

# FITNESS

## THE NEXT STEP

First there was the Step, then came the Swiss ball, and most recently Bosu. This year's fitness sensation is set to be the T-BOW, a plastic crescent with a fitness mat on one side. It's designed to be used with the arch pointing upwards during Pilates and yoga classes to challenge your abdominals. It can also be used for resistance moves (you thread T-BOW stretch bands through the slots, and perform moves as you lie back on the mat). Flip it over for core-stability work by balancing your feet at each end of the crescent. Personal trainers and gyms are snapping them up – find classes at selected Fitness First clubs from the autumn, and we predict T-BOW classes across the UK before long. Get in early by buying your own at [www.t-bow.co.uk](http://www.t-bow.co.uk) for £100, plus £8 p&p.

