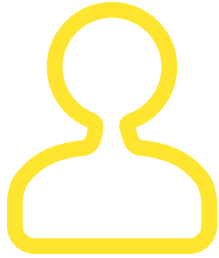


TORQUEUSA

TANK®

SMALL SPACE MOVEMENT GUIDE

INFORMATION ON THIS GUIDE:



The following guide contains multiple small space TANK movements for both individuals and partners, which can also be repurposed for groups of athletes.

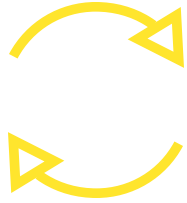


All movements shown are performed in a 10 x 4 feet space, the smallest area we recommend for a TANK. This area is indicated in the following images with yellow cones.



All movements were created by a certified TANK trainer and are suitable for a wide range of athletes from beginner to professionals.

SMALL SPACE BEST PRACTICES



We recommend repeating each movement 10-12 times to maximize the workout and grouping the different movements together to create a full body workout.



Remember, for all movements, keeping the core engaged is key in order to protect the athlete from injury. As with any workout, athletes must properly warm up and cool down.



When training in a smaller area, we recommend setting the TANK's resistance to 3 or 4, depending on the athlete's level of ability, in order to create the most amount of challenge possible, and to keep the TANK within the dedicated area.

INDIVIDUAL SMALL SPACE TANK MOVEMENTS

STATIC PUSH/PULL

Upper Body



- >> Grasp handles and push evenly, extending arms until fully straight
- >> Pull the TANK back into chest

SINGLE ARM ROW

Upper Body



- >> With one arm, grasp opposite side handle, reaching across body
- >> Extend arm, engaging the core and press TANK away from the body
- >> Pull TANK back to starting position

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DUAL ARM TWIST

Upper Body + Core



- >> Standing parallel to and slightly behind the TANK, grasp nearest handle with both hands
- >> Reaching across the body, extend the arms, engaging the core and pull TANK away from the body, engaging the triceps
- >> Pull TANK back to starting position

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LOW PUSH/PULL

Full Body



- >> In a forward lunge stance, gras the Horizontal Bar with both hands
- >> Lunge forward with arms extended, pushing the TANK
- >> In a squatted position, pull the TANK backward, engaging quads and glutes

V-STRAP OBLIQUE TWIST

Upper Body + Core



- >> Standing parallel to the TANK, grasp one V-Strap handle in each hand, reaching far arm across body
- >> Slowly pull the TANK across the body, engaging the core and strengthening the obliques
- >> Without straps, simply return TANK to starting position to repeat exercise

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SEATED BACKWARD /FORWARD WALK

Lower Body



- >> With back facing the TANK, lightly rest on the Horizontal Grip Bar and extend legs outward
- >> Engage quads and push from the feet, moving the TANK backward
- >> Return to starting point by repeating same actions but walking forward, engaging hamstrings

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GROUP SMALL SPACE TANK MOVEMENTS

PUSH PASS

Full Body



- >> Partner A: In a forward lunge position, push TANK evenly toward partner, without leaving position
- >> Partner B: Upon receipt, bend elbows and allow TANK to come toward chest
- >> Partner B: Push TANK back to partner and repeat

RELAY WITH BACKWARD JOG

Full Body



- >> Partner A: Grasp handles and push evenly, while jogging slowly across surface toward Partner B
- >> Partner B: Upon receipt, bend elbows and allow TANK to come toward chest
- >> Partner A: Jog backward toward starting position
- >> Partner B: Push TANK back to partner and repeat

OBLIQUE TWIST PASS

Upper Body + Core



- >> Partner A: Standing parallel to the TANK, reach across body and grasp nearest handle with both hands
- >> Partner A: Slowly pull the TANK across body, engaging the core and strengthening the obliques, then repeat, sending back to partner B
- >> Partner B: Repeat
- >> Switch sides

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SINGLE ARM PASS

Upper Body



- >> In a forward lunge position, with each athlete facing each other, extend single arm and grip same-side handle
- >> Partner A: Slowly pull the TANK toward self, engaging the core and then send back to partner B, keeping hand lightly on handle
- >> Partner B: Repeat
- >> Switch arms

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SINGLE ARM V-STRAP PULL

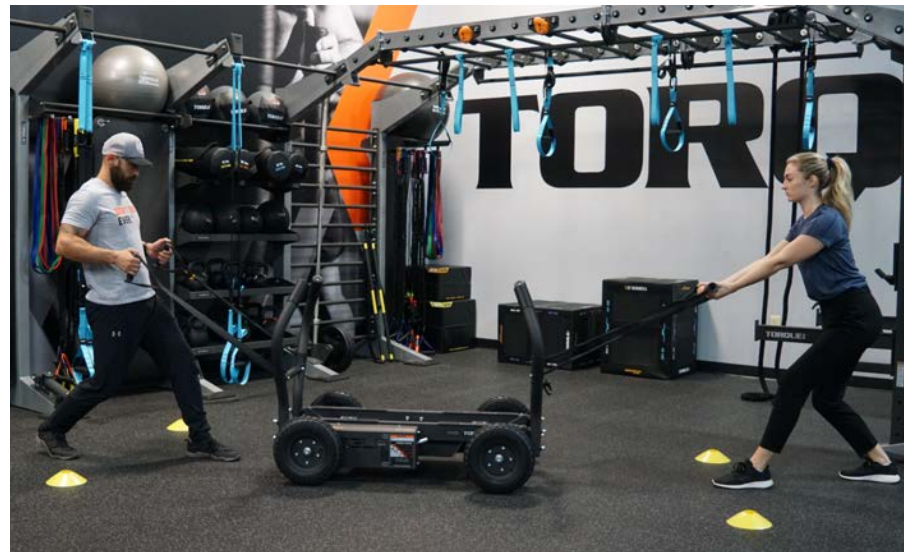
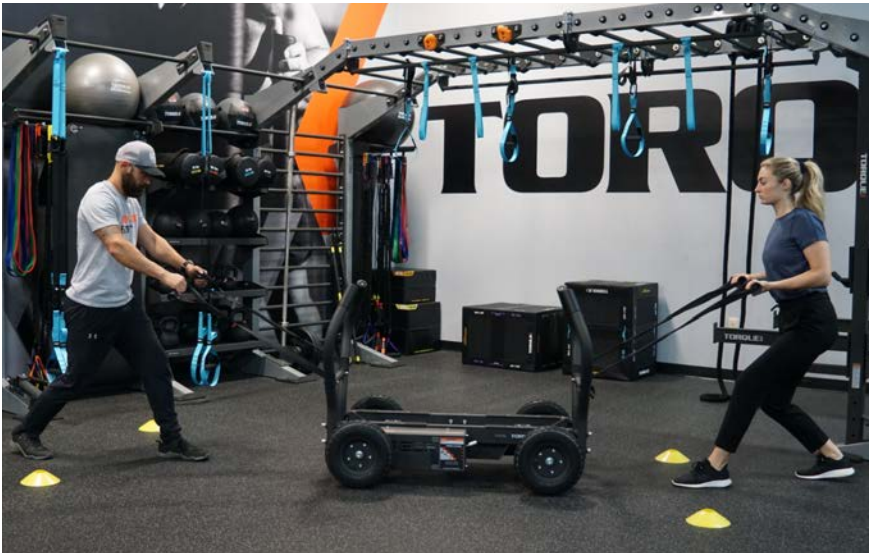
Upper Body



- >> Each athlete hold one V-Strap handle, reaching across body
- >> Partner A: Slowly pull the TANK toward self, activating the tricep
- >> Partner B: Repeat
- >> Switch arms

DUAL ARM V-STRAP CURL

Upper Body



- >> In a forward stance, each athlete grasp two V-Strap handles
- >> Partner A: pull TANK toward self with both handles evenly, activating biceps
- >> Partner B: repeat

DUAL ARM V-STRAP TWIST

Upper Body + Core



- >> Standing parallel to TANK, each athlete hold one V-Strap handle with both hands, reaching across body
- >> Partner A: Slowly pull the TANK toward self, activating the core
- >> Partner B: Repeat
- >> Partners switch sides

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SINGLE LEG RDL

Lower Body



- >> Facing the TANK, both athletes place one hand on nearest TANK handle
- >> Partner A: Standing on one leg, extend opposite leg backward, engaging the quad and glute, kicking raised leg up slowly and keeping the the leg bent, slowly pulling TANK in
- >> Partner B: once partner A is back in standing position, repeat same movements
- >> Switch sides

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REVERSE LUNGE

Lower Body



- >> With one hand on nearest TANK handle, each athlete reaches one leg back into reverse lunge
- >> Switch sides

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ELEVATED LUNGE

Lower Body



- >> Both athletes reach leg back and rest on Horizontal Bar
- >> Step opposite leg out in front
- >> Lunge down, engaging all leg muscles
- >> Repeat

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JUMP SQUAT WITH TANK PASS

Lower Body



- >> Each partner lightly grasp each handle for stability
- >> Squat down into a low squat and jump up, extending arms and legs into a jump
- >> Return to low squat and repeat

DON'T STOP HERE!

There are virtually thousands of TANK movements that can be done in larger areas of space.

To view more ideas, be sure to follow us on social: @Torquefitness

To view more small space TANK movements, check out our dedicated playlist on our Youtube channel:

<https://www.youtube.com/user/TorqueFitnessTV>

DON'T QUIT.
EVER.TM