

Creating Group Fitness Classes

with the T-BOW®

By BRENDA FIORI-CARLONI y HUGO PÉREZ-VIVAS



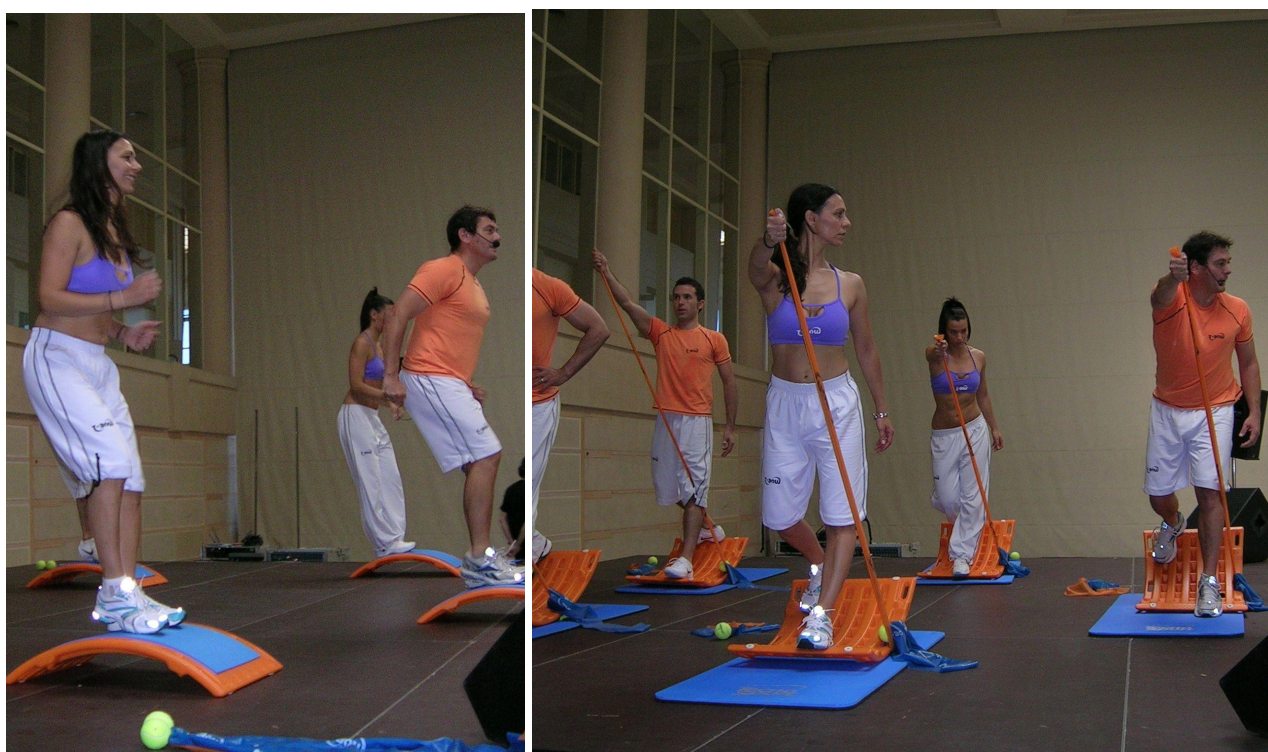
Made of wood or synthetic fiber, the T-BOW® is a multifunctional bow for education, training and motor therapy. It supports high loads (more than 300 kg without losing its functionality), it is easy to transport and very manageable.

Its success among users has made it the ultimate in group fitness sessions.



A training study with T-BOW® carried out at the University of Zurich (a mixed group of adults, 2 collective sessions of 45 minutes per week, two months) shows that significant improvements in strength, endurance and balance abilities are obtained. The most remarkable thing is that all the participants unanimously thought that the training program with the T-BOW® had been comprehensive, very varied and extraordinarily fun. Many expressed their feeling of tiredness in training but also a great final satisfaction for feeling much stronger and more energetic (Hugener, D. and Reidt, S., 2006).

The most differential type of collective fitness session T-BOW® in the field of fitness and health, proposed by Sandra Bonacina (inventor of T-BOW® and professor of physiotherapy and fitness at the University of Zurich), is a session whose objective is to achieve a holistic improvement of the fitness level by integrating the training of coordinative factors such as rebalancing, relaxation and rhythm, of strength with orientations to reactivity-speed and resistance, and of flexibility, to the balanced strengthening of the back and fine stabilization of the joints, especially the foot, knee, shoulder and spine. It is a session with music structured in a fun way. The main proposal is to perform it without choreography in a way that prioritizes health, fitness, fun and affective-social values, integrating all kinds of people with multiple levels of ability and fitness. For this reason, this type of session easily integrates both the female and male audiences. When choosing to choreograph them, special care is taken with the design with very simple sequences that can be followed by all kinds of individuals.



Typical T-BOW® fitness group sessions that are being implemented with great success are: T-BOW® Workout Fit, T-BOW® Toning, T-BOW® Balance - Dumbbell Strength, T-BOW® Yoga, T-BOW® Back-Neck, T-BOW® Pilates, T-BOW® HIIT and T-BOW® Athletic-Training. The international reference is the collective fitness classes that take place at the ASVZ Academic Sports Association Zurich (Switzerland), with a team of more than 50 teachers led by Sandra Bonacina (inventor of the T-BOW®).



Typical Group Fitness Sessions with T-BOW®:

T-BOW® WorkoutFit

T-BOW® Toning

T-BOW® Balance - Dumbbell Strength

T-BOW® Yoga

T-BOW® Back-Neck

T-BOW® Pilates

T-BOW® HIIT

T-BOW® Athletic-Training

T-BOW® Design Your Session

** Being able to pile up the T-BOW® in a hygienic and safe way means an extraordinary saving of space in fitness rooms, apart from being very practical for its use and its post-session collection.*

Integral Training

The multifunctionality of the T-BOW® favors the creation of **differential training content** that allows us to design multiple session structures:

- Coordination with emphasis on movement control, spatial implementation and temporal adaptation: T-BOW® swings with actions with the body itself and T-BOW® swings combined with actions with the T-Band and other mobile materials (balls, spades, hoops etc.).
- Coordination and strength oriented to the prophylaxis of feet, ankles, knees, shoulders, neck and back: swings with T-BOW® and situations in arched step position.
- Static, dynamic and static-dynamic toning strength: T-BOW® in swing, in curved step position, in swing plus T-Bands, in curved step position plus T-Bands, in swing plus mobile materials (dumbbells, weighted balls, bars...).
- Strength oriented to balance-postural stability: T-BOW® in swing or in step position, with own body and with actions of the T-Bands.
- Speed-oriented strength: T-BOW® in a swing situation with perceptual and coordinative variations.
- Fast and submaximal strength: swing in the T-BOW® through multi-jumps, multi-throws of weighted balls, actions with dumbbells and actions with bars.
- Quick force: multi-jumps on the arched surface of the T-BOW®.
- Resistance oriented to cardiovascular health or different types of resistance: T-BOW® swings (in foot, hand and mixed supports), swings with T-Band actions, swings with multi-launches of weighted balls and swings with actions with dumbbells and bars.
- Resistance oriented to cardiovascular health or different types of resistance: fitness on the arched surface of the T-BOW®, through combinations of movements, supports, turns and jumps.
- Static and dynamic mobility of the spine: swinging with T-BOW® and in its arched position.
- Static and dynamic mobility of different body areas: swinging with T-BOW® and in an arched position.
- Static and dynamic relaxation: balancing with T-BOW® combined with actions of the T-Band or other mobile materials (balls, spades, hoops...).
- Stretches (passive, active or mixed) on the arched surface of the T-BOW® and in a balanced position.



- **Session Structure Type of Integral Fitness Training with T-BOW®**

- A) Warm-up under impact, Mobilization and Dynamic Stretching
 - -Step steps on the T-BOW® with mobilization of the large joints.
 - -Mobilization of the spine in flexion-extension and rotation.
 - -Dynamic stretching of the muscles of the neck, chest, front of the hip, hamstring, leg adductor and triceps surae.

- B) Resistance "Cardio" in Coordinative Balance:
 - -Cardio with T-BOW® in longitudinal step position.
 - -Coordinative rocking with T-BOW® in transverse rocker position.
 - -Cardio with T-BOW® in transverse step position ("travels").
 - -Coordinative rocking with T-BOW® in longitudinal rocker position.
 - -Balancing fun.
 - -Balancing of stabilization of the shoulder girdle, the trunk and the muscles that descend the shoulders.
 - (*) Pause 1 min.: Hydration and preparation of the T-Band

- C) Dynamic Toning Strength and Postural Balance:
 - -Legs and arms with stabilizing muscles of the upper back and its overall balance.
 - -Abs and buttocks.
 - -Musculature lateral trunk and abductor's legs.
 - -Various push and flexion-extension actions of arms, and back extensions with arm actions.
 - -Global dynamic stabilization

- D) Stretching, Mobilization and Relaxation:
- -Swings of dynamic mobilization of the spine.
- -Lateral muscles of the neck, hamstrings, leg adductors, extension of the spine, quadriceps, rotation of the spine with chest muscles, flexion-extension of the spine, frontal muscles of the hip and triceps surae.

EXAMPLE 1: Fitness Integral Class with T-BOW® · Simplified Structure.



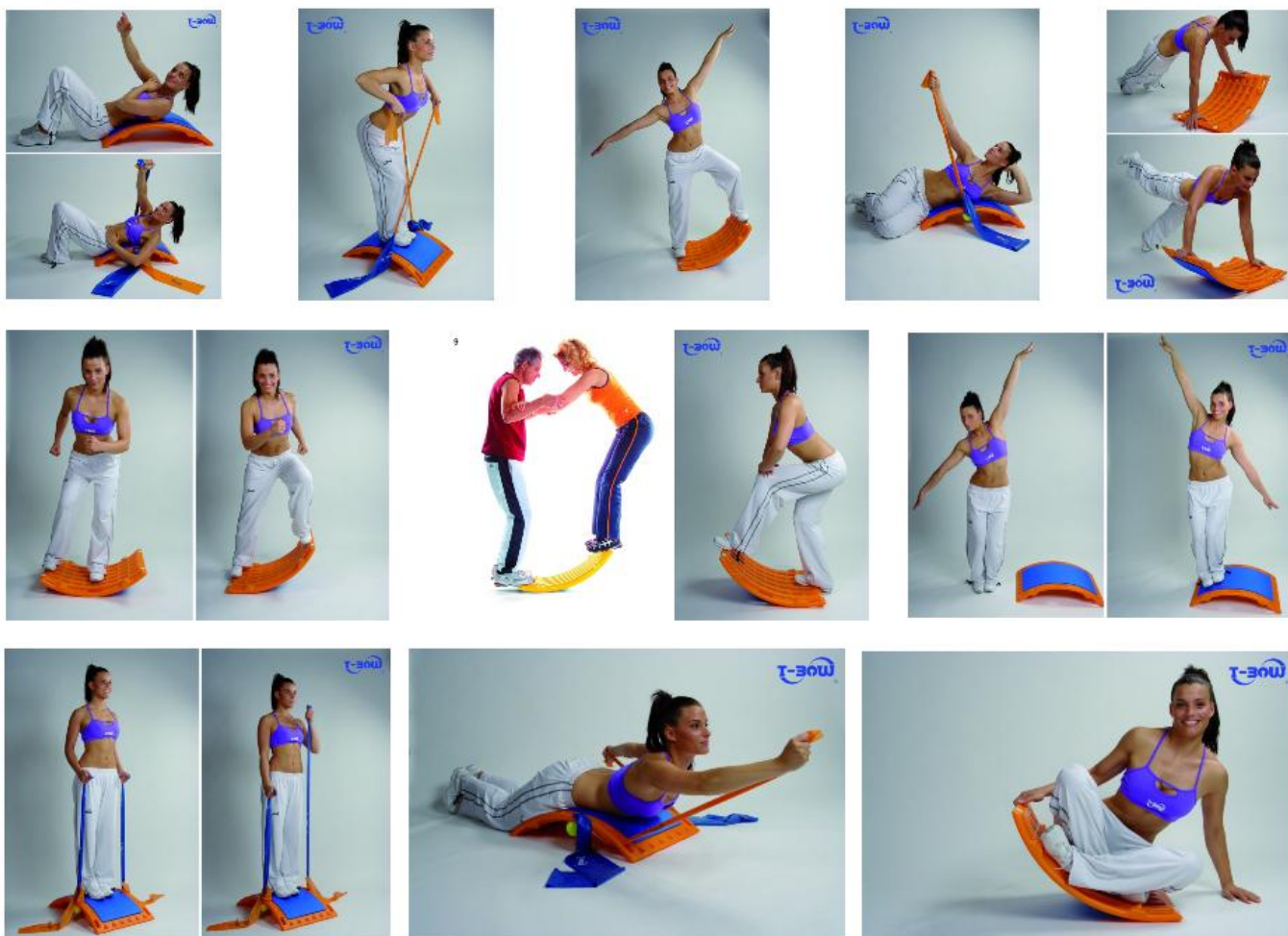
SESIÓN FITNESS INTEGRAL T-BOW® · Estructura Simplificada

<p>1 Calentamiento y Resistencia Movimientos de step, movilidad articular y estirar los músculos de forma activa y dinámica. 5'-10'</p>  <p>Pasos arriba y abajo</p>  <p>Paso arriba y elevación de rodilla</p>  <p>Chassé Pasos laterales sobre el T-BOW®</p>	<p>2 Entrenamiento del Equilibrio Dinámico y de la Resistencia en Situación de Balanceo Apoya un pie en el borde lateral del T-BOW® y empuja siempre las rodillas hacia fuera. 10'-25'</p>  <p>Balaneo poca amplitud</p>  <p>Balaneo amplio</p>  <p>Balaneo lateral Rápido</p>  <p>Balaneo longitudinal amplio</p>  <p>Balaneo longitudinal rápido</p>	<p>3 Entrenamiento de Fuerza 1-3 x 15 repeticiones. 15'-25'</p>  <p>Musculatura abdominal</p>  <p>Musculatura de la espalda</p>  <p>Músculos frontales de la cintura escapular</p>  <p>Músculos posteriores de la cintura escapular</p>  <p>Músculos posteriores de la cadera</p>	<p>4 Entrenamiento de la Estabilidad Postural con preferencia Estática 1-2 x 20-30 repeticiones. 10'-20'</p>  <p>Extensión diagonal 1 brazo y pierna contraria</p>  <p>Andando con los pies</p>  <p>Balaneo en apoyo de manos</p>  <p>Balaneo lateral sentado</p>	<p>5 Relajación y Movilidad 2-3 x 10" de estiramiento. Entre series relajar y movilizar. 5'-15'</p>  <p>Músculos del cuello</p>  <p>Músculos posteriores de la pierna</p>  <p>Musculatura frontal de la cadera</p>  <p>Rotación + extensión de la columna vertebral</p>  <p>Estiramiento de la columna vertebral</p>  <p>Musculatura de la pantorrilla</p>
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- **Session Structure Type of Integral Circuit Training with T-BOW®**

- A) Warm-up prioritizing Joint Mobility and Active Stretching
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- B) Circuit Training Integrating Coordinative Balance Work, Dynamic Toning Strength, Static-Dynamic Postural Balance and Resistance:
- Circuit of 20 stations / Effort 40-45" / Pause 15-20" / x2 Laps of the Circuit
- 1- Abdominal flexion trunk with/without T-Band
- 2- Arm tractions with T-Band,
- 3- Transverse balance in foot support
- 4- "Travels" with arm action,
- 5 and 6- Lateral trunk raises with/without T-Band
- 7- Balancing on hands support,
- 8- Low transverse balance in foot support
- 9- Postural squat with T-Band,
- 10- Asymmetric back extensions with/without T-Band
- 11 and 12- Longitudinal balance in foot support
- 13- Action buttocks-low back in supine support
- 14- Sit-ups hip lift
- 15- Flexo-extensions arms lying prone
- 16 and 17- Inclined plane multi-jumps
- 18- Back extensions with arm actions with/without T-Band,
- 19- Standing arm actions with T-Band
- 20-Transverse swing in seated support
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- C) Relaxation, Mobilization of the Spine and Muscle Stretching.

EXAMPLE 2: T-BOW® Circuit Strength-Endurance x12 Training Stations with Basic Exercises



Circuito T-BOW® x12 Estaciones · Sandra Bonacina · T-BOW® International Switzerland

by

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T-BOW® FIT INTERNATIONAL



Made in Switzerland

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