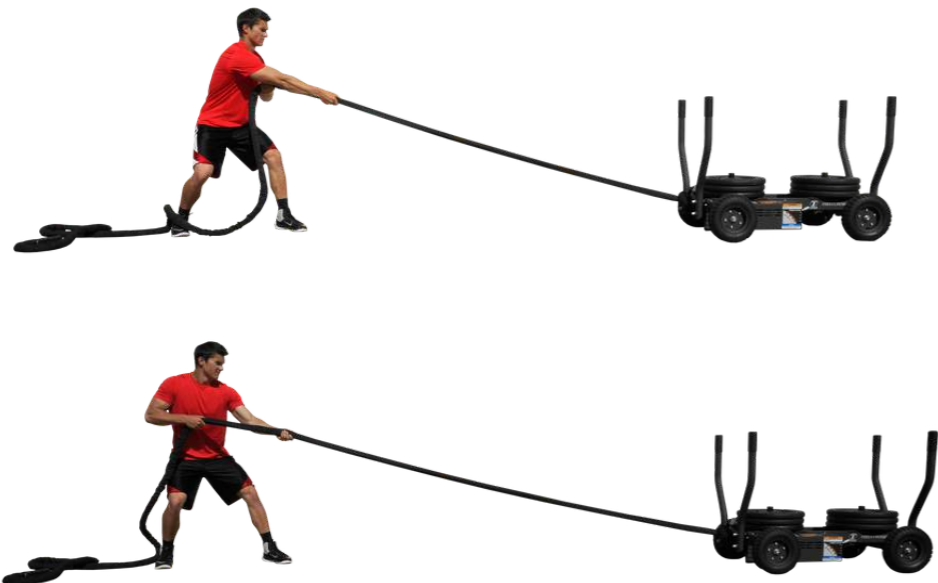
TRAINING INSTRUCTIONS:

**-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.



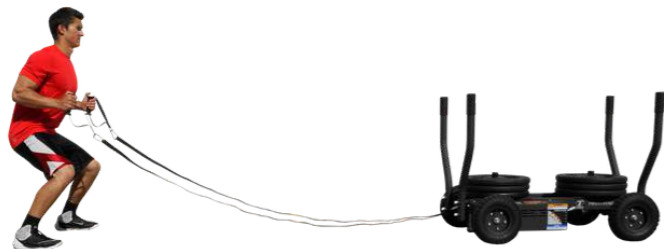
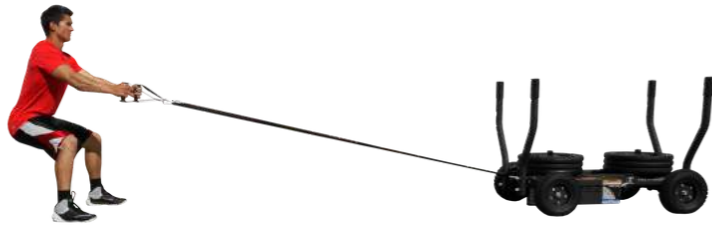
TRAINING INSTRUCTIONS:

-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

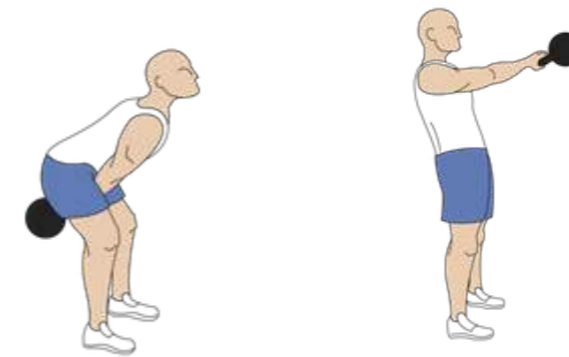
1. TANK forward walking lunge

Resistance: 1

Distance: 10 yards



2. Kettlebells swings



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

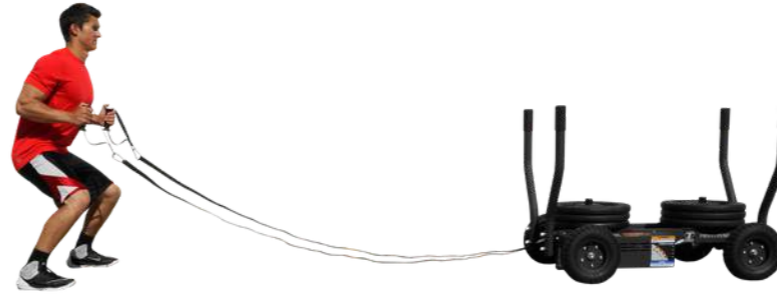


WORKOUT 3 - EXERCISES

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



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.™

**DON'T QUIT.
EVER.**

GET SOCIAL WITH US



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AND YOUR CONTENT COULD END UP ON OUR PAGE.**

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FACEBOOK GROUP
COMMUNITY**

**WHERE YOU CAN GIVE AND
RECEIVE TANK TRAINING
IDEAS AND TIPS, ASK
QUESTIONS AND GET
ANSWERS, AND GET THE
INSIDE SCOOP ON TANK FROM
TORQUE BEFORE ANYONE
ELSE. JUST SEARCH 'THE
TANK COMMUNITY' GROUP ON
FACEBOOK!**