

GENERAL DESCRIPTION

The Real Torque™ is a robust, high intensity interval trainer that works the whole body through a complete push and pull resistance motion, utilizing resistance in the modes of both flexion and extension.

The Real Torque™ is a ground-based, multi-joint, performance trainer that uses isokinetic resistance in both the sagittal and frontal planes of motion.

APPLICATIONS

- Proven results with short intervals (20-60 repetitions=20-60 seconds)
- Performance training
 - Solid athletic base
 - Stamina improvement
 - Conditioning
 - Power
 - Assured muscular hypertrophy – trapezius, deltoids, pectorals, biceps, abdominals, obliques, forearms, quadriceps, gastrocnemius muscles, latissimus dorsi, triceps brachii, gluteal muscles, hamstrings, quads, calves, shin and foot
- Rehabilitation
- Physical Therapy

ACCESSORIES

- Rubber feet
 - Require ¾" wrench
- Workout regimen
 - Upper body focus
 - 2-arm linear push/pull
 - Fluidity
 - 2-arm alternating pull/pull
 - Unilateral movement
 - Single arm linear push/pull
 - Transfer of energy
 - Single arm lateral push/pull
 - Explosive
 - Alternating arm
 - Double power punches
 - Alternating double punch
 - Side to side

MAINTENANCE

- Surface cleaning
- Check pads and handle grips for wear and replace as needed
- Lubrication
 - Silicone lubricant on the tubing of the adjustment slides
 - Grease on bearings and zerk fittings as needed
- Silicone spray around urethane bushings where bolt goes through metal insert

FEATURES

- A robust, ground based performance machine that provides resistance in both flexion and extension of the athlete's movement, concentric and eccentric contractions
- A ground based performance machine that provides resistance through isokinetic pistons that respond in kind to the athlete's degree of intensity of flexion and extension
- Used by professional, Olympic and collegiate sports of all disciplines (football, baseball, basketball, hockey, MMA fighters, track and field, etc.)
- Purchased and trained on by individual elite athletes
- Purchased and trained on by actors to prepare for stunts, conditioning, strength and physique

ADJUSTMENTS

- Requires no adjustment for stature

SPECS

- Dimensions
 - Assembled - 42"(W) X 54"(L) X 48"(H)
 - Shipped (pallet) - 46"(W) X 72"(L) X 51"(H)
- Weight - 300lbs
- Steel frame square tubing 2.50" x 2.50"
- Rubber vinyl deck
- Robust bearings (>10 year lifespan)
- MIG .035 wire welded
- Powder coated finish (baked on at 400 degrees)
 - Matte Black
 - High Gloss Black
 - High Gloss White
 - High Gloss Red
 - High Gloss Blue
 - High Gloss Green
 - High Gloss Yellow
- Lubricated



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