

# 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 Jellies
<b>TORQ UNITS</b>	1	1	1	1
<b>Carbohydrate</b>	30g	30g	30g	30g
<b>Dose</b>	500ml	1 Gel	1 Bar	1 Packet
<b>Texture</b>	<b>WET</b>	<i>Smooth</i>	<b>SDFE</b>	<b>CHEWY</b>



**FUELLING SYSTEM™**



**torq**  
torqfitness.co.uk/tfs