

How often are you training indoors?

1-2 times per week 3-4 times per week 5+ times per week

How long are your indoor training sessions?

Max 30 mins 30-60 mins 60-90 mins 90 mins+ Max 30 mins 30-60 mins 60-90 mins 90 mins+ Max 30 mins 30-60 mins 60-90 mins 90 mins+



Use TORQ Hydration.
torqfitness.co.uk/tc-h



Use TORQ Hydration & use TORQ Recovery within 15 minutes of completion.
torqfitness.co.uk/tc-hr



Follow the TORQ Fuelling & Recovery Systems, use TORQ energy drink for hydration needs.
torqfitness.co.uk/tc-all