

Fundamentals of T-Band Training with the T-BOW®



Made in Switzerland
T-BOW®



The T-Band, invented by Viktor Denoth in 2006, offers quick and secure fixation in any of the six side holes of the T-BOW®, preventing the bands from rubbing during workouts.

T-Band 3 Levels of Resistance and Varied Tension Conditions

By utilizing 1 (single), 2 (double), or 3 bands (combining single and double), users can create:

- three levels of resistance,
- generate varying static and dynamic tensions,
- increasing and decreasing load resistances,
- with options for elastic-reactive variability.



Multiple Exercises for Toning, Posture and Coordination

The bands can be threaded through the lateral holes of the T-BOW®, enabling the design of:

- unilateral and bilateral exercises
- symmetrical or asymmetrical,

perfect for:

- toning,
- improving posture,
- enhancing coordination

in both stable and unstable positions of the T-BOW®.



Combina ej.
unilaterales y
bilaterales, simétricos
y asimétricos, de
tonificación, postura y
coordinación, en las
posiciones estables e
inestables del T-
BOW®.

It combines unilateral and
bilateral, symmetrical and
asymmetrical exercises
for toning, posture and
coordination, in the stable
and unstable positions of
the T-BOW®.



Color-coded T-Bands very Practical for Group Fitness

The color-coded T-Bands facilitate rapid transitions between single and double elastic bands, making them ideal for group fitness sessions.

T-Band Training



Simple band
(black or orange
negra o naranja)
-intensidad



Doble band
(blue/azul)
+ intensity



GROUP FITNESS



Puedes usar la banda simple, la doble o ambas simultáneamente y con combinaciones por los agujeros laterales.

You can use the single band, the double band or both simultaneously and with combinations through the side holes.



Optimizing Strength Training

For optimal strength development, combine:

1. T-Band training
2. Bodyweight exercises
3. Free weights exercises, and
4. Medicine balls exercises;

identifying which strength priorities:

- Maximal strength
- Rapid strength
- Endurance strength

are most appropriate for each individual.



Muy interesante en distintas posiciones corporales. *Very interesting in different body positions.*

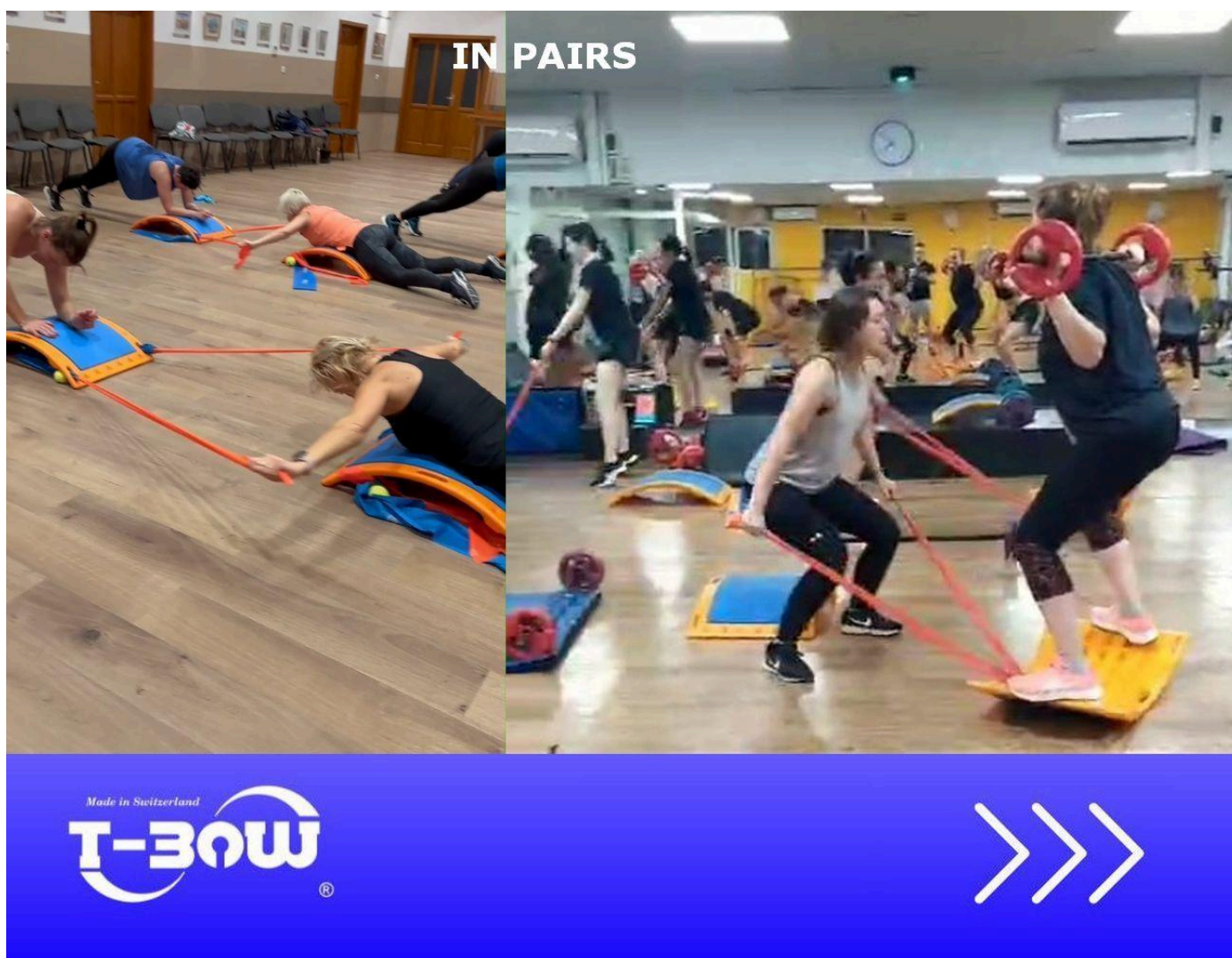


Training Development with T-Bands and T-BOW®

Since 2006, Viktor Denoth and Sandra Bonacina have been developing practical training and therapy techniques that integrate T-Bands and the T-BOW®.

The knowledge, experience, and creativity of various coaches have enriched the proposals. Some examples in the photos and videos include:

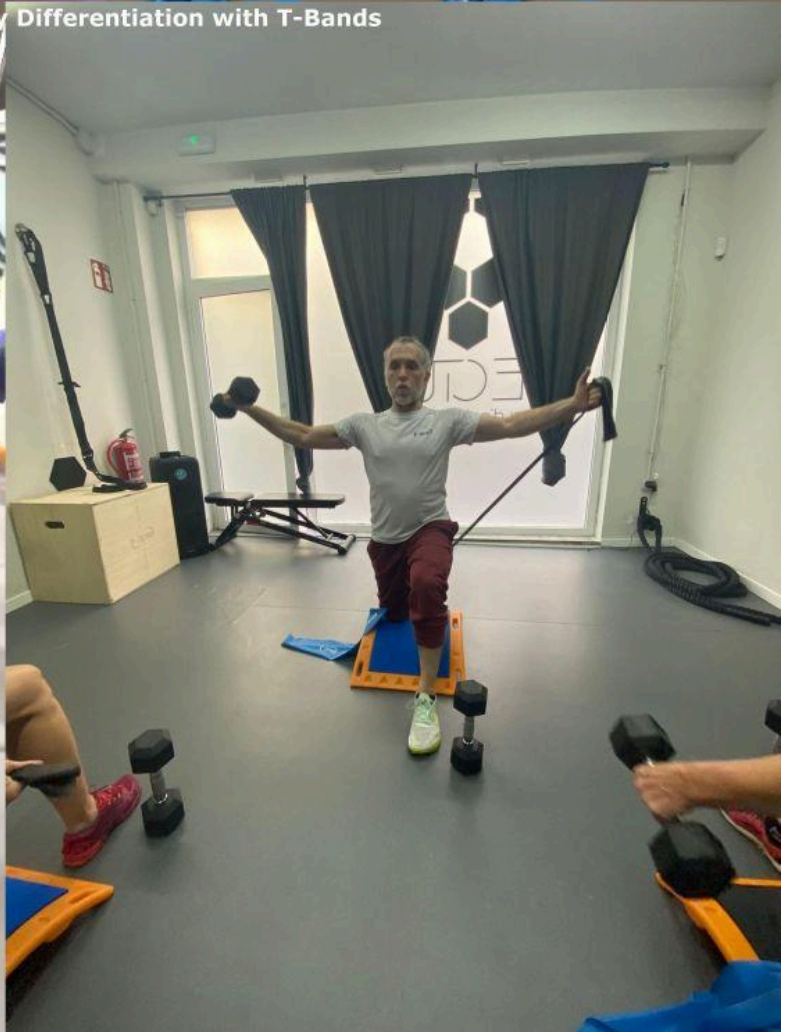
(a) Partner exercises utilizing one or two T-BOWs in both stable and unstable positions, alternating bodyweight or free-weight movements with T-Band therapy training exercises (by Adrienn Banhegyi and Marcelo Lasso);



(b) Optimization of intersegmentary differentiation skills through the use of either two T-Bands or a combination of one T-Band and one free weight (by Madelein Perk, Ivan Farré-Sánchez, Salvatore Nocerino, and Marcelo Lasso).



Intersegmentary Differentiation with T-Bands



Videos Training T-Bands with T-BOW®

Find a selection of videos of T-Band Training with T-BOW®:

<https://www.youtube.com/@TBOW-Fitness1/playlists>

(list T-Band Training)

Direct link to the list:

https://www.youtube.com/watch?v=wb_4lopc2PU&list=PLNganeM8Ww2iDtEqIG5hRlwgHtjcDHUAb

T-BAND TRAINING with T-BOW®





www.t-bow.net