

# Tidal Tank

Tidal Tank turns every movement into a dynamic workout. The original Tidal Tank, Tidal Tank Sphere, and Hydrovest challenge balance, engage your core, and activate stabilizer muscles with constantly ... The Tidal Tank has become a key part of our baseball training. It challenges players to control their movements through instability, which translates directly to better balance, core strength, and ... **ELEVATE YOUR TRAINING WITH 'LIVE' WEIGHTS** - Unlike traditional dumbbell or sand bags, the Tidal Tank reacts to your every move, making each repetition unique. This fun challenge promotes ... The Tidal Tank, when empty, is only 3 pounds and 2 by 5 inch when folded up. It is easy to take anywhere, and have it ready in minutes with the special pin valve. The Tidal Tank is an innovative core and balance training

device that provides a dynamic, unstable workout experience. Unlike traditional weights, the Tidal Tank reacts to your every movement, ... Fill the Tidal Tank with water to your preferred level of resistance (less water for lighter workouts, more for heavy resistance), seal the valve, and you're ready to train. The Tidal Tank, when empty, is only 3 pounds and 2 by 5 inch when folded up. It is easy to take anywhere, and have it ready in minutes with the special pin valve. The Tidal Tank engages your core in every exercise. The water's shifting weight forces your core muscles to work harder to stabilize, leading to stronger, more resilient abs and back muscles. Choose between 3 variations: - Tidal Tank Classic (Tube M) - The Tidal Tank Sphere (Sphere M) - The Kettle Tank (Kettle) Each unit contains: - Tidal Tank - Color dye bottle - either Blue, aqua, red/pink - ... Shop a wide

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## Tidal Tank

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