



Ultimate TANK™ Training Guide

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PRODUCT SHOWN: TANK™ M4

WHEN TANK™ IS VEERING

- 1 Apply more force to same side of veering.
- 2 Reduce force to same side of veering.
- 3 Veering left? Push harder with left hand, reduce force with right hand.
- 4 Veering Right? Push harder with right hand, reduce force with left hand.
- 5 Make sure each tire is evenly inflated to 30 PSI.

WATCH ON YOUTUBE: <https://youtu.be/VrxgUObhnUE>



PRODUCTS SHOWN: TANK™ MX AND V-STRAP

BACKPEDAL

INSTRUCTIONS

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



PRODUCTS SHOWN: TANK™ MX

FORWARD/BACKWARD LEG SWINGS

INSTRUCTIONS

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

Movement Library



PRODUCT SHOWN: TANK™ M1

TANK™ MOVEMENT LIBRARY

NOTES

>>

The resistance intensity can be controlled with the shift lever. (Neutral, 1, 2, 3, etc.)

>>

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.

>>

If using a TANK M1, Torque recommends loading it with 270 lbs of weight plates or using the dumbbell cradle attachment 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 30 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.



PRODUCTS SHOWN: TANK™ M4

PUSH

INSTRUCTIONS

- 1 Grasp handles with both hands and push evenly as you move across surface.

VARIATIONS

- 2 Run in lower gear.
- 3 Push slow in higher gear.
- 4 Perform lunges while pushing.

WATCH ON YOUTUBE: <https://youtu.be/T2UST-W0p00>



PRODUCTS SHOWN: TANK™ M1

DECELERATE

INSTRUCTIONS

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

WATCH ON YOUTUBE: <https://youtu.be/NAJu-SeI3FE>



PRODUCTS SHOWN: TANK™ M4

CHEST PRESS

INSTRUCTIONS

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

VARIATIONS

- 3 Push back and forth with partner.

WATCH ON YOUTUBE: <https://youtu.be/oAQnERsEpCY>



PRODUCTS SHOWN: TANK™ MX, TANK™ STRAP AND HARNESS

V-STRAP ROW

INSTRUCTIONS

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

VARIATIONS

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

WATCH ON YOUTUBE: https://youtu.be/f_jebMOJ6to



PRODUCTS SHOWN: TANK™ M4, TANK™ STRAP AND HARNESS

V-HANDLE BACKPEDAL

INSTRUCTIONS

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

VARIATIONS

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



PRODUCTS SHOWN: TANK™ M4

TORSO ROTATION

INSTRUCTIONS

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

VARIATIONS

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

WATCH ON YOUTUBE: <https://youtu.be/odxGedZ1ZqQ>



PRODUCTS SHOWN: TANK™ M4, TANK™ TOW ROPE

SEATED REVERSE PUSH

INSTRUCTIONS

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

WATCH ON YOUTUBE: https://youtu.be/zi4jAm_ctqg



PRODUCTS SHOWN: TANK™ M1, TANK™ TOW ROPE

ROPE PULL

INSTRUCTIONS

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

VARIATIONS

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

WATCH ON YOUTUBE: <https://youtu.be/HIIWWVojDSE>



PRODUCTS SHOWN: TANK™ MX, TANK™ TOW ROPE

ROPE TOW

INSTRUCTIONS

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



PRODUCTS SHOWN: TANK™ M4, TANK™ TOW STRAP AND HARNESS

HARNESS PULL

INSTRUCTIONS

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

VARIATIONS

- 3 Run in lower gear.
- 4 Pull slow in higher gear.
- 5 Perform lunges while pulling.



PRODUCTS SHOWN: TANK™ M4, TANK™ TOW STRAP AND HARNESS

HARNESS LATERAL PULL

INSTRUCTIONS

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



PRODUCTS SHOWN: TANK™ M4, TANK™ TOW STRAP AND HARNESS

HARNESS BACKPEDAL

INSTRUCTIONS

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

VARIATIONS

- 1 Perform reverse lunge while pulling TANK backwards.

TANK™ Group Programming



PRODUCT SHOWN: TANK™ M1, TANK™ MX, TANK™ M4

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. The 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 that if you load 270 lbs of weight onto a TANK M1, the weight does not need to be adjusted.



PRODUCT SHOWN: TANK™ MX

WARM-UP CIRCUIT

HAVE EACH PERSON PERFORM EACH MOVEMENT FOR 1 MINUTE, THEN ROTATE:

STEP 1
FORWARD JOG WITH TANK™

STEP 2
KNEE-HUG QUAD STRETCH

STEP 3
CALF STRETCH

STEP 4
FORWARD WALKING LEG SWINGS

STEP 5
FORWARD LUNGE WITH TANK™

STEP 6
NECK CLOCKS

STEP 7
SHOULDER ROLLS

TOTAL TIME: 14MIN

COOL DOWN

TORQUE RECOMMENDS TRAINERS TAKE THEIR GROUP FOR A 5-10 MINUTE WALK, LIGHT STRETCHING OF MAJOR MUSCLES WORKED, AND FOAM ROLLING.



PRODUCT SHOWN: TANK™ M4

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.

TOTAL TIME: 20-30 MINUTES
NUMBER OF TANKS: 2
OPTIMAL SPACE: 25 YARDS ONE WAY
LOCATION: INDOOR OR OUTDOOR
AMOUNT OF PEOPLE: 12
TANK GT REQUIRED: YES



PRODUCT SHOWN: TANK™ M4

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

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



PRODUCT SHOWN: TANK™ M4

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

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



PRODUCT SHOWN: TANK™ M4

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 OUTDOOR

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.



PRODUCT SHOWN: TANK™ M1, V-STRAP

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 OUTDOOR

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.



PRODUCTS SHOWN: TANK™ M1, V-STRAP

WORKOUT 3 - EXERCISES

- 1 TANK forward walking lunge
Resistance: 1 Distance: 10 yards
- 2 Kettle bell swings
- 3 Plyobox step-ups or jumps (depending on level of fitness)
- 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

WATCH ON YOUTUBE: (check out these full TANK™ workouts for more inspiration)
<https://youtu.be/xvfTSWZ2Jpo> & https://youtu.be/6ZP_Kzi6eq8



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| #torqueathome | #tankpushsled | #tankm4 |
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Plus join the TANK™ 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!

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