

ALL SURFACE
SLED

◀◀◀ **TANK**[®] **M4**



TORQUE USA

THE ULTIMATE TRAINING EXPERIENCE

Imagine a workout so dynamic that it leaves users completely exhausted, pushed to limits they didn't believe they could reach, yet simultaneously feeling like they want more. That's exactly what happened when the TANK hit the market. First in the line of the All Surface Sled category, the TANK M2 by Torque Fitness transformed people and fitness environments. Now, thanks to consumer feedback, testing, innovation and engineering, the next evolution of the All Surface Sled, is here—the TANK M4. True to the original TANK's genius using Torque's Mag-Force Resistance™, the faster you push it, the harder it gets, and the training benefits are limitless.



BUILD SPEED

Thanks to TANK's Power Curve, the faster you push it, the harder it goes. When athletes train in TANK's lowest resistance, they enhance their speed.



INCREASE EXPLOSIVE POWER

In resistance zone three, the lower body is challenged in a way no other equipment can, providing power and explosiveness for any breed of athlete.



ENHANCE ACCELERATION

When training in resistance zone two, athletes build acceleration by increasing their launching power and stride frequency.



FULL BODY WORKOUT

A TANK workout requires athletes to engage all areas of their bodies, creating efficient and effective aerobic and strength exercises.



PREVENT INJURY

By ramping up to explosive functional power through TANK's gradual progression, athletes gain the physical benefits without the stress and strain of traditional training.



EXTREME INTERVAL TRAINING

By adjusting the lever to varying intensities, users can perform bursts of acceleration and speed, varying the intensity in different runs or within the same run.

 **TANK**[®] **M4**

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The TANK from Torque Fitness is by far the most devastating piece of conditioning equipment I've ever run into in my life.

– Mark Bell, Owner of Super Training Gym

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DESIGNED FOR OPTIMAL GROUP TRAINING



GENTLE ON ANY SURFACE

Because TANK's wheels are gentle on any surface, a TANK workout can happen anywhere—inside the gym, in the hallways of your facility, outside on the field, or in the parking lot.

DESIGNED FOR PLAYER SAFETY

We know player safety and injury prevention are top of mind for trainers and coaches. That is why TANK is designed so that resistance can be decreased instantly during a run to a safer level, as needed.

ENDLESS TRAINING POSSIBILITIES

Use the tow hooks for rope pulls, pulling, sprint training, and more. Resistance is supplied in both directions eliminating the need to turn the TANK around. This narrows the amount of space needed for your "TANK ZONE."

A PORTABLE TRAINING SPACE

TANK's optional XGAS—Group Anchor Station—holds weights and accessories to move a complete workout to any location, both indoors and out. The XGAS detaches to become a group anchor station for battle ropes, resistance bands, and other functional training accessories.*



*The XGAS requires the optional weight horn kit for the M4 tank



OTHER FUNCTIONAL APPLICATIONS

CIRCUIT TRAINING

The TANK TEAM TRAINER 6-week workout is designed for effective and engaging team circuit training. Incorporating cardio and strength training movements like lunges, sprints, and jumps, athletes will be challenged and engaged in every training session.

PHYSICAL TRAINING

Because users have the ability to control TANK's resistance, physical therapy patients can slowly strengthen muscles using functional movements and resistance to effectively heal injury.

ACTIVE AGING

By using slow progressions in training, users can strengthen muscles by using the TANK in its lowest level of resistance, then progressively build more strength by increasing resistance over time.

GT TEAM PACKAGE



INCLUDED:

- 1x Dual Direction TANK
- 1 bumper kit
- 1x drawstring bag
- 2x v-straps
- 2x harnesses
- Locking kit
- 2x rope pulls
- 1 weight horn kit



LET OUR DESIGN TEAM CREATE YOUR IDEAL TRAINING SPACE

X-DESIGN
FUNCTIONAL SPACE SOLUTIONS



WHAT IS X-TEAM DESIGN?

Torque Fitness is an industry leader in manufacturing commercial workout equipment. We specialize in engineering functional fitness products that can be customized to the nth degree to accommodate the unique demands of your space. We have spent decades refining the features, quality, and performance of our products to ensure that you can outfit your strength training facility with the best equipment in the industry.

Our X-Team Design services ensure that the overall layout of your facility is as intuitive as the equipment that it houses. By pairing our equipment with a strategic design, we can help you create a training space that feels dynamic and instinctual. Whether you're starting a new club, franchise or want to refresh your current gym, partner with X-Team Design to create the most functional space possible.

Using your ideas as inspiration, our designers will draw on their expertise to design an effective layout within the physical parameters of your gym space. As your partner, we will provide guidance at every stage of the process to help you develop a user-friendly floor plan that utilizes your space efficiently, flows naturally and incorporates the custom equipment you've always envisioned.

The X-Team Design process is a free service—quick, easy and painless from start to finish. Share with us any ideas you might have for your gym space and leave the rest to us.

WHY CHOOSE X-TEAM DESIGN?

100% Customizable

Consistent Communication

Quick Turnaround

No Commitment

TORQUE USA

**CONTACT US
TO BUY TODAY**

TORQUEFITNESS.COM
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