

Torque Fitness Introduces Newest Product: The X-Lab Spider

In 2012, Torque Fitness was one of the pioneers in producing customizable multi-purpose, multi-user strength training equipment with its X-Lab. The X-Lab remains the only system designed to enable one instructor to simultaneously train multiple users all performing the same movements.

Today, while most manufacturers seem to be trying to outdo each other with the sheer size and cost of their systems, Torque has gone back to the drawing board. Torque has drilled down to how it could expand on the functionality of its ultimate training platform, and at the same time, shrink its square footage required per user.

The all-new X-Lab Spider Series puts more users in a smaller footprint, and puts all the tools they need right where they need them.

While competing multi-user platform systems require 600 or more square feet for six users, the X-Lab Spider 1.3S can put six users in under 250 square feet.

Every facility's layout is different. Some want to devote a large open area in the middle of a club to a multi-use system, while some may only have a narrow area in between their cardio and strength lines. With the new Spider Series, Torque now offers 15 standard configurations to choose from. More importantly, every system is expandable at any time. A club can start out small and then grow their ultimate training system later.



*X-Lab: Scalable,
Customizable and
Adaptable*



The rise of the use of training accessories is here to stay. The X-Lab Spider, with large accessory storage platforms, puts the tools every user needs right where they need them.

This allows a club to offer unlimited types of classes and modify them over time with the latest in training accessories. No more walking to the other side of the room to grab a medicine ball, dumbbell or different resistance band. Every user will have the accessories they need at their station.

Most competing products have dedicated stations that can be used for one exercise only. While the X-Lab offers customizable dedicated stations, they are all positioned strategically to still allow the system to be used for group training.