

FUELLING SIMPLICITY - EASY AS 1 2 3



	Energy Drink	Energy Gel	Energy Bar	Energy Jellies
TORQ UNITS	1	1	1	1
Carbohydrate	30g	30g	30g	30g
Dose	500ml	1 Gel	1 Bar	1 Packet
Texture	WET	<i>Smooth</i>	SOFT	CHEWY

LEISURE

1 TORQ UNIT PER HOUR

INTERMEDIATE

2 TORQ UNITS PER HOUR

ADVANCED

3 TORQ UNITS PER HOUR



FUELLING
SYSTEM™



torq
torqfitness.co.uk/tfs