Revenge Socks

T-BOW®

Performance

Testing and Analysis of Revenge Socks with T-BOW®
9th February, 2020
Testing · Revenge Socks with T-BOW®

Revenge Socks, functional and wellness, were tested with the T-BOW® in two basic situations:

a) Static balance.

b) Dynamic balance, changing ranges and speeds of movement.
The following factors were evaluated:

1. Sensitivity.
2. Grip (level of slippery - security).
3. Performance (quality of the static and dynamic actions).

Testing and analysis by Ivan Farré-Sánchez

*Dancer and sport-fitness coach, with experience training and teaching with the T-BOW® in group fitness and personal training since 2007.*

Testing was carried out at Beyond Forget Your Limits, Barcelona.
Analysis · Revenge Socks with T-BOW®

At least since the times of the ancient Greeks, human movement experts know that training barefoot is an amazing experience to optimize the tactile sensitivity and the precise control of movement.
Revenge Socks with T-BOW®

**Sensitivity:** high level of tactile sensitivity in the foot, very similar to barefoot, both on the plastic concave surface (unstable T-BOW®) and on the mat convex surface (stable T-BOW®).

**Grip:** slippery is very reduced or imperceptible, providing control and security.

**Performance:** the quality of the executions is high, both in static and dynamic situations.
When compared to barefoot workout we find some differences:

a) The placements of the feet on the T-BOW® are more pleasant in some postures and actions.

b) Increased level of grip, especially in the more dynamic movements.

c) Better protection and hygiene.
Conclusions

* Revenge socks, functional and wellness, give a great performance for training with the T-BOW®.

* Added to the training with sport-fitness shoes and barefoot, we have another extraordinary option for training with the T-BOW®.
Selection of Videos · Revenge Socks with T-BOW®

It was selected two basic situations of dynamic balance on the T-BOW® and videotaped the performance using the Revenge functional socks.

**Video T-BOW® Transversal balance**
Link: https://youtu.be/NVqjQJ8O8b4
Embed: <iframe width="560" height="315"
src="https://www.youtube.com/embed/NVqjQJ8O8b4" frameborder="0"
allow="accelerometer; autoplay; encrypted-media; gyroscope; picture-in-picture"
allowfullscreen></iframe>

**Video T-BOW® Longitudinal balance**
Link: https://youtu.be/0CiZpvDVneQ
Embed: <iframe width="560" height="315"
src="https://www.youtube.com/embed/0CiZpvDVneQ" frameborder="0"
allow="accelerometer; autoplay; encrypted-media; gyroscope; picture-in-picture"
allowfullscreen></iframe>

**Tags**

REVENGE

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T-BOW® FITNESS

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