

## DIFFERENTIAL PROPERTIES OF T-BOW®

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### T-BOW® - for Training and Therapy

#### ;; A forward step for group classes and personal training !!

- Effective training for overall health:
  - Fitness (endurance, strength, flexibility and relaxation).
  - Coordination (balance training for both static and dynamic balance).
  - Therapy - Healthy back, stable joints, postural adjustment and wellbeing.
- Multifunctional: Can be used either side up offering stable and unstable options and can be used with other mobile and fixed equipment. (Such as free weights, resistance bands and weighted balls).
- Enables training to be done in reduced spaces.
- Fields of use: Fitness, Physiotherapy, Wellness, Physical Education, Sport and Recreation.
- Exceptional quality training programs for fitness and health, created by Sandra Bonacina, physiotherapy and fitness professor at Zurich University (Switzerland).
- Technical and scientific development by leading experts on sports training and health EEB Sport Training Barcelona.
- Very easy to handle, resistant to high overloads and robust for a long life.
- Stackable (saving space).
- Invented and produced in Switzerland with strict quality controls.
- Effective, Intelligent and Fun Idea.



"With the T-BOW® we have a wonderful tool to move people. Movement means living and being healthy. We are lucky to bring health and less stress with good quality programs that trains all conditional aspects and the deep joint stabilisation. So many people have less back problems with using the T-BOW®. So great that we can use it for every age and groups. I'm convinced that the T-BOW® will make the way around the world because of it's high quality, tested over years".

Sandra Bonacina - December 2010