

# TANK



# MOVEMENT LIBRARY



# TANK MOVEMENT LIBRARY

Revision 1.1

## 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 tips from users.

[WWW.TORQUEFITNESS.COM](http://WWW.TORQUEFITNESS.COM)



# 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



**DON'T QUIT**



# 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.



**DON'T QUIT**



# 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.



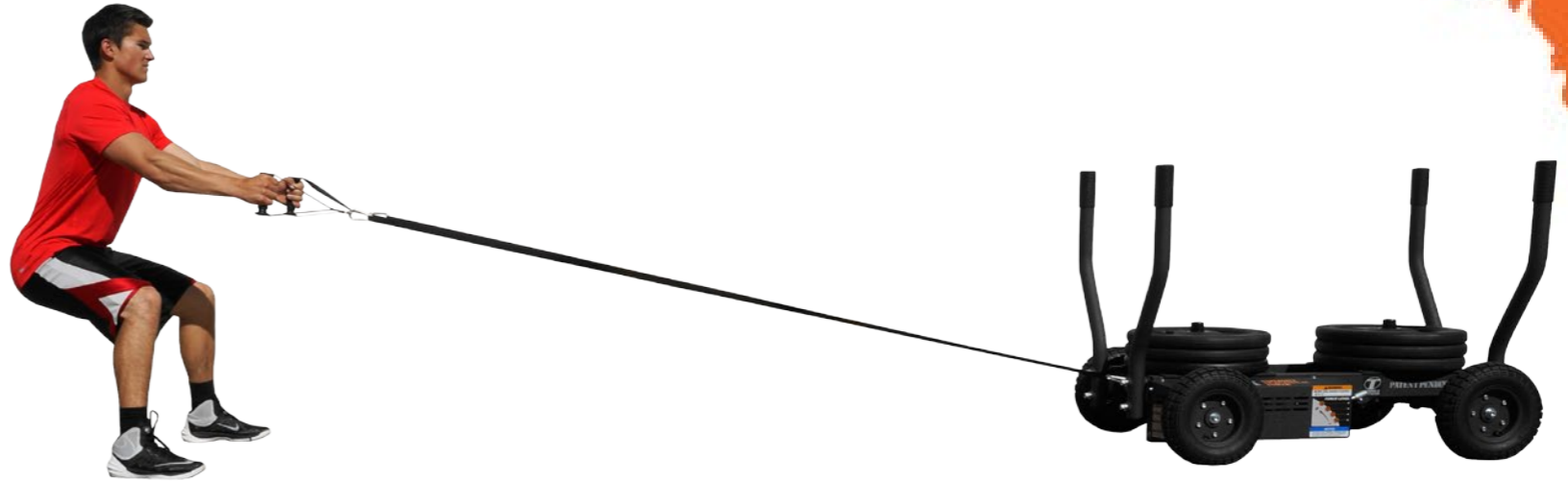
**DON'T QUIT**



# V-STRAP ROW

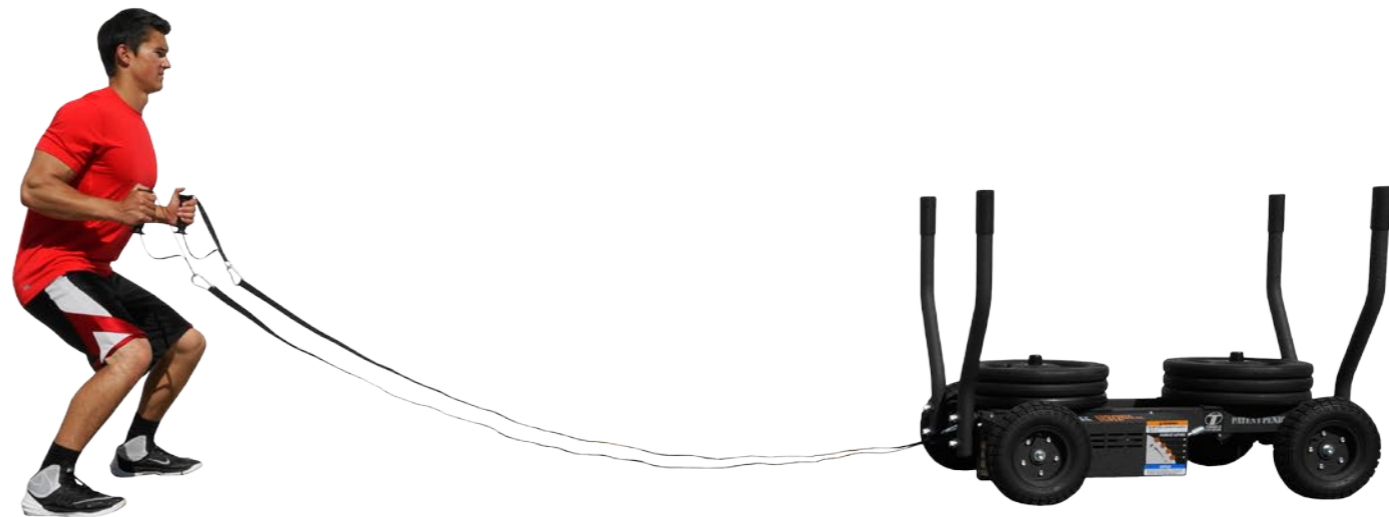
## INSTRUCTIONS

- » 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.



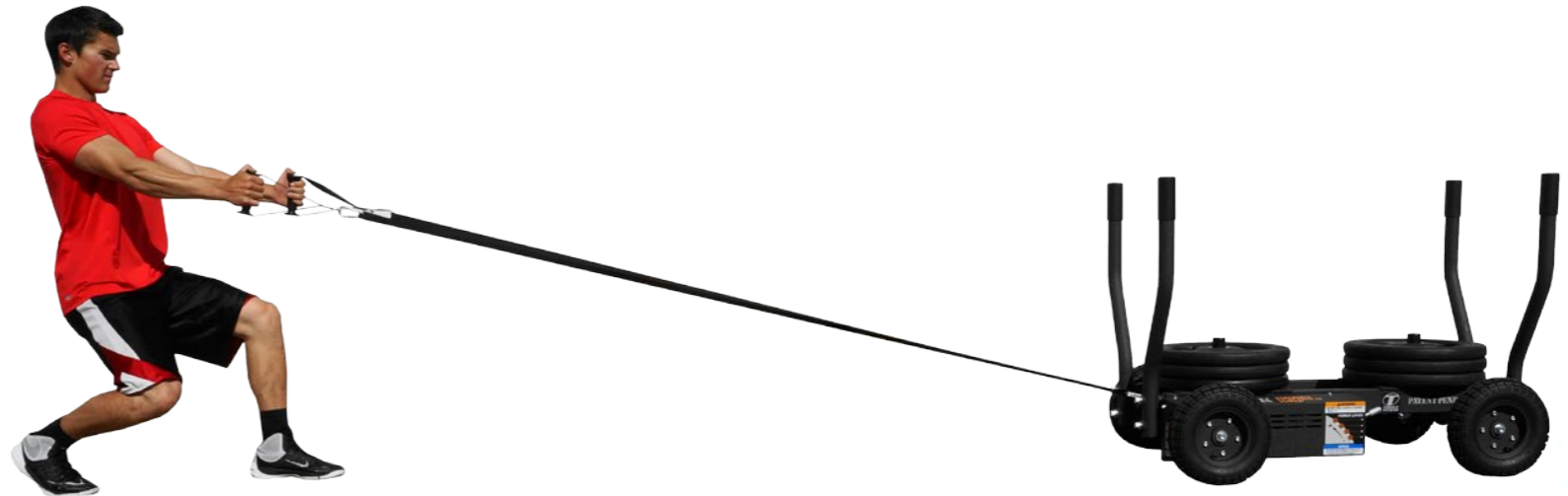
**DON'T QUIT**



# 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.

**DON'T QUIT**



# 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.



**DON'T QUIT**



# 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.



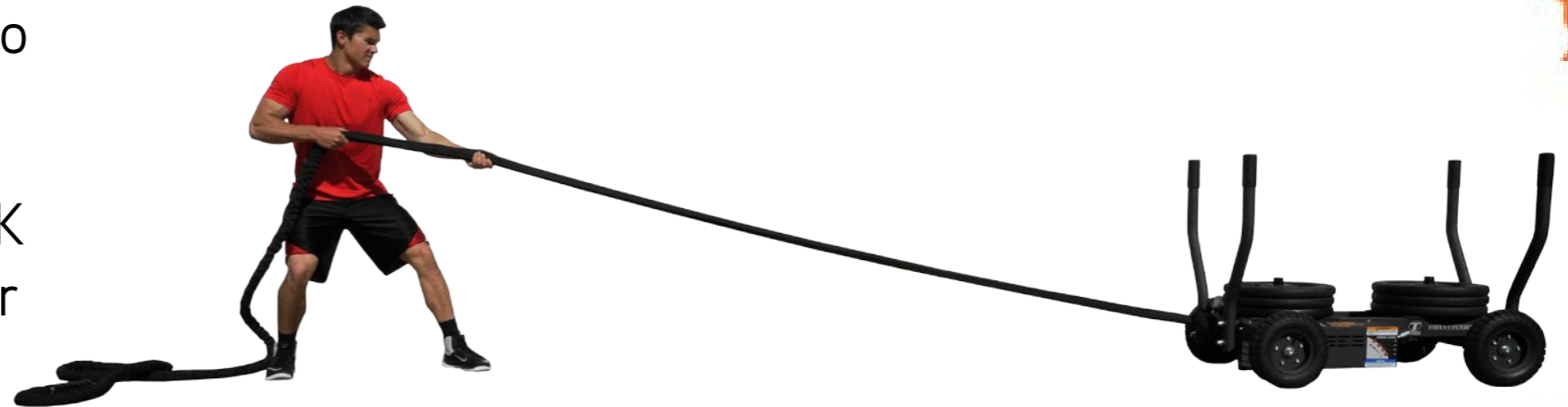
**DON'T QUIT**



# 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.



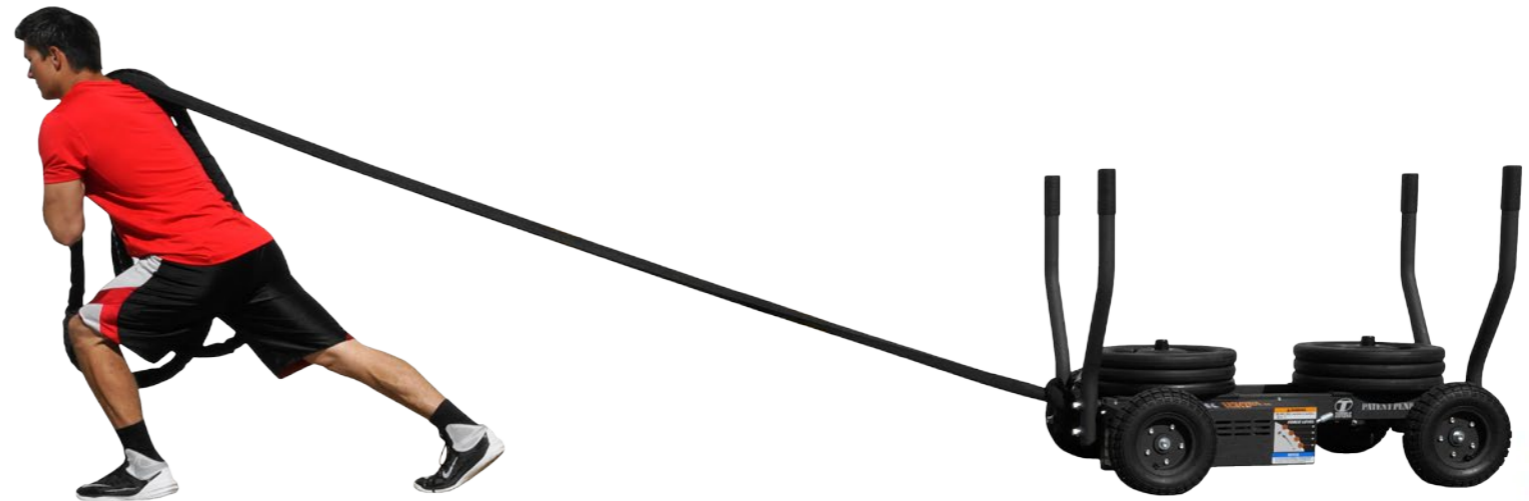
**DON'T QUIT**



# 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.



**DON'T QUIT**



# 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.

**DON'T QUIT**



# 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.



**DON'T QUIT**



# 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.

**DON'T QUIT**