Balance Crossways Form, Technique, and Biomechanics

Goal
Train the deepest muscles and stabilizers to encourage joint and proprioception strengthening as well as prevent injury. Improve balance while training strength, the cardiovascular system, coordination and core all at once.

Form
Place the feet (major joint of the big toe and back of the heel 1.E) on the edges of the T-BOW®. Prevent pronation by externally rotating, “pushing outward” the knees resulting in alignment of the ankle, knee and hip joints. This action encourages the ‘functional connection of the longitudinal axis’ for the legs. Maintain a soft bend in the knees, shoulders gently rotated back and a neutral spine; pelvis, chest and neck in a continuous line without frontal, transversal or sagittal misalignments.

Execution
Shift weight fully to one side (rocking) causing the free leg to bend. Gradually increase the tempo and/or add arm variations to increase coordination. Try to T-BOW® in straight line.

Note
Become accustomed to the T-BOW® and form by placing one foot in the middle of the T-BOW® and the other onto the edge (1.D, also modified version). Slowly shift weight side to side and if comfortable gradually lift the foot placed in the middle in between rocking. After a few reps switch the feet by placing the foot on the edge in the center and the other foot onto the edge. Repeat on the opposite side. When comfortable gradually widen and walk the center foot with lift until both feet are placed on the edges (1.A).

Invasive
Feet are not properly placed on the edges causing pronation (also see 1.F) and knock knees. Feet are not placed equally parallel on each edge.
Spacing

It is important to remember to always have the feet placed on the edges in the same place on both sides. Staggering feet placement can result in the T-BOW® turning while rocking. In addition, with the feet placed with equal spacing on each side can indicate muscle imbalances while training. For example, if the T-BOW® shifts and gradually turns to the right while rocking, even with proper foot placement/equal spacing on edges, this may indicate a dominant muscles on the right causing muscle imbalances. By correcting the T-BOW® back into a straight line while rocking can help the muscle imbalance.

Goal

Modify form while training on the T-BOW®; recommended for beginners or special populations. The modified form allows the user to build joint strength, balance, endurance and overall strength at an individual pace progressing when ready.

Execution

Place one foot on the edge and the other foot in the center of the T-BOW®. Switch to the opposite end halfway through training. Progress by widening stance of center foot.

Note

It is imperative that one foot is on the edge the duration of the Crossways Balance Training and switching halfway through the workout. This ensures that each leg is equally training the ankle, knee and hip joints. By starting with both feet placed in the center of the T-BOW® and gradually widening stance with time progression creates the contradicting, invasive movement as seen on 1.B.
Correct  Proper weight distributed equally with foot placement. Back of heel and front of foot placed on edge and slightly turned out. Knees externally rotated preventing pronation. Keeping ankles, knees and hips in alignment
Goal
Train the deepest muscles and stabilizers to encourage joint and proprioception strengthening as well as prevent injury. Improve balance while training strength, the cardiovascular system, coordination and core all at once.

Form
Distribute the body's weight vertically down the center resulting in a straight posture, unlike the neutral spine when balancing crossways. Maintain a soft bend in the knees and shoulders gently rotated back; pelvis, chest and neck in a continuous line without frontal, transversal or sagittal misalignments.

Execution
Contract abdominals and shift weight fully to the front causing the back leg to bend, 2.B. Trying to meet the floor with the front edge of the T-BOW®, 2.C, (may take time to progress to this point for beginners). Important to maintain straight posture the entire time, moving the hips with the body and keeping pelvis aligned with vertebrae. With legs hip width apart place one foot on the front edge, toes slightly off the front (2.F), and the other foot on the back edge, heel slightly off the back (2.E). Depending on height will determine how far toes and heels are off the front and back edges.

Note
For modifications see figure 2.D
**Goal**
Modify form while training on the T-BOW®; recommended for beginners or special populations. The modified form allows the user to build joint strength, balance, endurance and overall strength at an individual pace progressing when ready.

**Execution**
Place one foot on the edge and the other foot in the center of the T-BOW®. Switch to the opposite end halfway through training. Progress by widening stance of center foot.

**Note**
Remember to train each leg for equal durations to avoid muscle imbalances.
Goal
Become accustomed to T-BOW® balance lengthways.

Execution
Begin by placing both feet on the back edge, heels slightly over edge. Take your time walking so that both feet are at the front edge, toes slightly over edge. Repeat until comfort level is achieved. When ready place one foot on front edge to practice rocking. For beginners bring back foot to the center of T-BOW® for modified form.
T-BOW® Balance Crossways Functional Training

Balance Resistance Jabs

Goal
Improve the muscular endurance and strength of the deltoids while also improving balance, cardiovascular capacity, core strength, joint health, proprioception and coordination.

Form
Place the feet on the edges of the T-BOW®. Prevent pronation by externally rotating, "pushing outward" the knees. Maintain a slight bend in the knees and a neutral spine. Gently rotate shoulders back and down. Grip bands thumb side up and arms in a 'guard' position.

Execution
Contract the abdominals and shift the weight side to side maintaining joint alignment. Unilaterally extend the arm, without locking the elbow joint, into a jab/punch position. Return to guard/start position, and repeat with opposite arm.

Note
Modify by placing one foot in the center of the T-BOW®. Faster rocking speeds, lower center gravity and increased durations to increase the intensity. Also possible with use of dumbbells or performed unilaterally.

Balance Shoulder External Rotation

Goal
Improve the muscular endurance and strength of the external rotators while also improving balance, cardiovascular capacity, core strength, joint health and proprioception.

Form
Place the feet (major joint of the big toe and back of the heel) on the edges of the T-BOW®. Prevent pronation by externally rotating, "pushing outward" the knees resulting in alignment of the ankle, knee and hip joints and maintain a slight bend in the knees. Maintain a neutral spine; pelvis, chest and neck in a continuous line without frontal, transversal or sagittal misalignments. Gently rotate shoulders back and down. Maintain 90 degree angle with the elbow joint with upper arms in place and shoulder internal rotated.

Execution
Contract the abdominals and shift the weight side to side maintaining joint alignment. Contract the external rotator and move the arm across the body without the elbow lifting away from the side of the body. Return to start position as T-BOW® rocks to opposite side.

Note
Modify by placing one foot in the center of the T-BOW®. Faster rocking speeds, lower center gravity and increased durations to increase the intensity. Also possible with use of dumbbells or performed unilaterally.
**Goal**
Improve the muscular endurance and strength of the biceps brachii while also improving balance, cardiovascular capacity, core strength, co-ordination, joint health and proprioception.

**Form**
Place the feet on the edges of the T-BOW®. Prevent pronation by externally rotating the knees, slight bend in the knees, aligned with ankles and a neutral spine. Gently rotate shoulders back and down and hold upper arms firmly to the side of the body. Grip bands thumb side up and align elbows under the shoulders and slightly bent.

**Execution**
Contract the abdominals and shift the weight side to side maintaining joint alignment. While rocking contract the biceps, flex the elbows, and pull the lower arms out and up in front of the body while keeping the upper arms in place. Lower arms back to their original position, keeping

**Note**
Modify by placing one foot in the center of the T-BOW®. Faster rocking speeds, lower center gravity and increased durations to increase the intensity. Also possible with use of dumbbells or performed unilaterally.

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**Goal**
Improve the muscular endurance and strength of the anterior deltoids while also improving balance, cardiovascular capacity, core strength, co-ordination, joint health and proprioception. Place the feet on the edges of the T-BOW®. Prevent pronation by externally rotating the knees creating joint alignment and maintain a slight bend in the

**Execution**
Contract the abdominals and shift the weight side to side maintaining joint alignment. Pull arms up until parallel to the floor. Return to start position as T-BOW® rocks to opposite side. Repeat.

**Note**
Modify by placing one foot in the center of the T-BOW®. Faster rocking speeds, lower center gravity and increased durations to increase the intensity. Also possible with use of dumbbells or performed unilaterally.
### T-BOW® Balance Crossways Functional Training

#### Balance Crossways-Bent Over Row

**Goal**
- Improve the muscular endurance and strength of the midtrapezius and latissimus dorsi while also improving balance, core strength, joint health and proprioception.

**Form**
- Place the feet on the edges of the T-BOW®. Prevent pronation by externally rotating the knees creating joint alignment. Maintain a slight bend in the knees and neutral spine and bend at the hips creating about a 45 degree angle from the floor. Grasp bands creating desired tension with arms extended in front of body and with the elbows slightly bent.

**Execution**
- Contract the abdominals and pull the shoulder blades back and together (scapular retraction). Contract the lats and pull the arms back while continuing to squeeze the shoulder blades together. Slowly lower arms back to their original position, keeping the scapulae retracted as T-BOW® rocks to

**Note**
- Modify by placing one foot in the center of the T-BOW®. Faster rocking speeds, lower center gravity and increased durations to increase the intensity. Also possible with use of dumbbells or performed unilaterally.

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#### Plié Squat With Shoulder Press

**Goal**
- Improve muscular endurance and strength of the deltoid and lower body while also improving balance, core strength, joint health and proprioception.

**Form**
- Place the feet on the edges of the T-BOW®. Prevent pronation by externally rotating and maintain a 90 degree angle in the knees and lift heels staying on toes. Maintain a neutral spine, bend at the hips, slight forward lean and knees behind toes. Grasp bands and raise arms so elbows are parallel to the floor and creating a 90 degree angle at the elbow joint.

**Execution**
- Maintain calf raise the entire time while extending the legs and contracting the glutes. Arms simultaneously perform a shoulder press; extending arms overhead as legs extend. Return to start position. Repeat.

**Note**
- Modify by placing one foot in the center of the T-BOW®. Faster rocking speeds, lower center gravity and increased durations to increase the intensity. Also possible with use of dumbbells or performed unilaterally.
Goal
Improve the muscular endurance and strength of the abdominals while also improving balance, joint health and proprioception.

Form
Place the feet on the edges of the T-BOW®. Prevent pronation by externally rotating and maintain a 90 degree angle in the knees. Maintain a neutral spine and joint alignment, bend at the hips, slight forward lean and knees behind toes. Hold medicine ball and extend arms diagonally across the body.

Execution
As legs extend contract and rotate the abdominals while lifting the medicine ball across the body until the arms are extended over the opposite shoulder (7.B).

Note
Modify by placing one foot in the center of the T-BOW®.
**T-BOW® Balance Crossways Functional Training**

**Goal**  
Improve the muscular endurance and strength of the pectoralis major while also improving balance, cardiovascular capacity, core strength and reaction time/agility.

**Form**  
Hold the edges of the T-BOW® with arms extended and legs bent in crouching position. After legs jump back stabilize the torso and maintain alignment with the body in a straight line in a basic push-up start position.

**Execution**  
Jump the feet back while simultaneously lowering the body and performing 1 push-up. As the arms extend and push the upper body jump feet back to crouched position. Immediately jump as high as possible (8.B) and return to start position. Repeat.

**Note**  
Decrease challenge by performing a modified push-up on knees.
**T-BOW® Balance Crossways Functional Training**

**Goal**  
Strengthen the deepest muscles and stabilizers of the shoulder girdle while training core and cardiovascular capacity.

**Form**  
With body aligned in a straight line place hands on the edges of the T-BOW®. Arms extended from shoulder without locking the elbow joint.

**Execution**  
Stabilize and contract abdominals while rocking the T-BOW® side to side pushing from the shoulder.

**Note**  
Modify by placing knees on floor. The closer the chest is to the T-BOW® and the more the elbows are bent increase the intensity as well as lifting one leg.

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**Upper Body Rock/ Push-Up Combo**

**Goal**  
Improve cardiovascular capacity, muscular endurance and core strength by adding the dynamic element of balance training to mountain climbers.

**Form**  
Hold the edges of the T-BOW® with the arms straight similar to a starting push-up position. Legs extended with balls of the feet on the floor.

**Execution**  
Bend and lift one knee bringing it towards the T-BOW® then back to the starting position while keeping abs tight. Repeat with the opposite leg.

**Note**  
Increasing speed and duration of exercise will increase challenge as well as intensity.
<table>
<thead>
<tr>
<th><strong>Goal</strong></th>
<th>Improve balance while also improving cardiovascular capacity, core strength, coordination, joint health and proprioception.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Form</strong></td>
<td>Place the feet on the edges of the T-BOW®. Prevent pronation by externally rotating the knees, joints aligned, slight bend in knees and neutral spine.</td>
</tr>
<tr>
<td><strong>Execution</strong></td>
<td>Contract the abdominals and shift weight side to side rocking on the T-BOW®. Turn head (11.B) and hold continuing to rock on the T-BOW. Return head back to start position. Repeat looking up and to opposite side.</td>
</tr>
<tr>
<td><strong>Note</strong></td>
<td>Faster rocking speeds, longer duration and lower center gravity is an advanced variation.</td>
</tr>
</tbody>
</table>
### Ankle Stability Push Up

<table>
<thead>
<tr>
<th><strong>Goal</strong></th>
<th>Improve ankle stability and proprioception while strengthening upper body, core and balance.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Form</strong></td>
<td>Place toes on edges of T-BOW® and hands on floor with arms straight. Maintain trunk and lower body joint alignment.</td>
</tr>
<tr>
<td><strong>Execution</strong></td>
<td>Contract abdominals and perform push-up lowering chest to the ground (12.B) while keeping toes on the T-BOW® edges. Push upper body back to start position. Repeat.</td>
</tr>
<tr>
<td><strong>Note</strong></td>
<td>Modify by placing knees on floor.</td>
</tr>
</tbody>
</table>

### Stability Push-Up & Lower Body Combo

<table>
<thead>
<tr>
<th><strong>Goal</strong></th>
<th>Strengthen upper and lower body while training balance and core.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Form</strong></td>
<td>Hold edges of T-BOW® with arms straight, body aligned, and balls of feet placed on floor.</td>
</tr>
<tr>
<td><strong>Execution</strong></td>
<td>Tighten the abdominals and bend the elbows lowering the chest while simultaneously abducting one leg. Push body up while returning, adducting, leg to start position. Repeat using opposite leg.</td>
</tr>
<tr>
<td><strong>Note</strong></td>
<td>Modify by placing knees on the floor.</td>
</tr>
</tbody>
</table>
**Goal**
Strengthen cardiovascular capacity and muscular endurance while training balance and improving joint health, proprioception and training the core.

**Form**
Place the feet on the edges of the T-BOW®. Prevent pronation by externally rotating and maintain a 90 degree angle in the knees, maintain a neutral spine and knees behind toes. Bend at the hips, slightly lean forward and knees behind toes. Grasp bands and raise arms so arms are parallel to floor.

**Execution**
While maintaining low center gravity in squat form keep constant tension on the deltoids by isometrically holding lateral raise. Contract abdominals and shift weight side to side with a fast rocking speed. Repeat.

**Note**
Modify by placing one foot in the center of the T-BOW®. Also possible with use of dumbbells, kettlebells or performed unilaterally.
T-BOW® Balance Lengthways Functional Training

Goal: Train balance while training cardiovascular capacity, core, joint strength, proprioception, muscular endurance and biceps strength simultaneously.

Form:
Place one foot on front edge of T-BOW®, toes slightly over edge, and the other foot on the back edge, heel slightly over edge. Maintain a straight posture, joint alignment and shoulders gently rotated back and down. Hold upper arms firmly to the side of the body. Grip bands thumb side up and align elbows under the shoulders and slightly bent.

Execution:
Contract the abdominals and shift the weight front to back maintaining a straight posture. While rocking contract the biceps, flex the elbows, and pull the lower arms out and up in front of the body while keeping the upper arms in place. Lower arms back to their original position, keeping tension on the biceps as T-BOW® rocks to opposite side. Repeat.

Note:
Modify by placing one foot in the center of the T-BOW®. Faster rocking speeds and increased durations will increase the intensity. Also possible with use of dumbbells or performed unilaterally.

Goal: Train balance while training cardiovascular capacity, core, joint strength, proprioception, muscular endurance and deltoid strength simultaneously.

Form:
Place one foot on front edge of T-BOW®, toes slightly over edge, and the other foot on the back edge, heel slightly over edge. Maintain a straight posture, joint alignment and shoulders gently rotated back and down. Grasp bands with arms straight down.

Execution:
Contract the abdominals and shift the weight front to back maintaining a straight posture. As weight is shifted to the front pull arms out and up until parallel to floor. Return arms to starting position as weight shift and T-BOW® rocks back. Repeat.

Note:
Modify by placing one foot in the center of the T-BOW®. Faster rocking speeds and increased durations will increase the intensity. Also possible with use of dumbbells or performed unilaterally.
| **Goal** | Train balance while training cardiovascular capacity, core, joint strength, proprioception, muscular endurance and deltoid strength simultaneously. |
| **Form** | Place one foot on front edge of T-BOW®, toes slightly over edge, and the other foot on the back edge, heel slightly over edge. Maintain a straight posture, joint alignment and shoulders gently rotated back and down. Grasp bands with arms straight down. |
| **Execution** | Contract the abdominals and shift the weight front to back maintaining a straight posture. As weight is shifted to the front pull arms straight up until parallel to floor. Return arms to starting position as weight shift and T-BOW® rocks back. Repeat. |
| **Note** | Modify by placing one foot in the center of the T-BOW®. Faster rocking speeds and increased durations will increase the intensity. Also possible with use of dumbbells or performed unilaterally. |

**Balance Lunges**

**Goal** Train balance and stability while simultaneously strengthening core and lower body.

**Form** Place feet in proper balance lengthways position, one foot on front edge and other foot on back edge. Joint alignment and shoulders gently rotated back and down.

**Execution** Contract the abdominals and lower the body, keeping hips level and pelvis directly under the shoulders, as well as maintaining proper spinal alignment. As body lowers, bend and flex the knees creating a 90 degree angle in the front knee with the knee behind the toes. Push back up through legs to starting position. Repeat desired reps and switch front leg for equal number of reps.

**Note** Modify by placing one foot in the center of the T-BOW®. Increase workload with added resistance of bands or weights.
<table>
<thead>
<tr>
<th>Goal</th>
<th>Strengthen and train the deep muscles of the ankles, knees and proprioceptors while strengthening the quadriceps, hamstrings, glutes and core.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Form</td>
<td>Place foot on top of the T-BOW®’s stable side with opposite foot flexed and slightly further front and higher then base leg. Base leg should maintain longitudinal axis alignment Neutral spine and gently rotated shoulders back and down.</td>
</tr>
<tr>
<td>Execution</td>
<td>Contract abdominals and flex knee of base leg keeping ankle stabilized and aligned. Lower body keeping the knee behind the toes, hips back and maintaining neutral spine, stable ankle, and free leg’s foot flexed. Push through the heel back to the starting position. Repeat desired number of reps and switch legs. Repeat equal number of reps with opposite leg.</td>
</tr>
<tr>
<td>Note</td>
<td>The foot’s positioning on the T-BOW®’s curvature can increase or decrease the proprioception training and challenge, ie: further on the curvature’s decline the foot is placed recruits a larger workload and increases challenge for joints and proprioceptors.</td>
</tr>
</tbody>
</table>
**Goal**
Develop muscular power, increase muscular power output, lower body strength and neuromuscular connection efficiency through plyometric training on the T-BOW®.

**Form**
Standing over the T-BOW® stable and lengthways side. The legs are wider than hips and body lowered into a squat position; knees behind toes, hips back, neutral spine.

**Execution**
From a squat position as the legs push and lift the body, jump at the top of the lift as high as possible. Land with a soft bend in knee on the top center of the T-BOW® (21.B). From the top jump down to the starting position to simultaneously repeat.

**Note**
For an even more advanced option turn the body 180 degrees with each jump (21.C) to do a 180 Squat Jump.
### T-BOW® Stable Functional/Plyometric Training

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Goal</th>
<th>Form</th>
<th>Execution</th>
<th>Note</th>
</tr>
</thead>
<tbody>
<tr>
<td>Squat Jumps Crossways</td>
<td>Develop muscular power, increase muscular power output, lower body strength and neuromuscular connection efficiency through plyometric training on the T-BOW®.</td>
<td>Standing over the T-BOW® stable and crossways side. The legs are wider than hips and body lowered into a squat position; knees behind toes, hips back, neutral spine.</td>
<td>From a squat position as the legs push and lift the body, jump at the top of the lift as high as possible. Land with a soft bend in knee on the top center of the T-BOW® (22.B). From the top jump down to the starting position to simultaneously repeat.</td>
<td>Not recommended for beginners</td>
</tr>
<tr>
<td>T-BOW® Split Jumps</td>
<td>Develop muscular power, increase muscular power output, lower body strength and neuromuscular connection efficiency through plyometric training on the T-BOW®.</td>
<td>Assume an upright lunge/squatting position with one foot forward and on top of the T-BOW® stable and crossways and the other back. Maintain a neutral spine, knees behind toes and tight abdominals.</td>
<td>With a jumping motion, simultaneously move the rear foot forward and the front foot back ending in position one but reversed. Repeat</td>
<td>Not recommended for beginners</td>
</tr>
</tbody>
</table>
Goal
Train the cardiovascular system as well as core and lower body.

Form
Assume an upright lunge/squat position with one foot forward and on top of the T-BOW® stable and lengthways and the other foot back. Maintain a neutral spine and tight abdominals.

Execution
Push through the heel of the front foot to lift the body upright with the back leg into a lifted front knee (24.B). Maintain tight abs and stability. Return back to start position and repeat desired number of reps before switching to the reverse side.

Note
To increase intensity decrease the center gravity of the lunge and jump when lifting the knee. Increasing tempo also will increase heart rate.
**Goal**
Increase muscular endurance and strength of the lower body.

**Form**
In an upright position place one foot on the T-BOW® stable and crossways. Maintain neutral spine and joint alignment.

**Execution**
1. Lower the body into a squat (26.A) and push through the heels back to the starting position. 2. Step the inside leg off the T-BOW® and diagonally behind into a “curtsy/bowler’s” squat (26.B). From the bottom of the curtsy squat push through the heels back to one leg on the T-BOW®. 3. Lower the body into an additional squat (26.C) and as the legs push the body up 4. lift/abduct the leg off the T-BOW® while keeping hips square (26.D). Return to start position and repeat before switching sides.

**Note**
One rep equals all 4 squats. Can be performed with the added resistance of dumbbells, kettle bells, or tubing. Remember to maintain neutral spine and correct form at the knees for all squats.
**T-BOW® Functional/Strength Training**

<table>
<thead>
<tr>
<th><strong>Goal</strong></th>
<th>Train and develop muscular strength in the pectoral muscles, anterior deltoids, triceps and core. Curvature on the T-BOW® allows less stress on the wrists.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Form</strong></td>
<td>Begin with the body prone, horizontal positioning and face down with one hand on the T-BOW® and the other on the floor. The arms straight forming a ‘plank’ type position. The body should be in alignment forming a straight line from the head to the feet; without the lumbar spine arched or hips raised.</td>
</tr>
<tr>
<td><strong>Execution</strong></td>
<td>Lower the torso to the ground until the elbows form a 90 degree angle (27.A). Push through the arms and raise the body back into the beginning plank position. Walk the hands horizontally until both hands are on the top of the T-BOW® and straight under the shoulders (27.B). Lower the torso to the ground but keeping the elbows close to the body and pointing back for emphasis on the triceps (27.C). Raise the body pushing through the arms back to a plank position. Walk the hands horizontally so one hand is on the T-BOW® and the other is on the floor; reversed from the beginning. Lower the torso to the ground until the elbows form a 90 degree angle (27.D). Raise the body back to the beginning plank position. Repeat back to the other side.</td>
</tr>
<tr>
<td><strong>Note</strong></td>
<td>Remember to maintain total body alignment with every push up forming a straight line from the head to the feet. In addition keep the abs contracted. To modify perform push up with the knees lowered to the ground.</td>
</tr>
</tbody>
</table>
T-BOW® Functional/Strength Training

27.C

27.D
**Goal**
Functionally combine upper body with lower body exercises by working the chest, deltoids, triceps, core and glutes.

**Form**
Place the head and neck on the highest point of the T-BOW®'s curvature. The head and neck should be supported throughout the entire exercise. Place the feet on the floor hip distance apart with knees bent over ankles. Grasp the T-Rings and hold the arms out to the sides creating a 90 degree angle at the elbow. Maintain alignment from wrist to elbow.

**Execution**
Contract the abdominal muscles and lift the hips tightening and contracting the glutes. This should create a diagonal line from the knees to the chest (28.A) Maintain form by keeping the back straight and aligned without arching. Isometrically hold the bridge position throughout the duration of the exercise while keeping abs and glutes contracted. Contract the pectoral muscles and press the arms up straightening the arms without completely locking the elbow (28.B). Rotate the palms in so they are facing each other (28.C) and flex the elbow lowering the hands to the forehead (28.D) Keep the elbows aligned with the arms close to the body. Extend the elbows raising the hands back to position 28.C. Rotate the palms back out (28.B) to lower the arms to the starting position (28.A) Repeat.

**Note**
Can be substituted with the use of dumbbells. Advanced option by keeping one leg lifted.
**Goal**
Train cardiovascular system while incorporating muscular strength and endurance of the deltoids.

**Form**
Begin with both feet on the floor with joint alignment and shoulders relaxed. Grasp the bands and hold the T-Rings with the arms out to the sides creating a 90 degree angle at the elbow. Maintain alignment from wrist to elbow.

**Execution**
Step one foot on the T-BOW® and raise the other leg so thigh is parallel to floor. Knee should be bent on lifted leg. Press the arms overhead without locking the elbow at the same time as the leg lifts (29.A). Maintain tight abdominal muscles, shoulders gently down and back and wrists aligned with elbow. Step back lowering the knee and arms back to the starting position. Repeat with reverse leg.

**Note**
The foot placement on the curvature can increase or decrease the challenge and/or add proprioception and ankle stabilization training.
<table>
<thead>
<tr>
<th><strong>Goal</strong></th>
<th>Target the abdominal muscles, particularly the rectus abdominis.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Form</strong></td>
<td>Sit on top of the T-BOW®'s curvature, body's placement determines the level of difficulty, Place the resistance band around the soles of the feet. Hold firmly the sides of the T-BOW® to anchor the upper body. Slightly lean back, legs together and bend in knee. Also, maintaining vertebrae alignment from neck to sacrum.</td>
</tr>
<tr>
<td><strong>Execution</strong></td>
<td>Contract the abdominals. Begin to straighten the legs as the upper body leans back forming one straight line (31.B) Still contracting the abdominals pull the pelvis in towards the rib cage attempting to move one vertebra at a time. Continue until body is back into the beginning tuck position (31.A). Repeat.</td>
</tr>
<tr>
<td><strong>Note</strong></td>
<td>The lower the body is on the T-BOW® the more the challenge will decrease.</td>
</tr>
</tbody>
</table>

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<tbody>
<tr>
<td><strong>Form</strong></td>
<td>Sit on top of the T-BOW®'s curvature, body's placement determines the level of difficulty, Place the resistance band around the soles of the feet. Hold firmly the sides of the T-BOW® to anchor the upper body. Slightly lean back, legs together and bend in knee. Also, maintaining vertebrae alignment from neck to sacrum.</td>
</tr>
<tr>
<td><strong>Execution</strong></td>
<td>Contract the abdominals and straighten the legs as simultaneously leaning upper body back to form one straight line. Alternate moving the legs over and under, “criss cross” Repeat.</td>
</tr>
<tr>
<td><strong>Note</strong></td>
<td>The lower the body is on the T-BOW® the more the challenge will decrease.</td>
</tr>
</tbody>
</table>
### T-BOW® Functional/Strength Training

<table>
<thead>
<tr>
<th>Section</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Goal</strong></td>
<td>Strengthen and train the triceps brachii and incorporate functional training with the addition of lower body mobility to also train core.</td>
</tr>
<tr>
<td><strong>Form</strong></td>
<td>Position the hands shoulder width apart on the T-BOW® lengthways. The hips in front of the T-BOW® with the legs hip width apart, knees bent. Straighten the arms while maintaining a slight bend in the elbow to prevent tension on elbow joint. Lift one leg and straighten without locking the knee joint.</td>
</tr>
<tr>
<td><strong>Execution</strong></td>
<td>Bend the arms and lower the upper body until the arms form a 90 degree angle and keeping the back close to the T-BOW® while switching the legs (30.B). Begin to push the body back to the start position while switching legs at the same time and keeping the abs contracted (30.B). Repeat.</td>
</tr>
<tr>
<td><strong>Note</strong></td>
<td>Perform with both feet stable on ground for low impact.</td>
</tr>
</tbody>
</table>
T-BOW® Functional/Strength Training

**Goal**
Train endurance and lower body at the same time as ankle stabilization and proprioception.

**Form**
Place 2 T-BOW®'s apart for desired challenge. Depending on ability level and height should determine distance between T-BOW®'s. Step both feet atop of one T-BOW® with soft bend in knee and shoulders back/relaxed. Slightly lift one leg and lower center gravity.

**Execution**
Laterally jump and land on opposite T-BOW® with the other foot maintaining alignment and stable stabilization. Repeat jumping to original T-BOW® and back.

**Note**
Landing placement on curvature determines level of proprioception training. Can be performed with or without additional resistance from medicine ball, etc.

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T-BOW® Speed Skate/ Lateral Jumps

**Goal**
Lower body and proprioception training.

**Form**
Place T-BOW®'s on the floor but close enough that both feet can equally be placed on top. Knees slightly bent, neutral spine and shoulders relaxed.

**Execution**
Bend at the knees lowering body until legs form a 90 degree angle while maintaining the neutral spine. Extend legs back to starting position pushing through heels.

**Note**
Foot placement on curvature determines level of difficulty for ankle stability and proprioception training. Can also be performed with T-BOW® lengthways or with the use of dumbbells, kettle bells or resistance bands.
### T-BOW® Functional/Plyometric Training

<table>
<thead>
<tr>
<th><strong>Goal</strong></th>
<th>Train fast twitch muscle fibers, core, agility and balance.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Form</strong></td>
<td>Sit on top of the T-BOW®’s curvature, body’s placement determines the level of difficulty, Slightly lean back, legs together and bend in knee. Also, maintaining vertebrae alignment from neck to sacrum.</td>
</tr>
<tr>
<td><strong>Execution</strong></td>
<td>Begin with executing a basic tuck crunch; Contract the abdominals and begin to straighten the legs as the upper body leans back forming one straight line (35.A) Still contracting the abdominals pull the pelvis in towards the rib cage attempting to move one vertebra at a time. Continue until body is back into the beginning tuck position (35.B). Lower feet (35.C) to perform vertical jump (35.D) and cautiously land with a bend in the knee. Lower body back into start position and repeat.</td>
</tr>
<tr>
<td><strong>Note</strong></td>
<td>The higher up on the T-BOW® the tuck crunch is performed the harder the abdominal muscles will work.</td>
</tr>
</tbody>
</table>
### T-BOW® Advanced Functional/Plyometric

**Goal**
Develop optimal balance, muscular power, increase muscular power output, lower body strength and neuromuscular connection efficiency through plyometric training on the T-BOW®.

**Form**
Standing over the T-BOW®s; bottom T-BOW®-balance lengthways and top T-BOW®- stacked evenly with stable side up lengthways. T-BOW®’s create an unstable ‘ball’ shape. The legs are wider than hips, on each side of the T-BOW®’s and body lowered into a squat position; knees behind toes, hips back, neutral spine (38.A).

**Execution**
From a squat position as the legs push and lift the body, jump at the top of the lift as high as possible. Land with a soft bend in knee on the top center of the T-BOW® (38.B). From the top jump down to the starting position to simultaneously repeat.

**Note**
Only for advanced ability level and recommended to have a spotter.
**T-BOW® Advanced Functional/Plyometric Training**

**Goal**  
Strengthen and train the deep muscles of the ankles, knees and proprioceptors while strengthening the quadriceps, hamstrings, glutes and core.

**Form**  
Standing over the T-BOW®s; bottom T-BOW®-balance lengthways and top T-BOW®- stacked evenly with stable side up lengthways. T-BOW®'s a create a unstable ‘ball’ shape. Place foot on top of the T-BOW®’s with opposite foot flexed and slightly further front and higher then base leg. Base leg should maintain longitudinal axis alignment Neutral spine and gently rotated shoulders back and down (39.A).

**Execution**  
Contract abdominals and flex knee of base leg keeping ankle stabilized and aligned. Lower body keeping the knee behind the toes, hips back and maintaining neutral spine, stable ankle, and free leg’s foot flexed (39.B). Push through the heel back to the starting position. Repeat desired number of reps and switch legs. Repeat equal number of reps with opposite leg.

**Note**  
The foot’s positioning on the T-BOW®’s curvature can increase or decrease the proprioception training and challenge.
## T-BOW® Functional/Partner Training

### T-BOW® Partner Med Ball Toss

**Goal**
Through partner interaction training improve balance, cardiovascular capacity, core strength, co-ordination, joint health and proprioception.

**Form**
Place the feet on the edges of the T-BOW®. Prevent pronation by externally rotating the knees, slight bend in the knees, aligned with ankles and a neutral spine. Gently rotate shoulders back and down with hands in ready position and mentally alert (36.A).

**Execution**
Contract the abdominals and shift the weight side to side maintaining joint alignment. As the body is shifting its weight side to side, rocking, on the T-BOW® alternate tossing the ball back and forth with the partner to simultaneously rock and throw/catch at the same time on the T-BOW® (36.B). Repeat desired duration and switch positions with the partner.

**Note**
Modify by placing one foot in the center of the T-BOW®. Faster rocking speeds, lower center gravity and increased durations to increase the intensity. Also possible with use of stability ball.

### Partner Push-Ups

**Goal**
Improve the muscular endurance and strength of the pectoralis muscles while also improving balance, core strength and reaction time/agility with the added partner interaction.

**Form**
With body aligned in a straight line both partners place hands on the edges of the T-BOW®. Arms extended from shoulder without locking the elbow joint.

**Execution**
Tighten the abdominals and partner one bend the elbows lowering the chest while the partner two stabilizes in the start position. Partner one push body up back to start position and partner 2 performs push-up. Alternate push-ups with partner until desired number of reps is reached.

**Note**
Modify by placing knees on floor.