Group FITNESS
Lessons with T-BOW®
Basic description of some of the typical group fitness lessons with T-BOW® designed by Sandra Bonacina and implemented by her fitness team at the Academic Sports Association Zurich and the Institute of Movement and Sports Sciences of Zurich University, Switzerland.

- **T-BOW® Workout:**

The classic 60 minutes lesson has a balance of cardio and strength balance, leads you holistically at an increased fitness level, training the deep stabilization muscles and promotes the health of your back.
- **T-BOW® Body-Tone:**

Is a 60 minute lesson with a shorter cardio balance workout, a larger force-balance training and a final stretch & relax part. Very appropriate to counteract unilateral seat loads in everyday life.
- T-BOW® Balance-Pump:

This 60 minute workout with dumbbells on stable, unstable and moving base trains the deep stabilizing muscles at the highest level and brings body and back in top form. With the new grip-shift Hantelset you switch with a single spin the weight load per side in 2kg increments from 2 to up to 10 kg and are requesting by asymmetrical loads your postural health to the highest level.
- T-BOW® Postural (Yoga-Pilates):

It is a very intense and effective Postural workout, based on Yoga and Pilates experiences that are extended and improved. The T-BOW® allows diverse exercise variations, an optimal stabilization of the lumbar spine in the natural lordosis and a much stronger training of the trunk muscles.

- T-BOW® Wake Up Fitness:

It is a 15 min. Workout to provide the best way to start a powerful day.
- T-BOW® Back Workout:

It is a 30-40 min. Workout for pain free, healthy back and neck.
- T-BOW® Stretch and Relax:

It is a 15 min. wonderful stretch + relax program to ease tensions and stress.

- T-BOW® Cardio-Balance:

It is a 30-40 min. Workout focused on cardio and balance training for a strong health and solid joints.
- **T-BOW® Senior Health:**

A 30 - 45 - 60 min. program for seniors that is perfect to straighten the joints and spine, to tone the muscles, responsible for upright position, and to train the balance for prevent fall.

- **T-BOW® Children Abilities and Games:**

Games, obstacle course, circuits, acrobatics, balance stations, jumptool, coordination abilities with balls, sticks, and all kind of creativity movements using the T-BOW® for a funny and educational practice.