

TANK



MOVEMENT LIBRARY



PUSH

INSTRUCTIONS

- » Grasp handles with and push evenly as you move across surface.

VARIATIONS

- » Run in lower gear
- » Push slow in higher gear
- » Perform lunges while pushing



DON'T QUIT



DECELERATE

INSTRUCTIONS

- » Accelerate TANK while pushing evenly with both hands.
- » When approaching end of runway, drop hips, quickly decelerate with your legs while pulling backwards on the handles to bring to a full stop.



DON'T QUIT



CHEST PRESS

INSTRUCTIONS

- » Place feet in parallel stance, grasp handles and squat so that hands are at chest height.
- » Explosively push TANK away from you.
- » Run to catch up to TANK and repeat.



VARIATIONS

- » Push back and forth with partner.



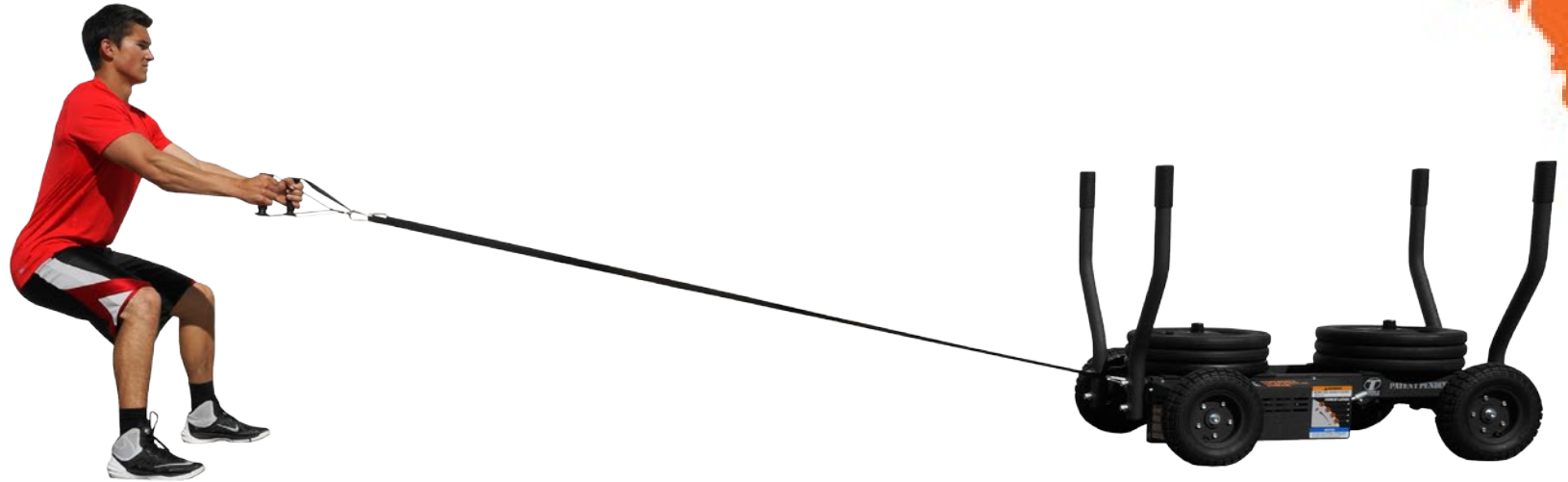
DON'T QUIT



V-STRAP ROW

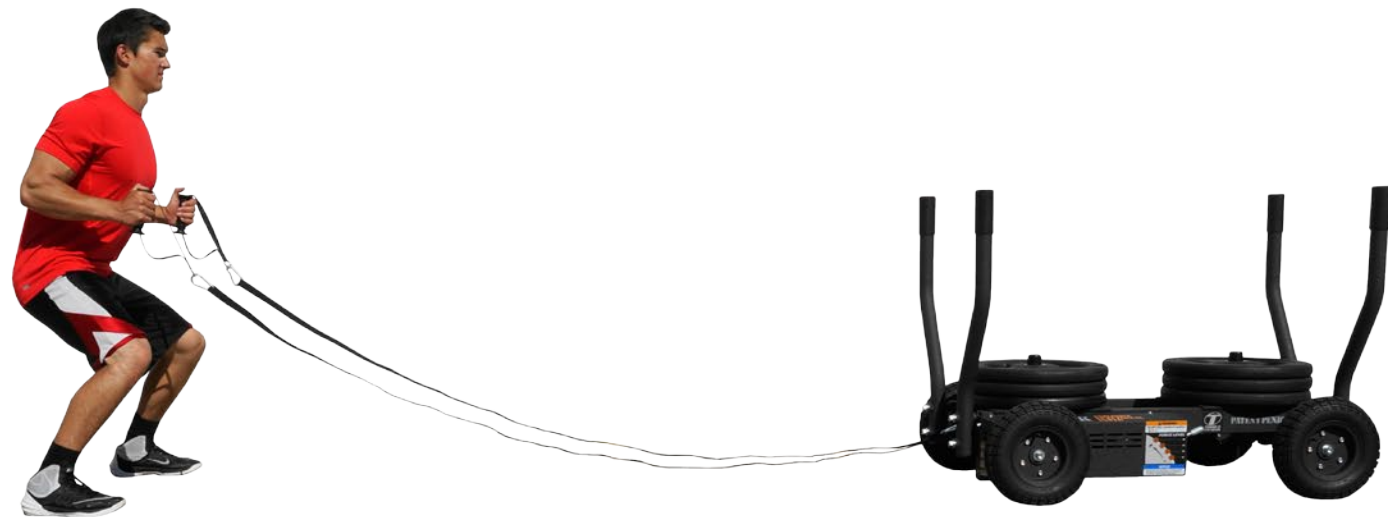
INSTRUCTIONS

- » Attach V-Strap to tow hook and grasp both handles.
- » Standing in squatted position with weight on your heels, explosively pull TANK towards you.



VARIATIONS

- » Perform movement with a partner and V-Strap handles attached to front and back tow hooks.



DON'T QUIT



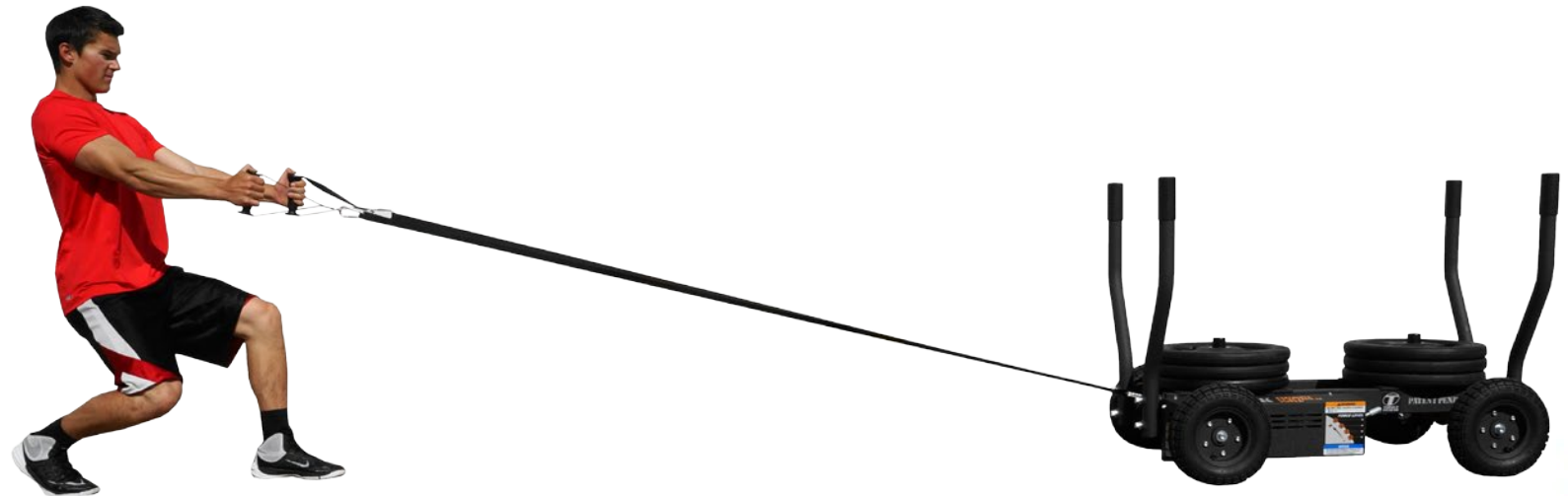
V-HANDLE BACKPEDAL

INSTRUCTIONS

- » Attach V-Strap to tow hook and grasp both handles.
- » Pull TANK while moving backwards.

VARIATIONS

- » Move sideways while holding onto one handle and shuffle feet laterally.



DON'T QUIT



TORSO ROTATION

INSTRUCTIONS

- » Take a wide stance to the side and in front of TANK and grasp one handle with both hands.
- » Stabilize core and rotate arms pulling TANK forward.
- » Move to a new position in front of TANK and repeat movement.



VARIATIONS

- » Perform movement with a partner on opposite end and move TANK backwards and forwards, switching sides after set number of reps.

DON'T QUIT



SEATED REVERSE PUSH

INSTRUCTIONS

- » Sit on top of weight plates facing away from TANK.
- » Grasp handles, engage core and push TANK backwards walking down runway.



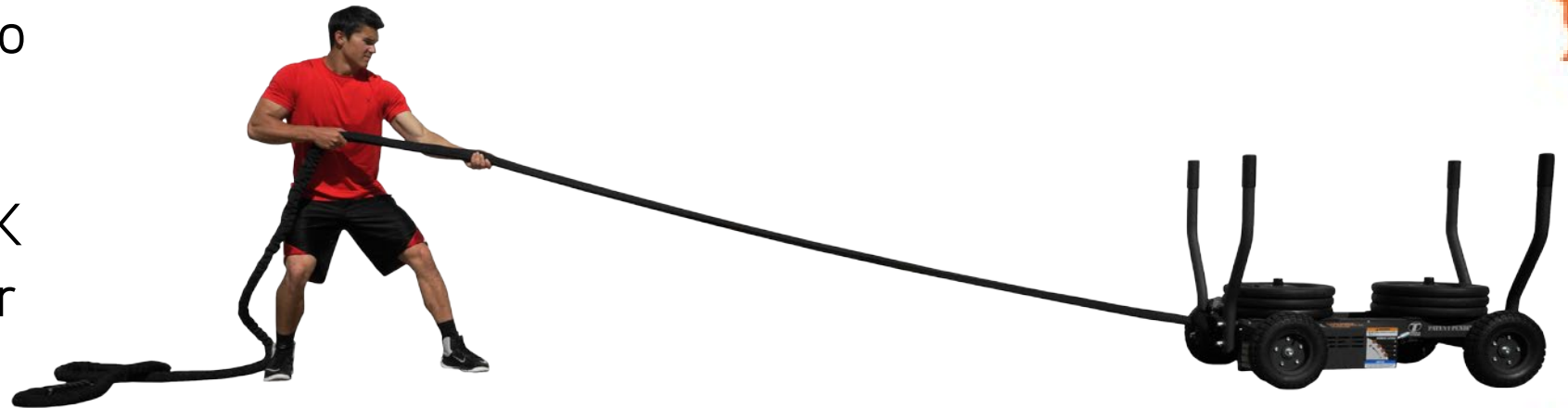
DON'T QUIT



ROPE PULL

INSTRUCTIONS

- » Attach or tie braided rope to tow hook.
- » With wide stands, pull TANK towards you with hand over hand motion.



VARIATIONS

- » Use another rope attached to opposite end with a partner and pull TANK back and forth.



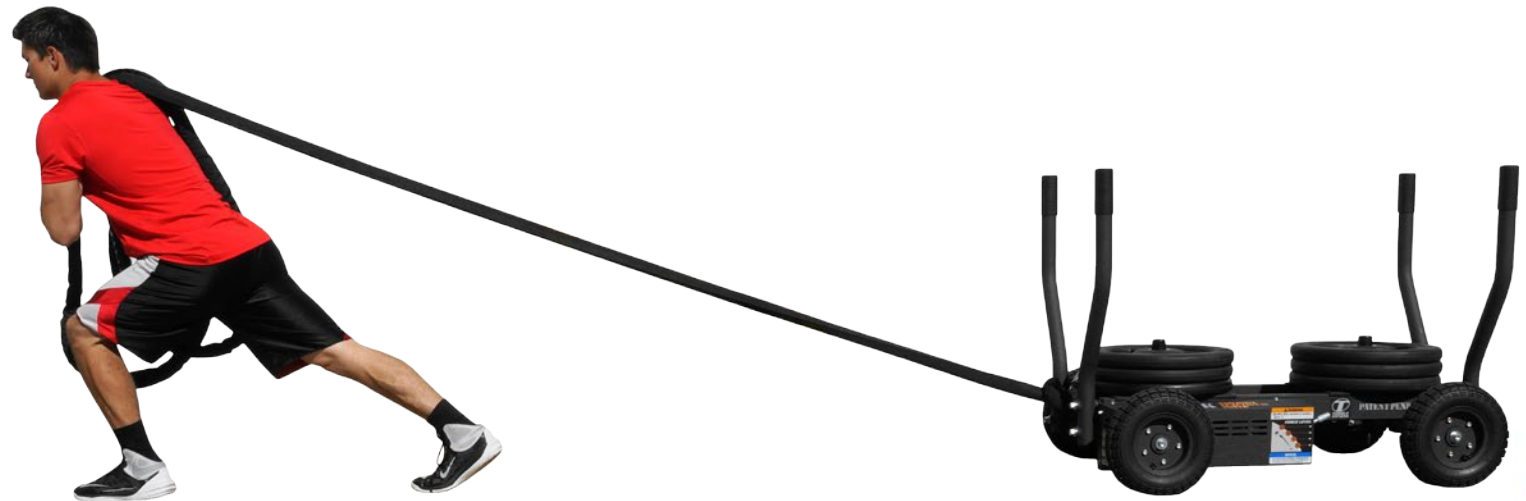
DON'T QUIT



ROPE TOW

INSTRUCTIONS

- » Attach or tie braided rope to tow hook.
- » Coil up slack and loop over shoulder facing away from TANK.
- » Gripping firmly to rope, lean forward and pull TANK across runway.



DON'T QUIT



HARNESS PULL

INSTRUCTIONS

- » Attach harness to waist and to tow hook.
- » Leaning forward, drive legs pulling TANK across runway.



VARIATIONS

- » Run in lower gear
- » Pull slow in higher gear
- » Perform lunges while pulling.

DON'T QUIT



HARNESS LATERAL PULL

INSTRUCTIONS

- » With harness around waist and attached to tow hook, stand parallel with TANK.
- » Move into an athletic stance and laterally shuffle pulling TANK down runway.



DON'T QUIT



HARNESS BACKPEDAL

INSTRUCTIONS

- » With harness around waist and attached to tow hook, stand facing TANK.
- » Squat low and backpedal legs pulling TANK down runway.



VARIATIONS

- » Perform reverse lunge while pulling TANK backwards.

DON'T QUIT