

# Differential properties of T-BOW®



## The T-BOW® as effective training for an holistic health and fitness:

- Physical condition (speed, strength, resistance, flexibility and relaxation).
- Coordination (swinging situations and support in static-dynamic balance).
- Extraordinarily precise space-time and rhythmic postural adjustments.
- Balanced back and stable joints (activation of the deep muscles).
- The arch allows for a greater range of motion than a flat surface, and supports the back anatomically and with stability.
- Optimum emotionality, affectivity and well-being.
- It is applicable to all ages, differentiated groups (children, youth, adults, seniors) and movement optimization levels (beginners, advanced and high performance).

**Fields of application of the T-BOW®:** Health, Fitness, Wellness, Yoga, Postural Optimization, Pilates, Movement Physiotherapy, Sports Medicine, Physical Education and Sports Initiation, High Performance, Sports and Recreation.

**T-BOW® Multifunctionality:**

- Useful on both sides (as a curved step and as a balance beam) and combinable with mobile and fixed materials, such as free weights, dumbbells, kettlebells, bars, discs, weighted balls, elastic bands, Russian belts, sticks, balls, etc. ...
- Special multifunctionality and practicality with the T-Band or T-BOW® elastic bands, which are easily placed in any of its six side holes.
- The actions with the T-BOW® allow exercises from very easy, accessible to the most elementary levels of movement control, to very complex.
- Effective supports with bare feet, with socks with good grip on the sole and gym shoes in the plastic HDP version, and also in the original wooden version with socks.
- Possibility of training in small spaces.
- Practically maneuverable, non-slip, resistant to high overloads (+ 300 kg), both static and dynamic, and very robust for a long service life. Easy to keep clean and functional.
- Stackable in a small space (great space savings) with optimal hygiene.

**Technical-Scientific development of T-BOW® with high level experts:**

- Exceptional quality of fitness and physiotherapy training programs created by Sandra Bonacina, inventor of the T-BOW® and professor of physiotherapy and physical activities for health and fitness at the University of Zurich (Switzerland) and the ASVZ Academic Sports Association Zurich.
- Technical-scientific development of the T-BOW® by leading experts in health-fitness, motor physiotherapy, physical education and sports performance from Sport Training Barcelona ([www.sporttraining.org](http://www.sporttraining.org)).

T-BOW® Invented and produced in Switzerland under strict quality controls.

Idea eficaz, inteligente y divertida.



*"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."*



**Sandra Bonacina (2010)**

Inventor of the T-BOW®, professor of fitness and physiotherapy at Zurich University (Switzerland).