

TORQ PHILOSOPHY

TORQ is a Fitness Consultancy. It always has been and always will be. Our roots are firmly entrenched in both Fitness Consultancy and Mountain Biking and this we believe provides us with our unique edge and integrity. We have developed our range of performance nutrition products through a need to offer the highest standard of support to the athletes we work with. We critically analyse every product on the market and take on board their best features – and then improve upon them – every little detail – without compromise. We ask our clients which types of products they prefer to use and continually develop and perfect our range.

We have uncompromising standards, yet we also have a conscience. We absolutely refuse to use ingredients that are not derived from a NATURAL source, or don't naturally occur within the human body. We are firmly of the opinion that artificial ingredients like sweeteners offer no performance advantage, can cause stomach discomfort and could potentially harm your health long term. We see no point in including them. Advanced compounds like D-Ribose, HMB, L-Glutamine and Beta-Alanine naturally occur within the human body and represent some of the most potent supplements available on the market today, so why would we want to use anything artificial? Every ingredient we use is included to the levels recommended by available research.



We do not cut corners and do not accept compromise...



TORQ BAR

- Moist and chewy
- Progressive carbohydrate delivery
- Very low in fat
- With TORQ ribose
- Five fairly-traded fruit flavours
- No colours, artificial sweeteners or preservatives
- Organic option

TORQ bar flavour options: Tangy Apricot (Fairtrade) // Sundried Banana (Fairtrade) // Raspberry & Apple (Fairtrade) // Pineapple & Ginger (Fairtrade) // Organic Mango (Organic)



www.torqfitness.co.uk



TORQ ENERGY

NATURAL ORGANIC

- Complex carbohydrate energy drink
- Neutral (flavourless)
- Can be added to food
- Soil Association Certified Organic
- No colours, flavours, artificial sweeteners or preservatives



NATURAL FLAVOURED

- 2:1 Maltodextrin:Fructose
- With electrolytes
- Five natural flavour options
- No colours, artificial sweeteners or preservatives
- Also available in 'Single Measure' re-usable and recyclable aluminium canisters.

TORQ energy flavour options: Natural Orange // Natural Lemon // Natural Lime & Lemon // Natural Pink Grapefruit // Natural Vanilla Pod // Natural Organic

phone 0844 332 0852

TORQ GEL

- Optimal carbohydrate blend
- With electrolytes
- Six natural flavours
- Light texture
- No colours or artificial sweeteners
- Naturally caffeinated options

TORQ gel flavour options: Strawberry Yoghurt // Blackcherry Yoghurt // Orange & Banana // Rhubarb & Custard // Raspberry Ripple // Forest Fruits (with Guarana) // Banoffee (with Guarana)



NEW Litter-Free Tip

NEW Raspberry Ripple Flavour

www.torqfitness.co.uk

TORQ 3-STEP RECOVERY SYSTEM

- 1 TORQ Recovery** Consume within 15 minutes of completing heavy exercise. TORQ Recovery should be consumed within 15 minutes of finishing any exercise session of significance (prolonged or intense training). Its role is to replenish degraded carbohydrate (glycogen) stores, repair muscle tissue and re-charge cellular energy levels.
- 2 TORQ Recovery Plus+** Consume 2 X per day during periods of very intense training. TORQ Recovery Plus+ contains potent natural supplemental nutrients that help the muscles to produce power and recover more quickly when training is particularly heavy and intense. This product does not replace TORQ Recovery, it's a supplement to it and should not be used unless training/racing frequency is particularly high.
- 3 TORQ Energy Natural Organic** Consume 2, 4 and 6 hours post exercise at times of high training stress. TORQ Energy Natural Organic is a pure carbohydrate glucose polymer, often dubbed the 'invisible calorie'. Regular consumption of this product during the hours following an exercise session (even if added to food) will further aid the replenishment of glycogen stores at times of high physiological load.

www.torqfitness.co.uk/torq-recovery-system



MADE AND DISTRIBUTED IN THE UK:
TORQ LTD // Lower House, Westbury, Shropshire, SY5 9QP // phone 0844 332 0852 // visit www.torqfitness.co.uk

DISTRIBUTED IN AUSTRALIA:
TORQ Australia Pty Ltd // No 4 Woodrow Court, Cockatoo, VIC 3781 // phone (03) 9775 1155 // visit torqaustralia.com.au

TORQ RECOVERY

- Optimal blend of carbohydrate and protein
- Ribose and Glutamine for rapid recovery
- Silky smooth
- Four natural Flavours
- No colours, artificial sweeteners or preservatives



TORQ Recovery: Mandarin Yoghurt // Chocolate Mint
Banana & Mango // Strawberries & Cream

TORQ RECOVERY PLUS+

- HMB, Beta-Alanine and Sodium Phosphate
- Deliciously smooth
- No colours, artificial sweeteners or preservatives
- High potassium cocoa



TORQ RAW

TORQ RIBOSE

- A naturally-occurring sugar
- Boosts recovery by 340-430%
- Ensures maximal muscular energy charge

TORQ HMB

- Stops muscle breakdown
- Reduces body fat
- Boosts the immune system
- Reduces harmful cholesterol

TORQ GLUTAMINE

- Supports the immune system
- Prevents muscle breakdown
- Accelerates recovery

TORQ CARNITINE

- Increases fat burning
- Prolongs endurance
- Increases aerobic power



TORQ CONSULTANCY

- Fitness testing and consultancy
- Mountain Biking and 'Power-Feedback Training' specialists
- Tailor-made fitness programs for cyclists of all abilities
- Group seminars and presentations
- Bike-fit technique analysis



TORQ EQUIPMENT

TORQ BANDS

These are large elasticated latex bands, available in 4 resistance strengths.

- Extra long (175cm) compared to other similar products
- Trademarked 'Anchor Points' to ensure consistency of workouts
- Light and easy to transport
- Supplied with cloth carry bag
- Exercise and progress charts included



TORQ FUELLING SYSTEM

2-3 TORQ UNITS per hour. Each of the following TORQ fuelling products represents one TORQ unit:

TORQ Item	Carbs (g)	TORQ UNITS
500ml TORQ energy (@ 6%)	30	1
1 X TORQ gel (45g)	30	1
1 X TORQ bar (45g)	30	1

Research demonstrates that individuals can absorb up to 3 TORQ UNITS per hour whilst exercising, however we recommend that newcomers and smaller individuals start with 2 TORQ UNITS initially and experiment with higher doses over time. In warmer environmental conditions, or during higher intensity exercise when perspiration rates are high, we recommend that you lean towards a greater intake of TORQ energy drink units. During cooler conditions when hydration is less of an issue, more of your fuelling units should be delivered via TORQ gels and bars.



www.torqfitness.co.uk/torq-fuelling-system

TORQ attend events all over the UK...



NATURALLY SUPERIOR...



torq
www.torqfitness.co.uk