MULTIFUNCTIONALITY OF THE T-BOW FOR SPORT AND HEALTH


The T-Bow is a multifunctional bow for movement education, training, and therapy. It is ideal for group classes and for personal training. The T-Bow offers excellent options to create training sessions that integrate functional capacities such as endurance, strength, flexibility, and relaxation, together with coordination capacities, especially in balance conditions.

Movement Rehabilitation
The T-Bow is being very used in physiotherapy centres, back schools, sports rehabilitation centres and other centres dedicated to movement physiotherapy. The T-Bow permits to design very beneficial exercises to solve back-neck problems and for a correct stabilization of joints and the spine.

Movement Education and Sports Initiation
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The versatility of the T-Bow is also very practical for health and wellness centres as an ideal complement to develop a movement activity oriented toward a multifunctional health, pointing out the postural equilibrium, the strengthening of the back and the static-dynamic relaxation. Additionally, the balance on the T-Bow generates special sensations and an incomparable wellbeing.

Sport Training
The coach can use the T-Bow as a complement for the specific training to train multiple basic capacities as a support of performance in some sports. Specific strength and endurance capacities can also be trained effectively with the T-Bow. In addition, the T-Bow offers many alternatives based on physical therapy practices that can be applied for injury prevention or rehabilitation.

Fitness and Wellness
With the T-BOW, many types of group fitness practices can be performed, with multiple designs in the structure of the lesson. The mobilization, relaxation and the strengthening possibilities with the T-Bow are also an excellent complement for other physiotherapeutic treatments.

Recreation
Children are delighted and fascinated with the rocking and swinging movements performed with the T-Bow. In adults, the balance alternatives of the T-Bow and the welfare sensations that these situations produce, also contribute to participants an extra element of fun and motivation.

http://www.t-bow.net

Design: idea copied from Paulina Savall

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