

# T-Bow<sup>®</sup> Performance

## T-BOX<sup>®</sup>

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Technical Information for FIBO Innovation Award 2023  
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## Categories selected for FIBO Innovation Award 2023

- Performance
- Health & Prevention

## BASIC INFORMATION

Company Name: **T-BOW FIT INTERNATIONAL SL**

Link to Website: <https://www.t-bow.net/>

YouTube Channel: <https://www.youtube.com/user/movementscience>

YouTube T-Box example for Back Extensions:

<https://bit.ly/T-BOXT-BowBackExtensions> / <https://youtu.be/jZAJDx1Jolw>

Product Name

**T-BOX for the T-Bow®**

## PRODUCT DESCRIPTION · The T-BOX

The T-BOX expands the performance and therapy training with the T-Bow® by allowing it to be placed on a raised surface and inclined positions, in a safe, precise and practical way. Two of the differential characteristics of the T-Bow® (arch similar to the typical physiological lumbar lordosis and high reactivity for fast and precise postural adjustments) are extraordinarily enhanced for back extensions, and the optimization of spine-hip mobilizations, core strength and relaxation is taken to the next level in fitness and sports. Bonus: it is useful also as a jump box with heights 53-63-73 cm.



## EVALUATION CRITERIA



Since 1995, when the T-BOW® was developed from the needs in physical therapy and afterwards found the way into fitness and sport, different experiences to place it on elevated and inclined surfaces has been tried, until 2022 when the **T-BOX** was created to expand the performance and therapy training with the T-Bow® in a safe, precise and practical way, in the following positions:

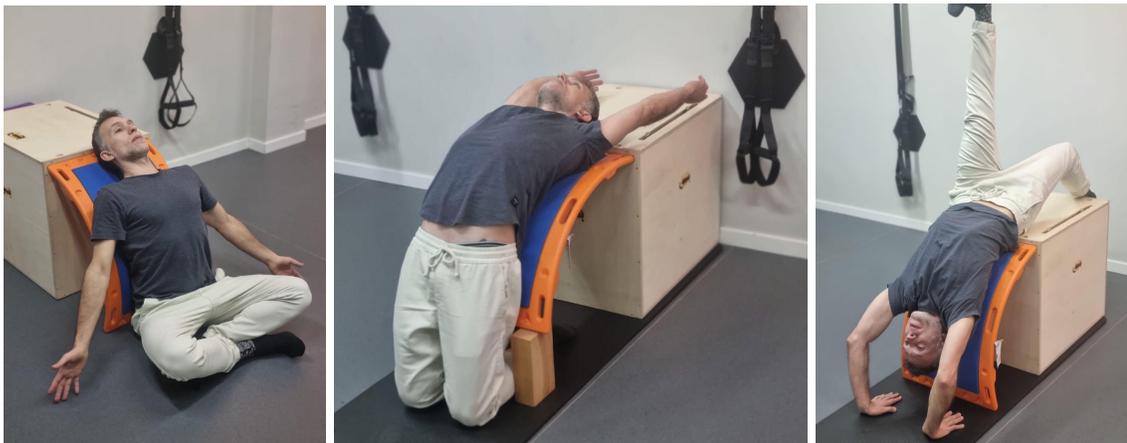
- **Position A1** (height 63 cm): the **T-BOX** with the T-BOW® on it fixed by the 4 holes that stabilize the 4 rubber feet of the T-BOW®.



- **Position A2** (height 63 cm): when the structure A1 is placed near a gym ladder, making possible to place feet or hands on the ladder bars and the hip-back-neck on the T-BOW®.



- **Position B1** (height 63 cm): the T-BOX with the T-BOW® fixed by one of its short sides in the slit that is on the short side of the T-BOX and the other short side of the T-BOW® is placed on the floor or on two bricks of wood (20-30-40 cm are practical heights), one at each side, making possible to adjust its inclination and place the lower part of the legs under the T-BOW®.



- **Position B2** (height 73 cm): the T-BOX is tilted to the highest height and placed next to a gym ladder (63 cm distance), the T-BOW® fixed by one of its short sides in the slit that now is on the top of the structure, and the other short side is placed on a bar of the gym ladder.



- **Position C<sub>1</sub>** (height 53 cm): is a similar structure than Position B<sub>1</sub>, but the **T-BOX** is tilted to the lowest height. In the option of using two bricks of wood to adjust the inclination, 20-30 cm heights are practical.



- **Position C2** (height 63 cm): is a similar structure than Position B2, but the **T-BOX** is tilted to the lowest height and placed next to a gym ladder. Note that here the **T-BOW®** is closer to the gym ladder (53 cm distance).



- **Position D1** (height 63 cm): the **T-BOX** with two **T-BOW®**s, combining Position A1 and Position B1.



- **Position D2** (height 63 cm): when the structure D1 is placed near a gym ladder, making it possible to place feet or hands on the ladder bars and the hip-back-neck on one or two **T-BOW®**.

- **Position E:** is the **T-BOX** alone, without the T-BOW®, that is a Plyo or Jumping Box, whose dimensions \_ length: 73 cm, width: 53 cm, and height: 63 cm \_ allow typical movements such as step-ups and box jumps on 3 different heights.



The **T-BOX** in positions A<sub>1</sub> and A<sub>2</sub> is already unique and a novelty because by being able to place the T-Bow® in a very secure elevated position, the practitioner has free space to hang his upper and lower part of the body, being able to place the hip, upper/lower back and neck in different positions of the bow of the T-Bow®, supine, prone and lateral, thus providing an extraordinary optimization for the spine mobilization and back stretching, relaxation and restorative postures, and core strength training, in a very healthy and effective way, thanks to the arch of the T-Bow® that is stable, a bit more than the typical physiological lumbar spine, and very reactive for fine and quick postural adjustments. We selected to upload in YouTube a short video of photos of back extensions performed on the **T-BOX**:

<https://bit.ly/T-BOXT-BowBackExtensions> (<https://www.youtube.com/watch?v=jZAJDx1Jolw>).

The **T-BOX** in all the positions can expand the optimization of spine mobilization and back stretching to the next level. When lying on the T-Bow® on your back, partially blocked vertebrae cannot sink like they would in a large exercise ball of softer tools like the Bosu, but receive a slight mobilizing pressure. It can also be segmentally mobilized and stretched.

The **T-BOX** in positions B and C are especially appropriate for relaxation and restorative postures. Some of them also fit very well in positions A.

The **T-BOX** in positions A, B and C are especially appropriate for core training, with different postural dispositions (anti-flexion, anti-extension, anti-rotation and anti-lateral tilt). Positions B2 and C2 are reserved for high intensity, both either mobilizing legs-hip or trunk. The arch of the T-Bow® gives a bigger range of motion and supports the back anatomically correct. Position B2 is very effective for stretching the side chain (increased costal flexibility).

The **T-BOX** in position C1 is especially appropriate for the Hip Thrust. The **T-BOX** must be placed against a wall for the highest stability. The upper back is very well supported and heights of shoulder girdle and feet can be adjusted. Elite athletes can move high weights since the T-Bow® resists static-dynamic loads of more than 400 kg.

Since T-Bands are practical-attached at T-Bow® are applicable in all positions of the **T-BOX**.

The **T-BOX** in position A2 is especially appropriate for strength exercises with extra loads such T-Bands, medicine balls, dumbbells, discs and barbells. Also, with the help of the ladder it is very effective in strengthening and stretching the side chain (increased costal flexibility).

**Position E:** is the **T-BOX** alone, without the T-Bow®, that is a Plyo or Jumping Box, whose dimensions \_ length: 73 cm, width: 53 cm, and height: 63 cm \_ allow typical movements such as step-ups and box jumps on 3 different heights.

## **Relevance for the fitness & health industry**

Having tested that the **T-BOX** provides security, precision and practicality to the positioning of the T-Bow® elevated and inclined, and that it expands a great deal the performance and therapy training with the T-Bow® as pointed out in the previous chapter, we can assure that the **T-BOX** effectively help the fitness, health and therapy optimization of its users.

In 1995 Sandra Bonacina (University Professor of Physiotherapy and Fitness at the University of Zurich, Switzerland) began the development of the T-Bow® for training and therapy in collaboration with Viktor Denoth (university professor of mountain sports at the University of Zurich, Switzerland) at the ASVZ Academic Sports Association Zurich. In 2007 movement experts of Sport Training Barcelona started collaborating with applications for group fitness, fit and sport training, therapy, yoga, pilates, postural holistic and movement education. Selection of technical articles: <https://www.t-bow.net/articulos>.

## User motivation

The **T-BOX** with the T-Bow® is a very attractive design, which gives the user a lot of security and motivates practice and experimentation. For example, for older adults who find it difficult to get down to the ground, it offers a plus of attractiveness and efficiency.

## Quality & design

The **T-BOX** was created in 2022 in Súria (Barcelona, Spain). It is a wood box designed to fit the T-Bow® perfectly, very robust, with a weight of 20 kg, and dimensions \_ length: 73 cm, width: 53 cm, and height: 63 cm \_ , with 4 holes at the top to fix the rubber feet of the T-BOW® together with some side stops, and 2 slits tailored to the short sides of the T-BOW®, one on the top and the other on the short side, both tight to the edges as much as possible, and with two internal reinforcing components, having also side holes for practical handling.

The **T-BOX** is very stable if the ground is flat and not slippery. If this were not the case, 8 rubber feet are added, like those of the T-Bow®, to place them on the bases of the box, thus achieving a very stable global reactivity.

There is a design of the **T-BOX** that can be shipped unassembled to keep costs as low as possible and save you money on shipping.

The model for the natural wood T-Bow® only undergoes some modifications in the 4 holes to fix the rubber feet.

There is another design of the **T-BOX** in which you can open/close it and put T-Bow®s and other training tools inside.

Therefore, we can offer a **T-BOX** that fits the HDPE-plastic T-Bow®, which might be more attractive for fitness and sport, and another **T-BOX** that fits the natural wood T-BOW®, which might be a combination more attractive for yoga and pilates studios and therapy-rehabilitation centers, but both have the same functionality and allow variations of exercises applied to different levels of difficulty, from general fitness to elite athletes.

As an extra, the **T-BOX** alone is a Plyo or Jumping Box, whose dimensions \_ length: 73 cm, width: 53 cm, and height: 63 cm \_ allow typical movements such as step-ups and box jumps, being an excellent tool for a strength training area.

## **Usability & functionality**

The **T-BOX** weighs 20 kg and has side holes for practical handling, making it very easy to move and change its positions. The T-Bow® can be fixed on the **T-BOX** in a safe, precise and practical way, saving time with the change of exercises and thus creating efficiency in the global training, especially when working with groups.

## **Price & performance ratio / economic efficiency**

The price of the **T-BOX** will be around the typical price of a jump box of best companies of the international market, which is an extraordinarily profitable price for the buyer, since in addition to having a typical jump box you have a new world of efficient and motivating training with the multifunctional T-Bow® for performance and therapy.

## **Additional Criterion category ecology & sustainability**

The **T-BOX** is a brand new production to be presented at FIBO 2023, it is a very durable construction, and next, evidently, we searched for sustainably sourced FSC wood.

This is not casual and it totally goes with our philosophy. Since the project's start in 1995, there has been a great deal of responsibility in how the T-Bow® is manufactured to have minimal impact on the environment. For this reason, the T-Bow® is made with the best quality components, is recyclable and is treated with ultraviolet stabilizers to maintain its functional properties for many years: swing after swing, repetition after repetition. We manufacture high quality, for life, minimizing the environmental impact and benefiting the investment of our customers. For the natural wood T-Bow® and T-BOX, we search for sustainably sourced FSC-certified wood, which aspires to be the "gold standard" for "eco-friendly" wood. Thus, the **T-BOX** with the T-Bow® becomes a timeless classic for movement optimization.

## **Design & Production**

Josep Gras-Sibila (artistic carpenter) · Súria · Barcelona · Spain

By **TEAM T-BOW® SWITZERLAND & T-BOW® FIT INTERNATIONAL**

Sandra Bonacina, Viktor Denoth, Iván Chulvi-Medrano, Melissa Renner, Gonzalo Cámara-Navarro, Iván Farré Sánchez, Leticia Pelegrín-Fernández, Yanina Ialorenzo, Nico Gil, Carlos Lirio-Ibáñez, Salvatore Nocerino, Maja Golubic-Tsirimokos, Marcelo Lasso, Debbie Kneale, F.X. García-Navarro, Anca Serban, J.L. Parreño-Catalán, Diana Serena, Fabio Bovi, Q. Reverter-Masià, D. Picó-Benet, Ángel Peruyera-Rubio & D. Ribera-Nebot.



<https://www.t-bow.net>

