

FUELLING SIMPLICITY - EASY AS 1 2 3



LEISURE

1 TORQ UNIT PER HOUR

INTERMEDIATE

2 TORQ UNITS PER HOUR

ADVANCED

3 TORQ UNITS PER HOUR

	Energy Drink	Energy Gel	Energy Bar	Energy Chew
TORQ UNITS	1	1	1	1
Carbohydrate	30g	30g	30g	30g
Dose	500ml	1 Gel	1 Bar	1 Chew
Texture	WET	Smooth	SOFT	CHEWY



FUELLING
SYSTEM™



torq
torqfitness.co.uk/tfs