

# Versatility Training with T-BOW®

by Kerstin Obenauer



**T-Bow®: A training device conquers the Aerobics type Classes**

The T-Bow® is a multifunctional Training and Therapy bow that allows the optimization of Strength, Endurance, Coordination and Flexibility.

*Kerstin Obenauer brings a summary of the diversity of a differential training device.*

The T-Bow® was made in 1995 in Switzerland at the University of ETH Zurich by the Physiotherapist Sandra Bonacina and developed by the university sports teacher Victor Denoth. Back then still in Wood and only for individual training. Designed for hip therapy, there exists a model made of plastic since the beginning of 2006, which is lighter (3.2 kg) and a little bit smaller (70x50 cm).

In the constantly evolving and growing fitness industry, continuously new devices for the Training and group fitness area are required. In demand here are devices that improve basic properties for movement and conditional capacities. The new one meets this requirement, Training device and turned out to be an innovative option of full body training. The extra fun factor of a T-Bow® workout also includes participants of all ages and power levels.

### **Possible uses of the T-Bow®:**

- \* **In group fitness training:** multifunctional training.
- \* **In strength training:** targeted stabilization training.
- \* **In senior training:** balance training for strengthening and active fall prevention.
- \* **In school sports:** as a game and exercise device to support the psychomotor program.
- \* **In physiotherapy:** for individual therapy.
- \* **In personal and home fitness:** as a space-saving universal training device.

## Cardiovascular Training

The T-Bow® is a multifunctional training and therapy tool for endurance, strength and mobility. For Cardiovascular training he can do lengthwise or used crosswise like a step will. The difference is there in its convex shape, as well as in the possibility of its "stable" and "unstable" situations. The arch shape for "stable" use demands the participant to actively roll the foot continuously, and thus poses a more demanding stress for the foot muscles and the stabilizers.

## Coordination & Stabilization Training

The T-Bow® is a Coordination & Stabilization flipped as an "unstable" swing, an optimal training device to carry out coordinative, joint-stabilizing as well as endurance-oriented exercises.

By being able to make him unstable to be used "transversely" as well as "longitudinally", lateral, diagonal and frontal Stabilization exercises of the whole body to be trained. The active external rotation at the knee-joint and the balance on the edge ankle are very effective and powerful stabilizing exercises.

In physiotherapy, the core muscles have been reinforced on a curved surface for decades to suit the shape of the spine. The T-Bow® with its arc shape offers the best possible support for a more effective core workout.

Allowed for all floor exercises, the T-Bow® on the one hand due to the arc shape facilitates an increased range of motion, on the other with its convex shape supports the physiological lordosis of the spine and the waist when lying on the stomach, relieving the erection and stretching of the Spine and the stabilization of the Lumbar spine when training the upper back. The extended path of movement allows, in comparison to a level surface training, for different performance levels, e.g. the abdominal exercise, when leaning against the bow is lighter than lying on the bow.

## **Resistance bands Training · T-Band Training**

The T-Bow® offers three holes on each side for resistance bands or straps, allowing strengthening exercises for the different body positions (standing, quadruped position, side, prone and supine) and planes.

Individual training is through the choice of one, two or three resistance bands with different intensity allowed. Various exercises can thus be made easier or become more difficult. The right training load dosage protects against overload and participants with different ages and achievement levels can be customized and train together.

## **Mobilization & Flexibility**

In mobility training, the T-Bow® allows an elevated seating position and thus provides for various exercises with an improved position for stretching.

The pelvis can be erected more easily and the stretching of e.g. for the leg muscles becomes less mobile.

The executor is relieved on supine position on the T-Bow® since the spine can mobilized and stretched physiologically.

Small rocking movements for relaxation will also make a special difference due to the convex anatomical shape of the T-Bow® and thus mobilization exercises are optimized.

# A SELECTION OF EXERCISES WITH THE T-BOW®

## ÜBUNGS-AUSWAHL MIT DEM T-BOW®



### ÜBUNG 1: WARM-UP

Den T-Bow® stabil längs positionieren und auf den T-Bow® hoch- (höchster Punkt!) und wieder runtersteigen (Basic). **Variation:** Schritt hoch und dabei ein Knie anheben (Kneelift).

### EXERCISE 1: WARM UP

Position the T-Bow® stably lengthwise and step to climb up on the T-Bow® (highest point!) and down again (Basic).

**Variation:** step up and raise one knee (kneelift).

## ÜBUNG 2: BALANCE- UND CARDIOTRAINING – LET'S SWING!

Den T-Bow® umdrehen und instabil quer positionieren. Zu Beginn einen Fuß in der Mitte, den anderen Fuß auf der Kante des T-Bow® platzieren. Füße im Wechsel belasten und walken, dito andere Seite. Für fortgeschrittene Übungen: beide Füße auf beide Kanten setzen und im Wechsel belasten und dabei mit den Knien aktiv nach außen arbeiten.



### EXERCISE 2:

### BALANCE AND CARDIO TRAINING

### - LET'S SWING!

Turn the T-Bow® over and position it in an unstable transverse position

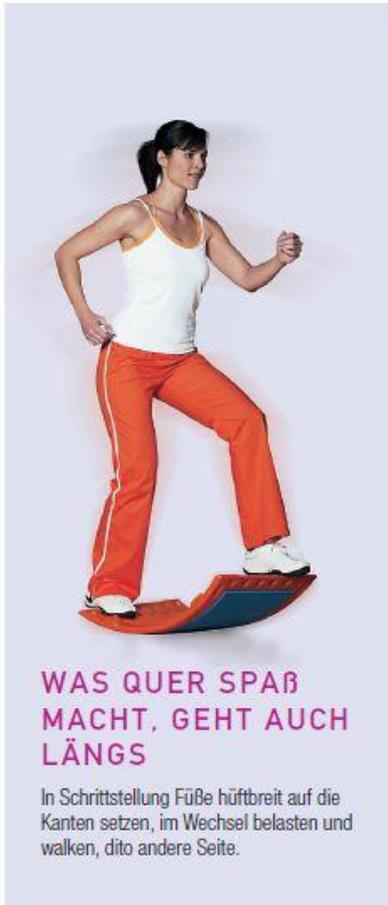
to start one foot in the middle, the other foot placed on the edge of the T-Bow®.

Alternately press and walk with feet for a balanced swinging, ditto the other side.

**For advanced exercises:** put both feet on both edges

and alternately change weight for a balanced swinging,

moving your knees actively outwards.



**ÜBUNG 3:  
BAUCH- UND  
RUMPFMUSKULATUR**

Gesäß auf dem T-Bow® platzieren, die Hände unterstützend in den Nacken nehmen und den Oberkörper Richtung Decke anheben.

**Erschwerte Variante 1:** mit gestreckten Armen nach oben ziehen.

**Erschwerte Variante 2:** mit gestreckten Armen und gespanntem Widerstandsband nach oben ziehen.



**WHAT CROSS FUN POWER, ALSO WORKS ALONG**

In step position, feet hip-width apart on the setting edges, alternately loading and walking, ditto the other side.

**EXERCISE 3: ABDOMINAL AND CORE MUSCLES**

Place buttocks on the T-Bow®, hands take support in the neck and raise your upper body towards the ceiling.

**Variant 1:** with stretched arms to pull up.

**Variant 2 (more intense):** with stretched arms and taut resistance band to pull up.



**ÜBUNG 4:  
SEITLICHE RUMPFMUSKULATUR**

Das Gesäß am Boden vor dem T-Bow® platzieren, die Beine anwinkeln und den Körper seitwärts in Richtung Decke ziehen.



**ÜBUNG 5:  
RÜCKENMUSKULATUR, LWS-MUSKULATUR**

In Bauchlage auf dem T-Bow® liegen, Oberkörper anheben und senken.

**EXERCISE 4:**

**LATERAL TRUNK MUSCLES**

Place your buttocks on the floor in front of the T-Bow®, bend your legs and pull your body sideways towards the ceiling.

**EXERCISE 5:**

**BACK MUSCLES, LUMBAR MUSCLES**

Lying in prone position on the T-Bow®, raise and lower your upper body.



### ÜBUNG 6: BWS-MUSKULATUR

LWS stabilisieren, Ellbogen seitlich anheben,  
Schulterblätter zusammenziehen.

### COOL DOWN/STRETCH/MOBILISATION

Im Schneidersitz auf dem T-Bow<sup>®</sup> sitzen und hin und her schaukeln, dann die Beine nach vorne ausstrecken. Eine kleine Bewegung aus der Wirbelsäule mobilisiert die Wirbelgelenke und entspannt die Muskulatur im Rumpfbereich. Zur Brustwirbelsäulenextension sich rücklings über den T-Bow<sup>®</sup> legen.



## EXERCISE 6:

### THORACIC MUSCLES

Stabilize the lumbar spine, lift the elbows to the side, squeeze the shoulder blades together.

### COOL DOWN / STRETCH / MOBILIZATION

Cross-legged on the T-Bow<sup>®</sup> sit and rock back and forth, then stretch your legs forward.

Any little movement mobilizes from the spine the vertebral joints and relaxes the muscles in the torso area. From the thoracic spine, extension lying backwards on the T-Bow<sup>®</sup>.



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