

TORQUE ^{USA}

TRAINING ACCESSORIES



TORQUE FITNESS FUNCTIONAL AND WEIGHT TRAINING ACCESSORIES FOR INDIVIDUAL, SMALL GROUP, AND TEAM TRAINING.

INTERNATIONAL

**DON'T QUIT.
EVER.™**

Accessory Packages

Torque makes outfitting your gym easy with packages available for sets of individual accessories such as kettlebells, medicine balls, and slam balls that were designed to fit on Torque accessory trays. Torque also offers barbell packages for lifting stations and complete accessory packages that give you all the tools for functional group training.



Torque Fitness also offers storage solution and packages for barbells and dumbbells. Contact us and we can help recommend what you will need.



Hex Dumbbells

Rubber hex head dumbbells with fully welded sand-blasted cast heads are available in six weights ranging from 2.3 - 45.4 kg.



Aerobic Dumbbells

Torque Aerobic Dumbbells have an extra thick neoprene coating with a slightly soft and textured grip making them easy to hold even when palms get sweaty. Sets include, 1 kg - 5 kg weights.

Rubber Grip Plates

The Rubber Grip Plates have a large comfortable grip and are available in 1.25, 2.5, 5, 10, 15, 20, and 25 kg weights. The stainless steel hubs are hydraulically pressed into permanent position to prevent surface damage to plates and bars.

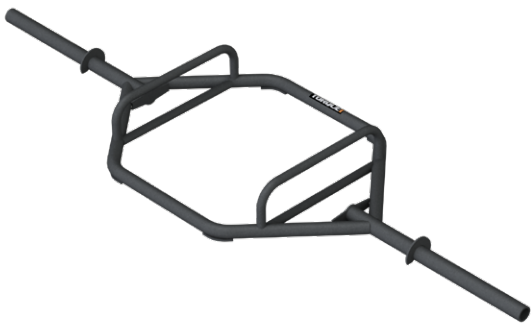


Bumper Plates

Torque Colored Bumper Plates are available in 5, 10, 15, and 20 kg weight, provide a dead bounce, include a molded-in reinforced hub and have been tested to withstand 8000 drops from 6 feet (1.8 m).



Torque Fitness offers stand-alone and integrated system storage solutions for weight plates and bumpers. Contact us and we can help recommend what you will need.



Hex Bar

The Torque 7 foot (2.3 m) Hex Olympic Bar features durable fully welded construction. The versatile dual-handle design allows athletes to switch grips by simply flipping the bar over.



Collars

Easy to use spring collars are available for the standard Olympic bars and high impact nylon collars with a cam locking mechanism designed to stay put during drops are available for our X-Series training bars.

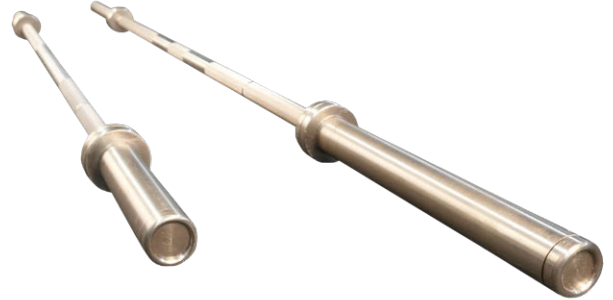
Short Olympic Bar

Our 5' (153 cm) Standard Olympic Bar, while not long enough to fit most racks, is great for arm curl benches or Olympic movements when you are short on space. At 11.9 kg in weight, the bar is rated to 220 kg.



Standard Olympic Bars

Our standard 6' (184 cm) and 7' (220 cm) 32 mm diameter Olympic bars feature hard chrome, are rated to 1500 lbs (680 kg), and pair well with grip plates.



Torque Fitness supplies racks and rigs that integrate functional and free weight training, saving space and your investment. Call us and we can provide recommendations based on your needs in your facility.



EZ Curl Bar

Our 1.2 m 28.0 mm diameter EZ curl bar fits all of our Olympic sized plates, has a medium knurl, rotates freely on bearings, and is coated with hard chrome.



X-Series Bars

X-Series Olympic bars are designed to handle repeated drops. The 20 kg - 190,000 psi/28.5 mm dia, and the 15 kg - 180,000 psi/25.0 mm dia tensile strength bars are finished in black and clear zinc.

Torpedo Bags

Torque Torpedo Bags are a challenging alternative to traditional strength training products, allowing you to train for balance, plyometrics, rotational movements, and Olympic lifts. 4.5 kg (10 lb) - 22.7 kg (50 lb)



Stability Balls

Torque Pro Stability Balls are available in 55 cm (silver) and 65 cm (black) sizes, and include an air pump and nozzle.



Torque Fitness has functional group training systems for integrated use with and storage for all the functional training accessories. Accessory packages are available that will provide everything you need to get off to a great start with small group and team training.



Interval Training Timer

Torque's Programmable 6-digit timer includes wall mounting brackets with hardware and a remote control for easy operation and setup.



Foam Roller

Our closed cell foam 15.2 cm (6 in diameter) x 91.4 cm (36 inch) roller stimulates blood flow, improves circulation to the body's soft tissues and lengthens and loosens tight muscles.

Medicine Balls

Our medicine balls are a versatile total body training tool helping you to develop muscular strength, endurance, power, stability, and joint integrity. Available in 1.8 kg (4 lb), 2.7 kg (6 lb), 3.6 kg (8 lb), 4.5 kg (10 lb), and 5.5 kg (12 lb), they feature a durable rubber construction with a high grip texture.



Slam Balls

Torque Slam Balls are built to absorb the energy of a slam with zero bounce. The sand-filled center shifts during throws which engages core and stabilizing muscles. The textured cover has a pliable and tacky surface making it easy to grasp and throw making it perfect for floor slams. Available in 4.5 kg (10 lb) - 20.5 kg (45 lb) weights in 2.3 kg (5 lb) increments.



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Wall Balls

The pliable soft-shell construction and balanced uniform weight of these balls make it easy to catch and throw. Comprised of heavy-duty vinyl-coated nylon, the wall balls remain dimensionally stable and balanced over time.



Mobility Ball

The 63 mm Lacrosse/Mobility ball is great for breaking up muscle knots and hard to reach trigger points.

Strap Handles

Torque's premium custom designed short strap handles feature heavy duty yet soft feel nylon webbing, a glass reinforced nylon handle that has beveled edges for smooth rotation and an over-molded rubber T-Grip for a secure and comfortable hold. These handles are also great for attaching to resistance bands and power bands.



Hanging Mat

Our premium hanging mat provides cushioning for floor based exercises and can be hung from Torque systems or rolled. 183 cm x 58 cm x 1 cm.



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Handled Power Tubes

The dual-handed power tubes feature a comfortable ergonomic grip with flared ends for smooth rotation. The power tubes are available in four different resistance levels and are encased in a protective nylon sleeve.

Strength Loop Bands

The 104 cm (41 inch) Torque Strength Loop Bands feature sturdy seamless constructions and are color-coded for easy identification. The Strength Bands are a versatile tool and can be used in a wide range of applications.

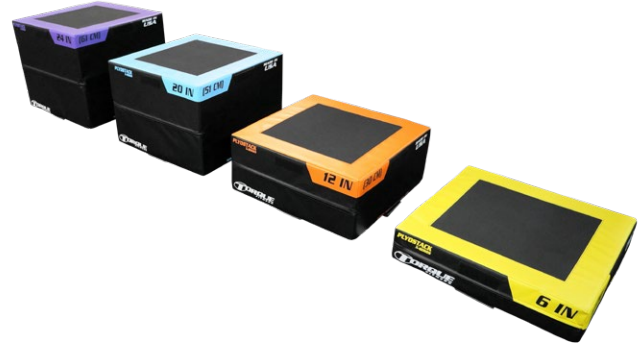
Tripleplyo™

Our TRIPLEPLYO™ provides heights of 51 cm, 61 cm and 76 cm is the perfect tool for plyometric training. The dense foam provides a safe padded surface to jump on and the unique grabber material makes your feet stick on every jump. At 25 kg, the box stays put.



Plyostack™

The Torque PLYOSTACK™ set includes a 15, 30, 50, and 61 cm height padded box that provides fifteen height combinations. Velcro tabs keep each 71 x 71 cm box securely linked when stacked and premium dual foam, heavy weight vinyl and grabber material on landing surfaces make them stand apart.



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Plyoprotect

Our smaller 46 x 46 cm non-stacking plyoprotect boxes include grabber material on top and bottom and are available in 30 and 46 cm heights.



Core Slides

Our 17 cm low-friction non-marking convex slides allow you to engage your core on virtually any surface. Sold as a pair.

Kettlebells

Our solid cast kettlebells are constructed as a one-piece solid casting and painted black for years of durability. The kettlebells are sold in 4 kg increments from 4 kg to 40 kg and are color-coded for easy identification.



Battle Ropes

The Torque premium nylon covered 38 mm (1.5 inch) diameter nylon covered battle ropes are available in 9.1 m (30 ft) and 15.2 m (50 ft) lengths and are a great tool for metabolic and strength training.



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Jump Ropes

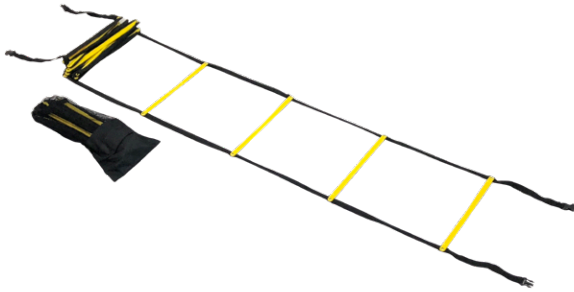
Our Jump Ropes are constructed with durable PVC rope, ball bearing swivels and foam grips on nylon handles. Sizes include 8 ft (2.4 m), 9 ft (2.7 m) and 10 ft (3.0 m) to fit athletes of all heights.

100 lb Heavy Bag

Torque's innovative bag has a high density molded foam core that ensures a more even striking surface and equal density throughout. Includes three target zones that improve an athlete's accuracy and allows for combination drills.

Agility Ladder

Develop fast feet with our 15 ft (4.6 m) long x 16.5 in (42 cm) wide 9-rung agility ladder. The fixed rungs save set-up time and clips allow you to connect multiple ladders together.



Agility Cones

Create infinite training patterns to develop overall agility and balance. The set of 12 stacking 7.5 in (19 mm) diameter yellow cones are made of pliable PVC and their low profile 2 in (5 cm) height resist damage from foot strikes.



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CrankIt Straps

The split anchor and modular component design also allows you to use the CrankIt system in a variety of ways, perform more exercises, and have two people per set of straps if needed for group training.

FUNCTIONAL