

# Fitness Classes with T-BOW® at the ASVZ Academic Sports Association Zurich

The most consolidated Fitness Group Classes with T-BOW® at the ASVZ Academic Sports Association Zurich (T-BOW® Workout Fit, T-BOW® Bodytone, T-BOW® Balance Pump, T-BOW® Power, T-BOW® Yoga, T-BOW® Pilates), designed by Sandra Bonacina and her team of professors from the Institute of Movement and Sports Sciences of the University of Zurich, Switzerland.













*These T-BOW® group fitness classes with music are in high demand at the ASVZ Academic Sports Association Zurich and are always filled with 40-50 participants. They are directed by two teachers, one in a central position and the other circulating around the room to guide each participant.*

**T-BOW® trains strength / cardio-endurance / balance-coordination**

T-BOW® training combines endurance and strength with coordination-balance and achieves the best deep stabilization of the back, ankle, knee and hip joints. The exercises take place in a stable, unstable and moving situation and therefore challenge every muscle down to the smallest fiber.

The T-BOW® workout is physiotherapy tested, fun, and keeps you fit and healthy.

## **Effects of training with T-BOW®**

The shape of the arch of the T-BOW® adapts to the lumbar spine and the path of movement of the trunk muscles is larger and more intense. Also its great stability and high reactivity provide very fine posture adjustments, both in its stable and unstable positions.

The multifunctional training and therapy arch is used as a step-step and seesaw-swing, both stable and mobile.

The T-Bands, a set of elastic bands with three intensity levels, special grip change dumbbells or several dumbbells of different weights allow everyone to dose and increase strength quickly and individually. Women, men, beginners and professional athletes can train in parallel.

With the T-BOW® you can train endurance, strength and balance in a unique way. This enables intensive stabilization training for a strong and healthy body, stable and reactive joints, as well as a pain-free back and neck.

Most consolidated Fitness Group Classes with T-BOW® at the ASVZ Academic Sports Association Zurich are as follows:

### **T-BOW® Workout Fit**

The T-BOW® is a multifunctional training and therapy bow, so in the Workout Fit class a holistic physical training is sought, particularly deep stabilization of the joints, with music, with well-weighted loads of cardio-resistance, balance-coordination and strength, and effectively and functionally help to solve back and neck pain, and joint problems such as foot and knee instability.

## **T-BOW® Bodytone · with T-Bands**

optimization of strength and balance-coordination are combined with the help of the T-BOW®. When training with this multifunctional training and therapy arch, great importance is attached to strengthening the core - lumbo-pelvic balance and the back. This is particularly effective against functional back pain, strengthens deep stabilization and prophylactically prevents back and neck problems caused by sitting too long in everyday life.

## **T-BOW® Balance Pump · with Dumbbells**

Intense muscle training with the T-BOW® multifunctional training and therapy bow and dumbbells. After a brief warm-up with mobilization and stretching, you vigorously train with adjustable or multiple dumbbells on the stable, unstable, moving T-BOW®. We pump the muscles powerfully, challenge and promote a lot of balance and stabilization of all joints and the back at the highest level.

## **T-BOW® Power**

Give 30 minutes of full power with the T-BOW® and effective strength and global strengthening exercises, with loads and quick balance cardio exercises. If you're short on time and still want to do what's best for your health and fitness, this is an effective alternative.



## T-BOW® Yoga

The development philosophy of Yoga with T-BOW® is to provide a selection of differential resources of T-BOW® to facilitate, enrich and extend the postures and postural sequences of Yoga from a holistic perspective of postural optimization.

Special attention is paid so that people with very basic levels of balance, strength and mobility are able to evolve in their postural optimization with confidence and satisfaction.

The essence of Yoga is maintained (asanas or postures, pranayamas or breathing exercises, relaxation and awareness-meditation) with an emphasis on self-control, self-assessment and reflection to optimize knowledge and awareness, thus enabling the highest levels of well-being and personal satisfaction.



The elastic and inertial property of the T-BOW® in fine movements causes very rapid and reactive changes in any situation of static-dynamic balance, both in stable and unstable positions of the T-BOW®, overstimulating the body's proprioceptive systems; Very beneficial situation to optimize any posture and fluidity of the postural sequences.

## Pilates T-BOW®

The T-BOW® stably supports the lumbar spine in the natural lordosis, so that the abdominals can function perfectly in the correct anatomical posture. Specific exercises performed to strengthen the muscles of the central zone of the body, especially the deep postural and stabilizing muscles, are improved to the highest level with the T-BOW®, thanks to its anatomical curvature, its great stability and its high reactivity providing fine adjustments of posture and integration of conscious control of the whole body.

---



### **Sandra Bonacina, inventor of the T-BOW®:**

"With the T-BOW® we have a wonderful tool to get people moving. Movement means being alive and healthy. We feel fortunate to bring health and stress reduction with high quality programs to train all aspects of fitness and deep joint stability. So many people have fewer back and neck problems using the T-BOW®." "It is fantastic that we can use it in all ages and groups. I am convinced that the T-BOW® will be a reference throughout the world for its high quality proven for years."

