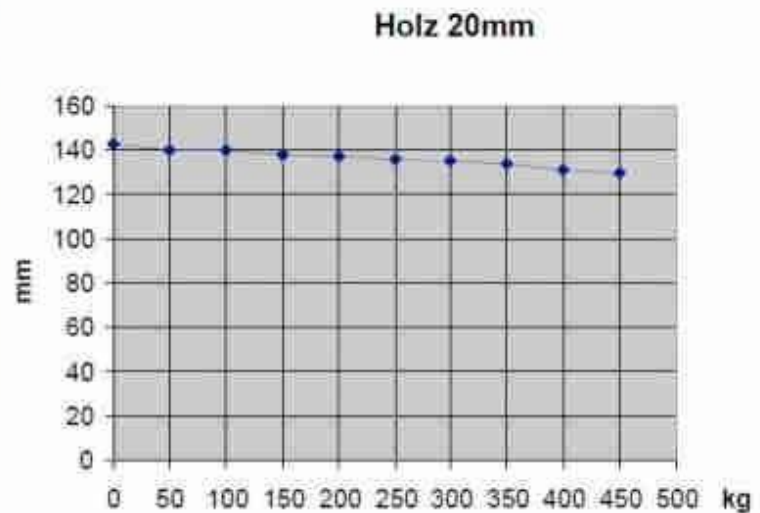


# T-BOW® Material Strength



Synthetic fiber bow (high-density polyethylene), dimensions 70x50x17 cm, weighing 3.2 kg, with non-slip natural rubber feet, useful on both sides, whose concave side has a granule to prevent slipping and a very smooth surface. narrow on the short sides, and whose convex side (with a slightly more accentuated curvature than the typical physiological lumbar), is covered with an antibacterial and fungicidal mat, very sensitive and comfortable to body contact. Three holes on each long side provide a convenient attachment for all types of rubbers and bands.

Very manageable and useful in a small space.



More than 40 T-BOW® can be piled up in a practical, stable and hygienic way.

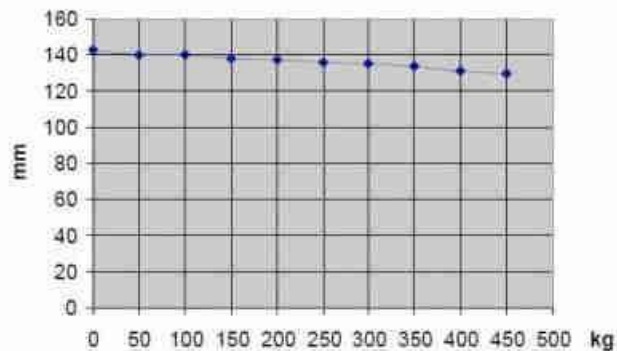
Perfectly balanced and with high elasticity, the T-BOW® resists static loads of more than 350 kg, immediately recovering its functionality, both in the synthetic fiber version (treated with ultraviolet stabilizers to maintain its mechanical properties for many years.) in natural wood.

### Estudio de la Resistencia Material del T-BOW®

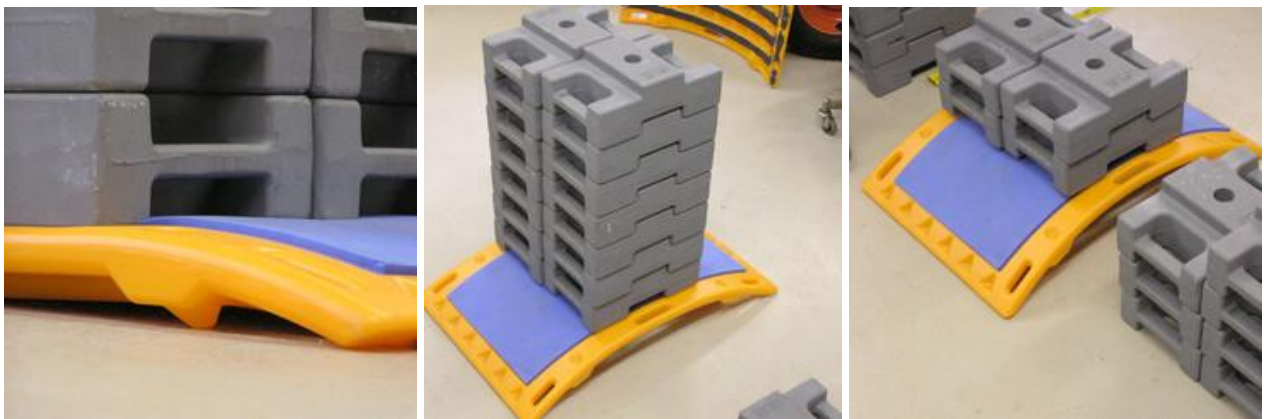
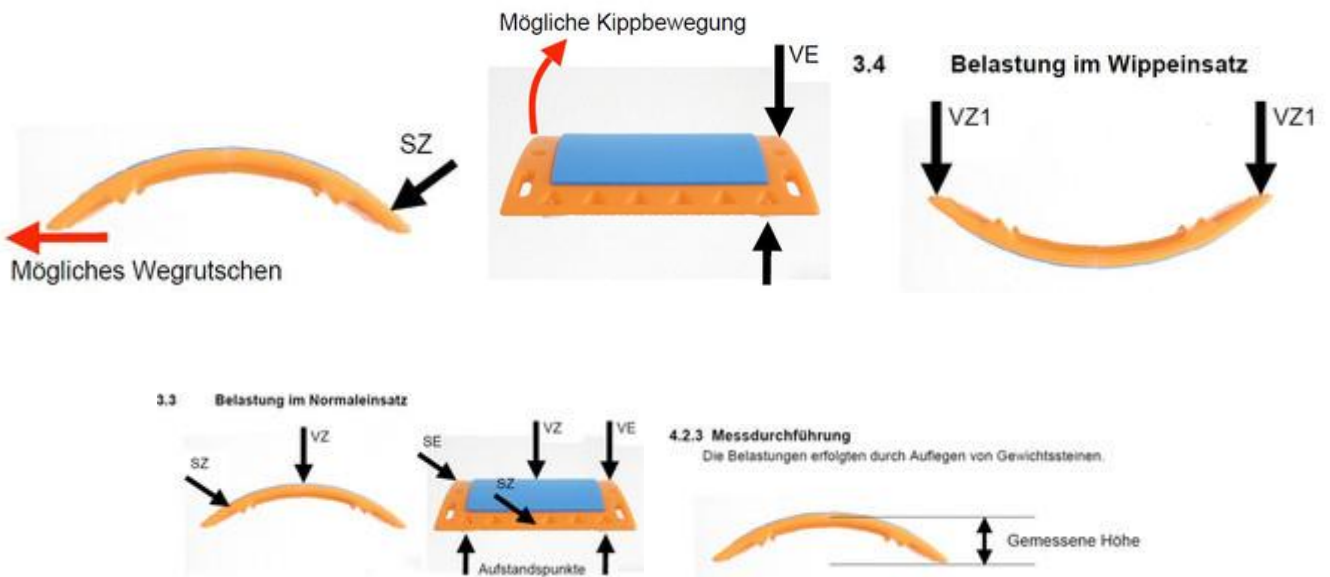
Universidad de Zurich, Suiza - 2006



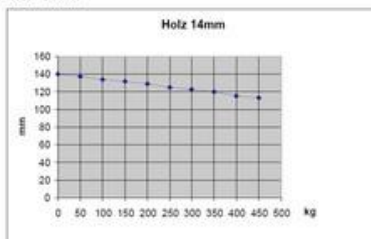
Holz 20mm



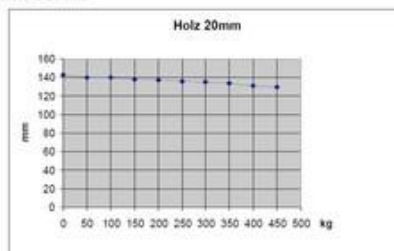
In 2005, the Swiss inventors and manufacturers of the T-BOW® verified that by applying increasing forces to the surface of the T-BOW®, it begins to deform significantly from forces greater than 400 kg; and that when such a level of force is no longer applied, the T-Bow progressively recovers its natural shape and all its possibilities of use remain optimal.



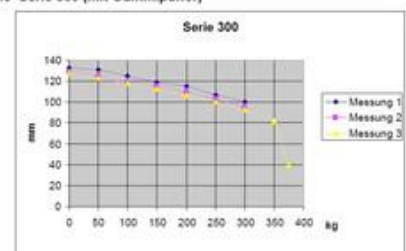
4.3.5 Holz 14mm



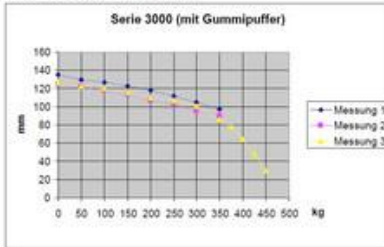
4.3.4 Holz 20mm



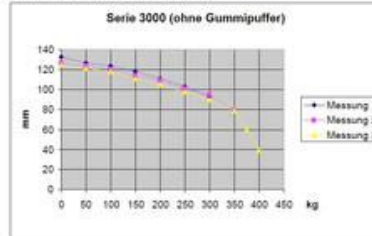
4.3.3 Serie 300 (mit Gummipuffer)



4.3.2 Serie 3000 (mit Gummipuffer)



4.3.1 Serie 3000 (ohne Gummipuffer)



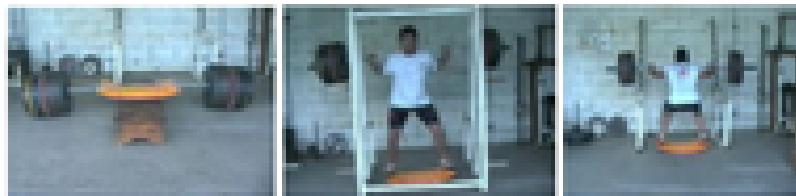
3.4

Belastung im Wippeinsatz



Ver el estudio detallado, en alemán.

## Estudio de la Resistencia a Cargas Dinámicas altas del T-BOW® Julio 2008, Barcelona



Study of the resistance to high dynamic loads of the T-BOW® (July 2008, Barcelona).

A team of coaches from EEB Sport Training Barcelona (Dani Pérez-Teixidó, Ivan Chulvi-Medrano and David Ribera-Nebot) carried out several tests on the application of dynamic loads on the T-BOW® and in all cases the elastic capacity of the T-BOW® allowed an immediate recovery of its natural form and all its possibilities of use in optimal conditions.

Performer: Dani Pérez-Teixidor (discus thrower athlete, 42 years old).

a) Progressive loads in unstable position up to 350 kg.

Unloaded of 350 kg with immediate recovery of shape and balancing capacity.

b) 300 kg support in convex position.

c) Balance support with 300 kg.

d) 1/2 Squat support with 250 kg.





## VIDEO OF THE EXPERIENCE

a) Progressive loads in unstable position up to 350 kg

(Weightlifting bar 20 kg + 330 kg discs)

<https://www.youtube.com/watch?v=Tf8FN-5v090>

b) 350 kg unloaded with immediate recovery of shape and swinging capacity

Detail: in the central part of both edges of the T-BOW®, the pressure of the bar caused a small sinking with the round-longitudinal shape of the bar and about 45 minutes later it completely disappeared.

<https://www.youtube.com/watch?v=RVL8lhZaiZo>

c) 300 kg support in convex position

(100 kg of the athlete + 200 kg of the barbell plus discs)

<https://www.youtube.com/watch?v=hempWvUd4qE>

d) Balance Support with 300 kg (100 kg of the athlete + 200 kg of the bar plus discs) Note the foot support technique to get on and off the edges of the T-BOW<sup>®</sup>, devised by the athlete Dani Pérez .

<https://www.youtube.com/watch?v=z6j-Bgj3yxQ>

e) 1/2 Squat stand with 250 kg

(100 kg of the athlete + 150 kg of the barbell plus discs)

<https://www.youtube.com/watch?v=wAo2oLOes7k>

## Wood T-BOW<sup>®</sup> resistance - 360 kg Static-Dynamic

*September 2023, Barcelona*



The renewed version of the original Swiss Wood T-BOW® from 1995 resists static and dynamic loads exceeding 360 kg.

The arch of the Wood T-BOW®, 50 degrees, is perfectly adapted to the typical natural arch of the lumbar lordosis (40-60 degrees), and it was designed based on the physiotherapy by Sandra Bonacina in 1995 at Zurich University, Switzerland.

With a single unbalance axis, perfectly balanced, very low weight, high elasticity and resistant to static-dynamic loads of more than 350 kg, both the wood and plastic versions, the T-BOW® is reactive to the slightest movement, changing its inertia quickly, thus optimizing a Postural and coordinative adjustment with a high level of precision, both in a stable curved-convex step position, as well as in the unstable concave rocker and concave/convex double T-BOW® positions.

Check video of the test at:

<https://youtu.be/zOX3kKdxTZM>

