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Progressive Hybrid Strength Trainer Equips Exercisers for Results

Andover, Minn. – Nov. 15, 2007 – Just in time for holiday gifts and New Year’s resolutions, Torque Fitness, LLC, a cutting-edge strength equipment company, presents its new TQ5 Hybrid Strength Gym System, an incredibly progressive, versatile home gym that exercisers will not outgrow.

Torque’s exclusive Hybrid Strength Technology (H.S.T.) facilitates virtually unlimited ways to challenge every muscle and continue progression by combining traditional, fixed exercises with a multitude of user-defined functional movements that further build muscular strength, joint integrity, balance and coordination.

“Exercisers no longer have to choose from a simple, traditional home gym or a sophisticated functional trainer – the TQ5 delivers *both* in a compact, easy to use system that can produce results quickly,” said Pete Borchert, president of Torque Fitness. “It’s the best of both worlds.”

Unlimited Progression

A single vertical pressing platform enables users to perform traditional fixed exercises such as chest press, shoulder press and seated row with an adjustable press arm and ergonomically angled T-Grip horizontal and vertical handles.

Independent, adjustable swivel mid pulley arms, along with dual swivel high pulleys, move the way the body does naturally for a variety of functional, user-defined exercises and core training that help individuals perform everyday activities, work, sports and recreational pursuits.

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To facilitate exercises using the pulleys, attachments include a short strap D-handle, a long strap D-handle, two universal adapters with snap hooks, a lat bar and an ankle strap. Users can also take advantage of the pulleys and open TQ5 platform to perform exercises with additional accessories such as a stability ball, a BOSU® Balance Trainer or a balance disc (all sold separately).

The patent-pending dual pivot leg extension/seated leg curl is designed specifically to minimize stress to the joints and maximize comfort and exercise effectiveness, with pivoting, tapered roller pads and an ideal resistance profile to adequately challenge the quadriceps and hamstrings in each separate exercise.

The optional Leg Press/Calf Raise features Torque's Iso-Balance technology for a leg press with both legs simultaneously or using each leg independently for additional variety and muscle balance.

Built for Exceptional Performance

The TQ5 boasts trademark Torque features – all developed to make workouts comfortable, faster and more effective. The Torque Fork weight selection device uses magnetic adherence for quick, safe resistance adjustments, and the FAST-Attach coupling system—combined with the Torque Orange adjustment points—make changes quick and simple. Sound-dampening bushings in the 200-pound blended steel/cast iron weight stack prevent metal-on-metal noise, and a full shroud enclosure limits exposure to moving parts and enhances aesthetic appeal.

Sold at select specialty fitness retailers, the TQ5 has a manufacturer's list price of \$2,799, with a limited lifetime warranty on the frames, welds and parts and 10 years on the cables and upholstery.

Torque Fitness Background

Founded in 2005 by a passionate team of leaders with more than 155 years of fitness industry experience, Torque Fitness is dedicated to developing innovative, effective strength training products that deliver remarkably efficient workouts that produce results. Torque's intelligent design and unmatched breakthroughs revolutionize strength training, and the company's focused, personalized, owners' approach fosters exceptional customer service.

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