



- The T-Band (Viktor Denoth, 2006) allows a fast and secure fixation in any of the 6 side holes of the T-BOW® and prevents the bands from rubbing.
- Using 1 (single), 2 (double) or 3 elastic bands (single + double) generates 3 levels of resistance, creating different static and dynamic tensions, of increasing and decreasing load, more and less elastic, with the possibility of using the single band, the double band or both simultaneously, and passing the bands through the lateral holes, optimizing the creation of unilateral and bilateral, symmetrical and asymmetrical exercises for toning, posture and coordination, in stable and unstable positions of the T-BOW®.
- The color differentiation of the T-Bands allows a quick change from single to double elastic band during a group fitness session.
- Training tip: to achieve an optimal strength training, training with the T-Bands should be complemented, in most individuals, with strength training with bodyweight, free weights and medicine balls.

