



**TORQUE** USA **TOR**



# OUR STORY

Torque Fitness started in 2005 as a group of entrepreneurs, engineers, and fitness enthusiasts. Together, they had a vision to build a company known for creating the most innovative functional training equipment available. As one of the first to create circuit training equipment for a group environment, Torque's heritage is grounded in functional fitness. Fast forward 16 years, Torque continues to lead as innovators of functional fitness while staying relevant to the evolution of the fitness industry.

# WHY TORQUE?



## SERVING THE PLANET'S MOST ELITE FACILITIES

From Lifetime Fitness, to Anytime Fitness, and a long list of professional athletic teams, we have built numerous long-standing relationships with the world's most elite fitness facilities. Whether you run a U.S. national chain or a small studio in any corner of the world, Torque has a proven record of effectively serving facilities everywhere.



## ONE VENDOR SOLUTION

Whether you are opening a brand new facility or converting a small racquetball court, our team will take care of you from start to finish. From X-RACK, X-CREATE to X-DESIGN, Torque provides a one stop shop for fitness facilities seeking a transformation.



## QUICK LEAD TIMES

We know that meeting deadlines is an imperative part of the industry. That is why we work diligently to ship orders as quickly as possible and provide timelines well under the industry standard.



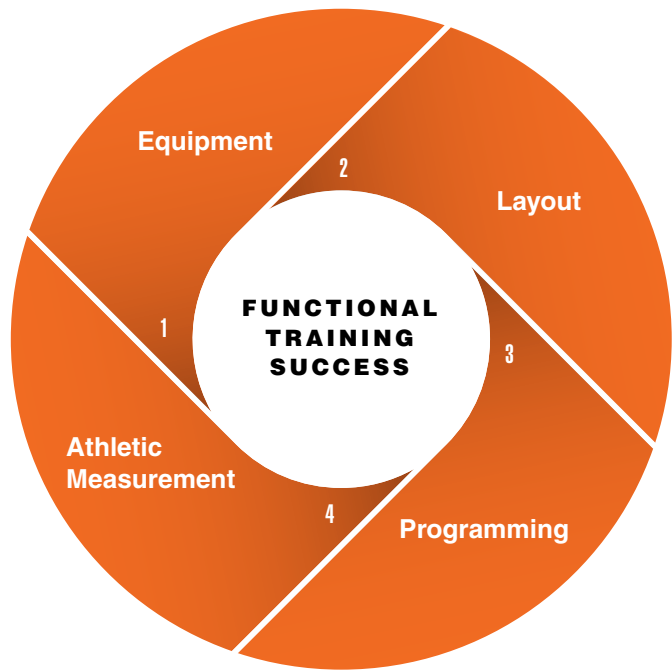
## INNOVATION

We believe that every fitness facility should be equipped with the most innovative, intuitive, and inspiring training equipment possible. From custom storage and training systems and commercial grade accessories to proprietary HIIT pieces like the TANK™, Relentless Rope™, and Stealth™ Air Bike, we provide every tool needed to make sure your facility will own turf training in your market.



# TORQUE FUSION™

Torque Fusion is the four key elements that create functional training success for commercial fitness facilities. From decades of experience in the fitness industry and as one of the pioneers in functional training, we know that functional training success goes far beyond just having the right equipment. That is why it is our mission to deliver the four key elements of functional training to every facility owner.



**What does it really take to create the ultimate functional training experience for your members?**

## FOUR KEY ELEMENTS of functional training success

### THE RIGHT **EQUIPMENT**

Are you providing the right mix of equipment for your customer base and desired training style? Our expert staff helps our customers determine the product for their facility that will save them the most space and money while providing the training options that their members want.

### THE RIGHT **LAYOUT**

Our in-house design services ensure that the overall layout of our customer's facility is as intuitive as the equipment it houses. Whether you're starting a new club or are looking to refresh your current space, our X-DESIGN Team will create the most functional space possible for your needs and wants.

### THE RIGHT **PROGRAMMING**

Torque equipment fuses effortlessly with a multitude of industry leaders and fitness programs to deliver a seamless fitness solution for group and personal training within facilities.

### THE RIGHT **ATHLETIC MEASUREMENT**

Build SMART goals and track your progress with Torque's functional training equipment. Add an industry wearable to the mix to stay connected and track progress with ease.







X-CREATE bridge and wall-lining systems shown above

# X-CREATE

## COMPLETE ACCESSORY STORAGE

From stability balls, kettle bells, dumbbells, and beyond, the X-CREATE was made specifically to house all your functional training accessories that previously had nowhere to live in a functional space.

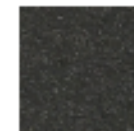
## MAXIMIZE FLOOR SPACE

The X-CREATE was designed with real estate in mind. 3ft functional upright bases maximize floor space needed to create the ultimate training apparatus. Durability is not forgotten either, each upright is built with an all-welded steel frame and bolt patterns for floor mounting are located front and back.

## COMPLETE ACCESSORY STORAGE

X-CREATE is the ideal system for facilities looking to deliver a variety of training options while also keeping their accessories and equipment organized. With over twenty attachments to choose from, the possibilities are endless.

### UPRIGHT COLOR OPTIONS



BLACK SATIN



PLATINUM



TEXTURED WHITE

## A SYSTEM FOR EVERY FACILITY

The X-CREATE is available in a wall, bridge, center, or corner space configuration. Whether you are looking to train a large group or simply store accessories, there is an X-CREATE system for you. A free-standing functional training system, the X-CREATE is available as an anchored or non-anchored solution.



Wall



Bridge

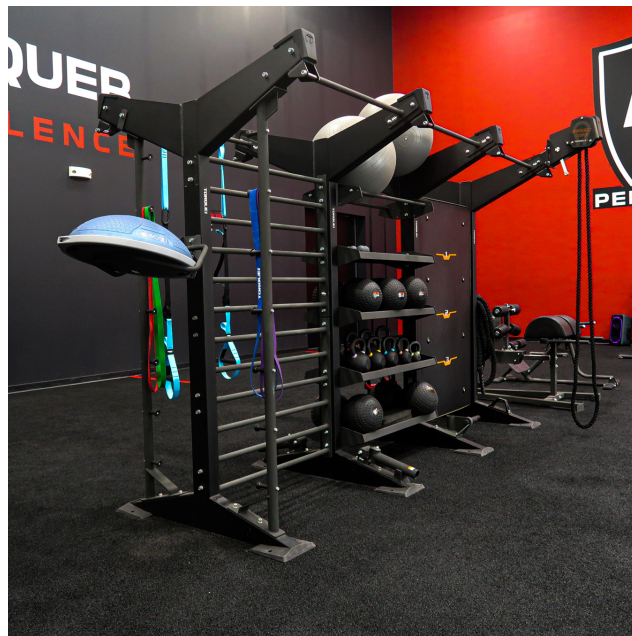


Center



Corner







# STORAGE & TRAINING WITH X-SELECT

The **3-Module X-SELECT Wall - X1 Package** has 2 built-in cable component stations users can perform a wide variety of exercises independently or the stations can be combined for use as a dual adjustable pulley system.

The system is designed to be situated against a wall with storage for accessories in the middle. The center module also has a pull-up bar and two anchors for suspension training.



Front

Pack ample cable training options in the smallest footprint possible with a **2-Module X-SELECT**



Back



## COMBINING THE FUNCTIONAL STORAGE OF X-CREATE WITH OUR CABLE TECHNOLOGY



Bridge the gap between function and traditional fitness with the customizable Multi-Station X-SELECT System. Add a Lat Pulldown, Seated Row, or Cable Component stations to any X-CREATE system.

# SELECT





# RIGS & RACKS

## CUSTOMIZABLE SOLUTIONS

Combine, build & train with quality. Torque rigs & racks are fully customizable solutions used to meet and elevate the needs of any training facility. All of Torque's systems are designed to be personalized, allowing facilities to design a functional training space that fits their unique needs.

## LIMITLESS POTENTIAL

X-RACK and X-SIEGE are feature packed rack systems designed from the ground up to join together accessory storage with lifting, cable and cross-training stations.

Torque's latest TR1 & TR2 lines are the ideal choice for those seeking a durable rack system with premium features while maintaining a compact footprint.

Multiple heights, lengths, depths, and colors offer a limitless number of options on all rigs & racks.



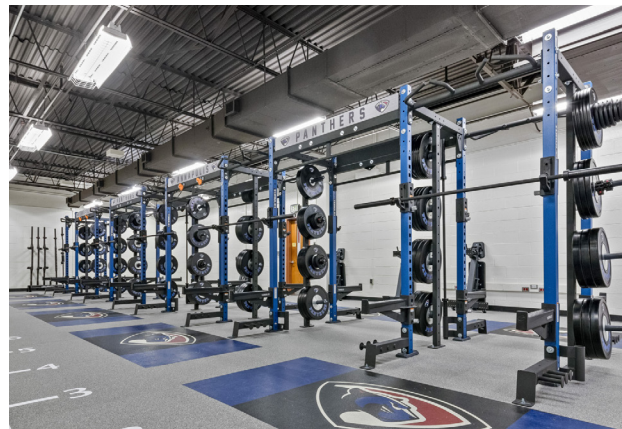
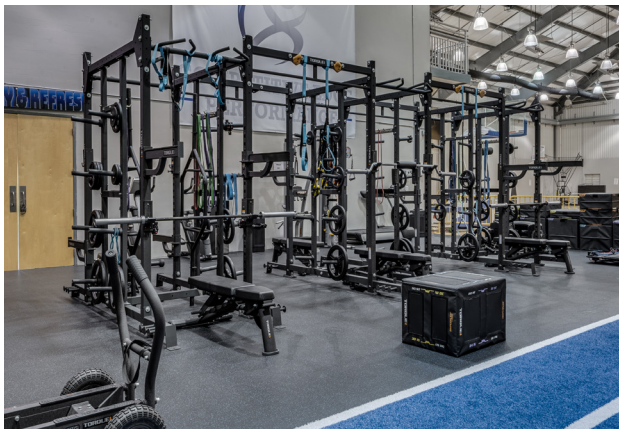
X-RACK - 4 X 14 STORAGE CABLE - X1 PACKAGE

## DESIGNED FOR GROUP TRAINING WITH FUNCTIONAL FITNESS CAPABILITIES

We offer pre-configured or completely customized solutions. Choose between bolted or free-standing systems to fit the needs of your facility.



X-SIEGE - CUSTOM 14 X 4 FOOT STORAGE RACK - X1 PACKAGE







## ELEVATE YOUR SPACE WITH AN EXPERTLY CRAFTED TORQUE RACK SYSTEM

Get the most out of your facility with a half or power rack – built strong to handle the toughest lifters.



TR1 - 7ft Squat Stand



TR1 - 7ft & 8ft Half Rack



TR2 - 7ft & 8ft Half Rack



TR2 - 7ft & 8ft Power Rack



TR1 - 7ft & 8ft Double Half Rack with Storage



TR2 - 8ft Double Half Rack with Storage



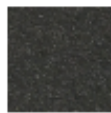
TR2 - 8ft Double Power Rack with Storage

### TR1 FRAME COLOR



HIGH WEAR BLACK

### UPRIGHT COLOR OPTIONS



HIGH WEAR BLACK



HIGH WEAR ORANGE



HIGH WEAR BLUE



HIGH WEAR RED



HIGH WEAR PLATINUM

### TR2 FRAME COLOR OPTIONS



BLACK SATIN



HIGH WEAR PLATINUM







TORQUE

TORQUE  
55 LB

TORQUE

TORQUE

TORQUE

TORQUE

TORQUE

10 LB  
(4.5 KG)

20 LB  
(9.1 KG)

30 LB  
(13.6 KG)

40 LB  
(18.1 KG)



# RELENTLESS RIPPER™



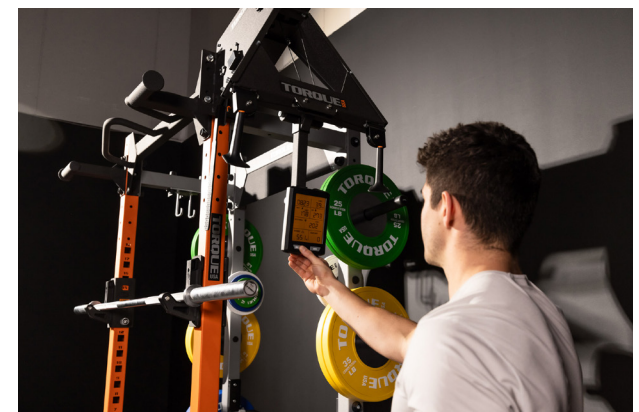
## 10 LEVELS OF PROGRESSIVE MAGNETIC RESISTANCE

The Ripper's 10 levels of progressive Mag-Force™ Resistance ensure a customizable and challenging workout experience suitable for athletes of all levels.



## RACK, RIG, & WALL MOUNTING OPTIONS

Mountable to racks, rigs and walls, offering users the flexibility of incorporating it seamlessly into any fitness facility. The Ripper's mountable options provide a space-saving option for every space.



## INCLUDES PERFORMANCE MONITOR

The Ripper's monitor will track metrics such as time, strokes per minute, watts, calories, watts, distance, and more. This helps to enrich the user experience contributing to an informed and engaging workout.



## OVER-MOLDED ERGONOMIC GRIPS

The over-molded ergonomic grips guarantee a comfortable and secure hold, promoting optimal performance during both single-pole and double-pole modes.



## BELT-DRIVEN TRANSMISSION

The Relentless Ripper allows for a feel you would expect from similar machines but in a smaller footprint.



## DURABLE ERGONOMIC CONSTRUCTION

Backed by Torque Fitness's 40+ years of design, the Relentless Ripper promises innovative engineering and reliable durability. Showcasing the commitment to providing cutting-edge, user-centric exercises equipment for every athlete.



# RELENTLESS ROPE TRAINER™



## 4 LEVELS OF ADJUSTABLE RESISTANCE

The Relentless Rope provides 4 levels of resistance settings that are easily accessible. At each level, the faster you pull the harder it gets.



## PIVOTING ROLLER DESIGN

Torque's pivoting roller design keeps the rope wrapped around the drive roller at all pulling angles while minimizing rope flexion, providing consistent resistance and longer rope life.



## COMMERCIAL QUALITY

The Relentless Rope Trainer is designed and built with commercial training environments in mind. With a commercial warranty, your Relentless Rope is guaranteed to withstand endless hours of workout fun.



## MARINE GRADE ROPE

The 1.1 in (26 mm) three-strand twisted marine grade rope is soft on the hands and easy to clean, ensuring a safe and fun training tool for any environment.



## LIMITLESS MOUNTING OPTIONS TO TORQUE SYSTEMS & MORE

The Relentless Rope Trainer is mountable in a variety of ways to most Torque and other manufacturers' strength systems. The Relentless Rope can be mounted to a wall or essentially any square tube 6x6 or smaller.



## PATENTED TECHNOLOGY

The Relentless Rope Trainer's uniquely crafted design is patented.











# STEALTH AIR BIKE™



## HANDLE MOTION

Shifting the handle motion forward enables the user to perform standing sprints and allows for easier entry and exit.



## SINGLE STAGE BELT DRIVE

Smooth, quiet operation lowers ambient club noise. No grease or intensive maintenance required.



## MULTI-GRIP HANDLES

Multiple hand positions provide flexibility and comfort. Top grip has 17% more handle motion for taller users.



## AIR DIFFUSER

Slows and redirects air movement towards user's body. No more dry eyes and still allows cooling.



## LARGE REMOVABLE FAN COVER

Allows for easy cleaning and maintenance. The large paddle wheel fan has less surface area to clean than traditional spoke wheel fans.



## QUIET OPERATION

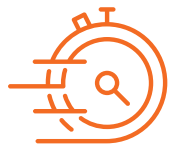
Bikes were sent to an acoustic laboratory to test sound power and pressure at various RPM. The Stealth was measurably quieter than other air bikes on the market.





# INNOVATIVE TANK™ RESISTANCE SLEDS

A dynamic all-surface push sled engineered to intensify multiple varieties of training with Mag-Force Technology™, a remarkably engineered magnetic braking system developed by Torque Fitness. Originally released in the early 2000s, the TANK™ has evolved into a multi-model product suitable for any fitness ability and training scenario with diverse resistance levels, bi-directional wheels, extensive features and accessories. The TANK is currently available in three models; M1, M4 & MX. Each TANK is crafted with fundamental features like the magnetic braking system, highly-durable materials and wheels, and a technology to deliver a higher intensity the faster a TANK is pushed. The TANK delivers limitless force and benefit to facilities orchestrating group, individual & personal training.



## BUILD SPEED

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



## FULL BODY WORKOUT

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



## INCREASE EXPLOSIVE POWER

A challenge at every level. Each TANK model delivers three levels of resistance, elevating difficulty as resistance level and speed increase. The TANK MX is optimized with MX Mode which adds an additional 25% resistance to challenge even the most explosive athletes.



## 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.



## ENHANCE ACCELERATION

Increasing resistance to level two develops a challenge for athletes to build acceleration by escalating power and stride frequency.



## EXTREME INTERVAL TRAINING

By adjusting the resistance level to various intensities, users can perform bursts of acceleration and speed, diversifying the intensity in different runs or within the same set.







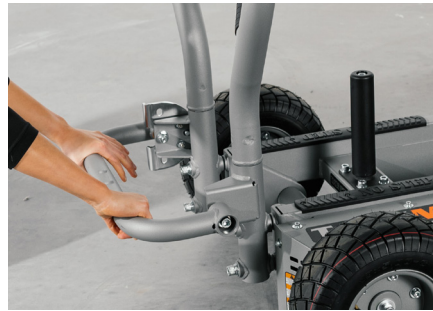


# DESIGNED FOR OPTIMAL TRAINING



## 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 ATHLETE SAFETY

We know athlete safety and injury prevention are top of mind for trainers and coaches. That is why TANK is designed with adjustable resistance to be decreased instantly to a safer level, as needed.



## ENDLESS TRAINING POSSIBILITIES

Use the tow hooks for 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."

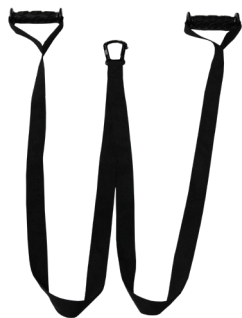


## AN EFFICIENT TRAINING SOLUTION

Increase efficiency and effectiveness with the TANK Group Anchor Station, a dynamic solution to move training equipment to any location, both indoors and out. The station detaches from the TANK to become an anchor for battle ropes, resistance bands, and other functional accessories.

# EXPAND TRAINING POSSIBILITIES

WITH ACCESSORIES DESIGNED FOR TANK TRAINING



V-STRAP



SPRINT HARNESS



TOW ROPE



MX WHEELBARROW HANDLES



POWER TETHER



M4/MX SWIVEL





PUSH



PULL



TOW



ELEVATE YOUR FACILITY WITH  
DURABLE, DYNAMIC & DIVERSE  
FUNCTIONAL ACCESSORIES.



ACCESSORIES





**Flat-Incline Bench**  
 SKU: XFIB-104  
 Dimensions: 59.1" x 27.0" x 18.0"



**Flat/Incline Bench with Vertical Storage**  
 SKU: XFIB-105  
 Dimensions: 56.5" x 28.5" x 18.0"



**Adjustable Abdominal Bench**  
 SKU: XAAB  
 Dimensions: 69.7" x 25.1" x 46.8"



**Back Extension Bench**  
 SKU: XBEB  
 Dimensions: 59.1" x 27.5" x 32.5"



**Glute Ham Developer**  
 SKU: XGHD  
 Dimensions: 60.3" x 37.6" x 42.5"



**Sissy Squat**  
 SKU: XSSGHR-101  
 Dimensions: 49.7" x 25.7"



**Olympic Plate Tree**  
 SKU: XOPT  
 Dimensions: 39" x 24" x 16"



**Vertical Bar Storage**  
 SKU: XVBS9-101-F07  
 Dimensions: 17 7/8" x 17 7/8"



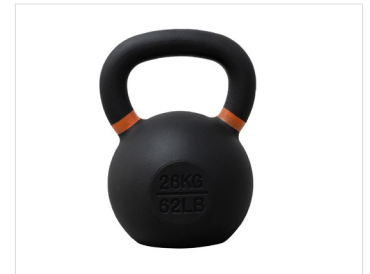
**4FT Bumper Bookshelf Storage Cart**  
 SKU: X4BBSC  
 Dimensions: 54.53 in x 13.7 in x 12.0 in



**4FT, 6FT & 8 FT Hex Head Dumbbell Rack**  
 SKU: XC8HHDR-07  
 Dimensions: 99.2" x 25.8" x 36.0"



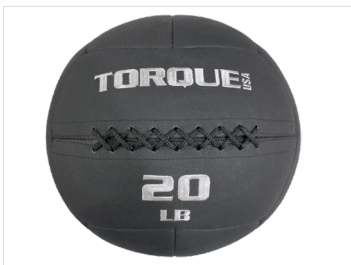
**Rubber Hexagon Dumbbells**  
 SKU: DBRH  
 Weight: Various weight from 5LB/2.3KG - 100LB/45.3KG



**Cast Iron Kettlebells**  
 SKU: KBTC  
 Weight: Various weight from 9LB/4KG - 88LB/40KG



**Slam Balls**  
 SKU: SBT  
 Weight: Various weight from 10LB - 45LB



**Wall Balls**  
 SKU: WBT-T1  
 Weight: Various weight from 6LB-30LB



**Medicine Balls**  
 SKU: MBT  
 Weight: Various weight from 4LB -12LB



**Torpedo Bags**  
 SKU: TBT-T1  
 Weight: Various weight from 10LB-50LB



# COMPLETE YOUR PACKAGE



**Plyoprotect 12"**  
SKU: XPP-12  
Dimensions: 18 x 18 x 12 in  
(457 x 457 x 305 mm)



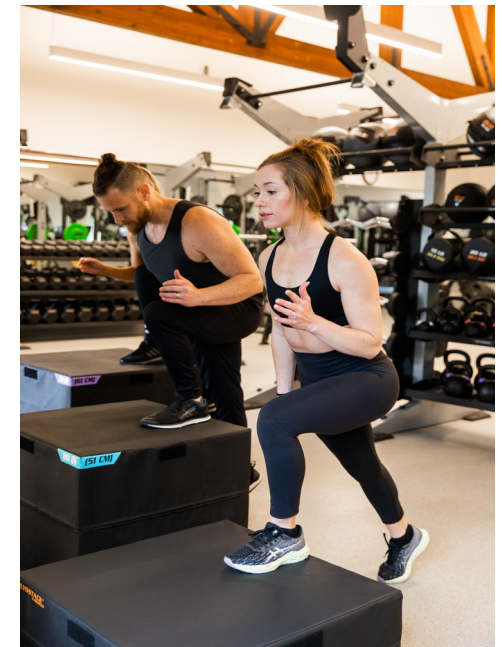
**Plyoprotect 18"**  
SKU: XPP-18  
Dimensions: 18 x 18 x 18 in  
(457 x 457 x 457 mm)



**Plyostack 6" - 24"**  
SKU: XPSSI-6-24  
Dimensions: 28.0" x 28.0" x 62.0"  
(71 cm x 71 cm x 158 cm)



**Tripleplyo™ 20-24-30**  
SKU: XTPI-20-24-30  
Dimensions: 20.0" x 24.0" x 30.0"  
(51 cm x 61 cm x 76 cm)





## PREMIUM ACCESSORIES FOR

# ULTIMATE GROUP FUNCTIONAL TRAINING



**7' USA Men's Olympic Bar**



**7' Force Premium Bar**



**7' Revolution Bar**



**6' USA Women's Olympic Bar**



**6' Force Premium Bar**



**6' Revolution Bar**



**5' Revolution Bar**



**Energy EZ Curl Bar**

### **7' USA Men's Olympic Bar**

- *07XCB-CZS-GREY*
- Coating: Cerakote shaft, clear zinc sleeves
- Weight: 20kg / 45lbs
- Length: 2200mm / 86.5"
- Shaft Diameter: 28.5mm
- Tensile: 190k psi

### **7' Force Premium Bar**

- *07XIB*
- Coating: Black zinc shaft, hard chrome sleeves
- Weight: 20kg / 45lbs
- Length: 2200mm / 86.75"
- Shaft Diameter: 28mm
- Tensile: 190k psi

### **7' Revolution Bar**

- *07B*
- Coating: Hard chrome shaft and sleeves
- Weight: 20kg / 45lbs
- Length: 2200mm / 86.75"
- Shaft Diameter: 32mm
- Load Rating: 1500lbs

### **6' USA Women's Olympic Bar**

- *06XCB-CZS-GREY*
- Coating: Cerakote shaft, clear zinc sleeves
- Weight: 15kg / 35lbs
- Length: 2010mm / 79"

### **6' Force Premium Bar**

- *06XIB*
- Coating: Black zinc shaft, hard chrome sleeves
- Weight: 15kg / 35lbs
- Length: 2010mm / 79"
- Shaft Diameter: 25mm
- Tensile: 180k psi

### **6' Revolution Bar**

- *06B*
- Coating: Hard chrome shaft and sleeves
- Weight: 15kg / 35lbs
- Length: 1830mm / 72"
- Shaft Diameter: 32mm
- Load Rating: 700lbs

### **5' Revolution Bar**

- *05B*
- Coating: Hard chrome shaft and sleeves
- Weight: 12kg / 26lbs
- Length: 1500mm / 60"
- Shaft Diameter: 28mm

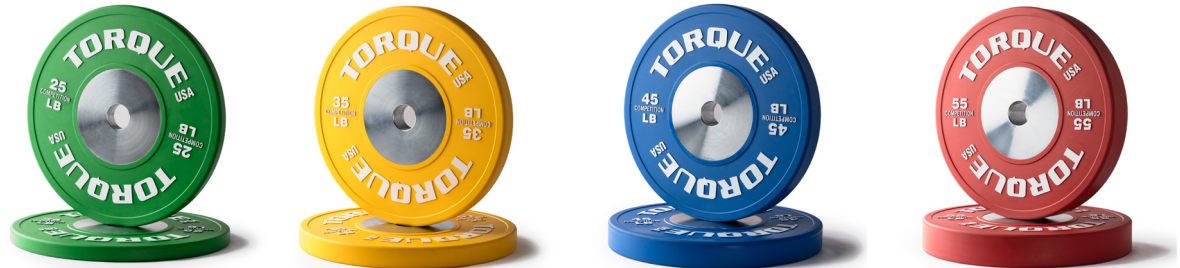
### **Energy EZ Curl Bar**

- *0EZC*
- Coating: Hard chrome shaft, bright zinc sleeves
- Weight: 10kg / 22lbs
- Length: 1200mm / 48"
- Shaft Diameter: 28mm
- Load Rating: 500lbs



# PLATES

Competition Bumper Plates are available in 25lb, 35lb, 45lb, and 55lb weight increments. Our elite plates are made from high-quality rubber with a polished chrome-plated center disk. The raised rubber edge prevents metal-on-metal contact between the center disks and preserves the plates' finish and lettering. Each plate size is a standard Olympic color with white embossed lettering and logos.



Featuring durable construction and precise weight calibration, these plates are the perfect training partner for athletes, designed to withstand the toughest workouts and elevate your performance to new heights.





Black Bumper Plates



Colored Bumper Plates



Change Plates



Grip Bumper Plates





# DESIGNING & DEVELOPING THE MOST FUNCTIONAL FITNESS FACILITIES



*Experience an immersive & full-service fitness process with Torque Fitness. Utilize the **X-DESIGN** service to maximize the potential of emerging and evolving fitness facilities.*





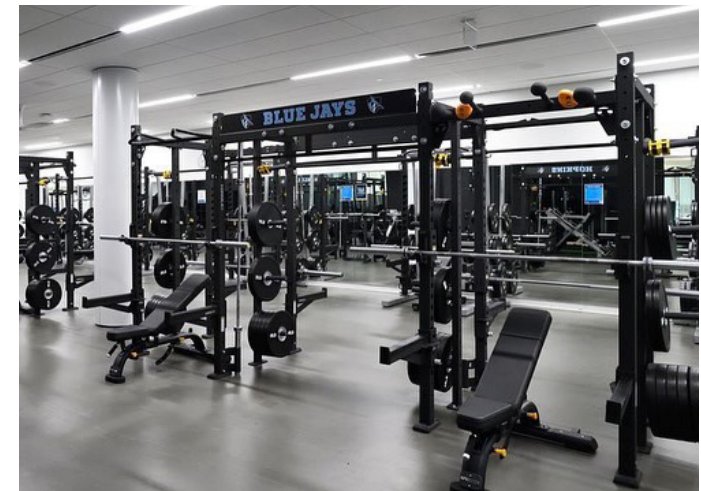
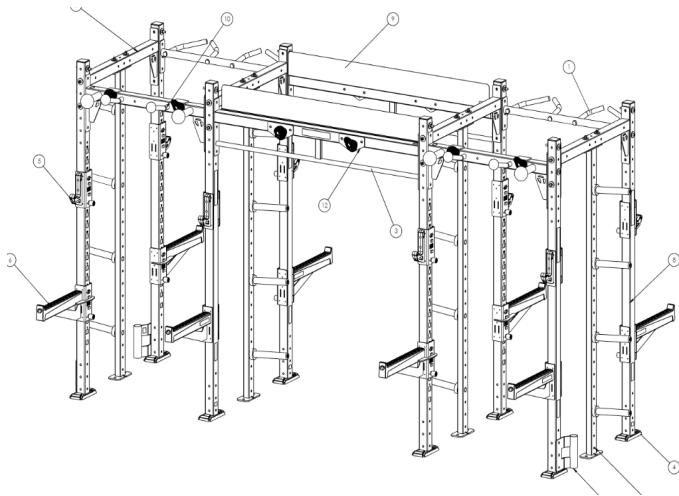
FACILITY SHOWN:  
Training Haus | Eagan, MN



# GET STARTED ON YOUR FUNCTIONAL TRAINING CONSULTATION

Take your space from concept to completion, our X-DESIGN team is ready to help you create your ultimate group training experience!

**X-DESIGN**  
FUNCTIONAL SPACE SOLUTIONS



**CONTACT US**

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