



## Valuable features of T-Bow® for Gyms

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*The T-BOW® presents unique features that position it as a valuable asset for gyms and fitness centers.*

*An overview of its key attributes!*



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Fitness centers integrating the T-Bow® stand to benefit from its versatility, effectiveness, and the diversity it introduces to their fitness offerings.

Proper training and guidance for instructors and users are crucial for maximizing the advantages of this distinctive piece of equipment.

Here's an overview of its key attributes:

**1. Versatility:** The T-Bow® excels in adaptability, seamlessly fitting into diverse fitness programs, including group fitness, small and large group training, personal optimization, holistic postural exercises, yoga, pilates, therapy techniques, and mind-body challenges. It accommodates a wide range of training goals, fostering socio-affectiveness, and positive emotions.



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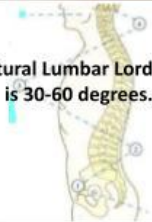
2. **Kinesiological Adaptation to Lumbar Lordosis:** Precision in addressing lumbar lordosis sets the T-Bow® apart, featuring a 40-degree arch for the T-Bow® HDPE Plastic and a 50-degree arch for the T-Bow® Wood, both capable of withstanding loads exceeding 350 kg.



## 2. *Kinesiological Adaptation to Lumbar Lordosis:*



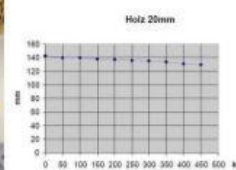
Natural Lumbar Lordosis is 30-60 degrees.



### UNIQUE on the market !!

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Wooden and Plastic T-BOW® Tests · Zurich 2006 and Barcelona 2008-2023



Wood T-BOW® resistance 300 kg Static-Dynamic September 2023 Barcelona

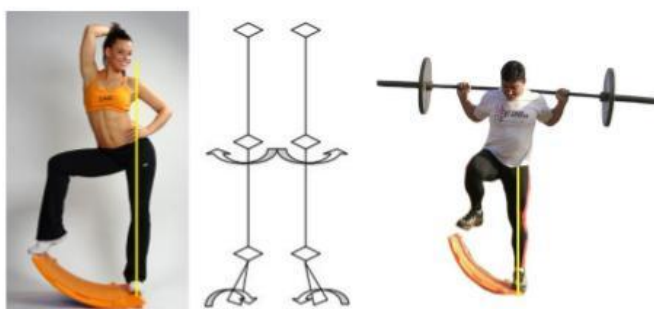
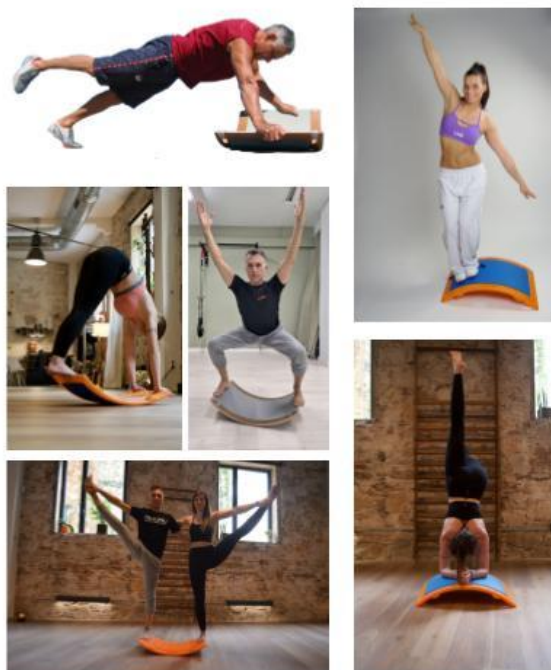


**3. Reactivity:** Exceptional reactivity provides users with swift tactile and kinesthetic feedback, enabling precise and quick adjustments to postures and movements, enhancing exercise effectiveness.



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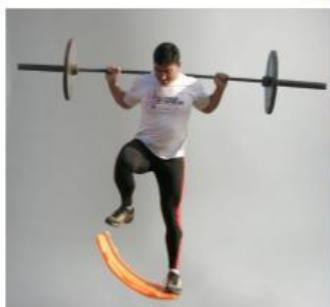
Functional twisting of the longitudinal axis of the leg !!  
Deep joint stabilisation with high reactivity !!

**4. Combination with Other Tools:** Seamlessly integrating with various fitness tools, including T-Bands, dumbbells, bars, kettlebells, discs, and medicine balls, the T-Bow® fosters a diverse and comprehensive workout experience.



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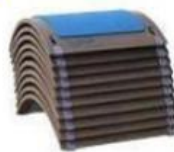
**5. Stackable and Space-Saving:** Designed to be stackable, the T-Bow® ensures easy storage, making it an ideal space-saving solution for fitness centers with limited space.



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More than 30 T-BOW® can be piled up in a practical, hygienic and stable way.

**6. High-Quality Materials:** Crafted with top-tier materials, including sustainably sourced wood for the T-Bow® Wood and T-BOX® Wood, all T-Bow® products adhere to Swiss quality standards, ensuring effectiveness and durability.



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**7. Developed Group Fitness Programs:** The T-Bow® includes optimized fitness and therapy programs developed at Zurich University since 2005, under the direction of Sandra Bonacina in collaboration with international experts. Covering various fitness disciplines, these programs provide a structured foundation for effective and fun group fitness sessions.



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GROUP FITNESS  
Academic Sports Association Zurich



- T-Bow® Workout Fitness
- T-Bow® Body Tone
- T-Bow® Balance Pump
- T-Bow® Power Fit
- T-Bow® Yoga & Pilates
- T-Bow® Circuit Training





**8. Postural Optimization:** With a primary focus on enhancing posture, the T-Bow® contributes to improved core strength, stability, and overall postural awareness, benefiting individuals seeking to reduce the risk of back and joint pain.



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