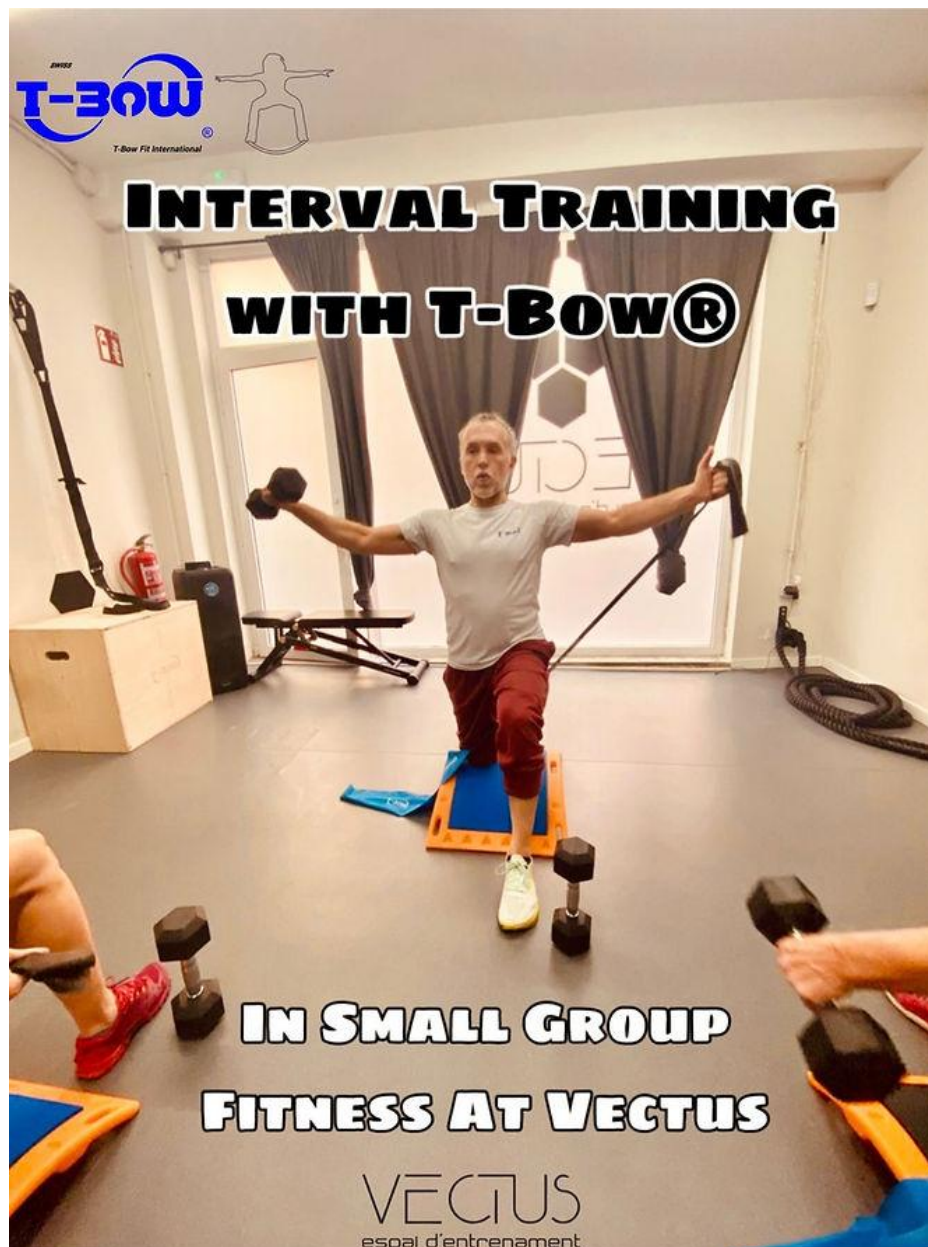


Training & Therapy

Interval Training with T-BOW® in Small Group Fitness



Interval Training with T-BOW® in Small Group Fitness at Vectus Fit Training

[@vectusespai](#)

Adrien Banhengyi [@adriennbanhegyi_official](#) recently joined Ivan Farré-Sánchez [@ivfasa](#) for a small group fitness training session at Vectus Fit Training in Igualada on April 7, 2025.

Key Features of this Interval Training at Vectus:

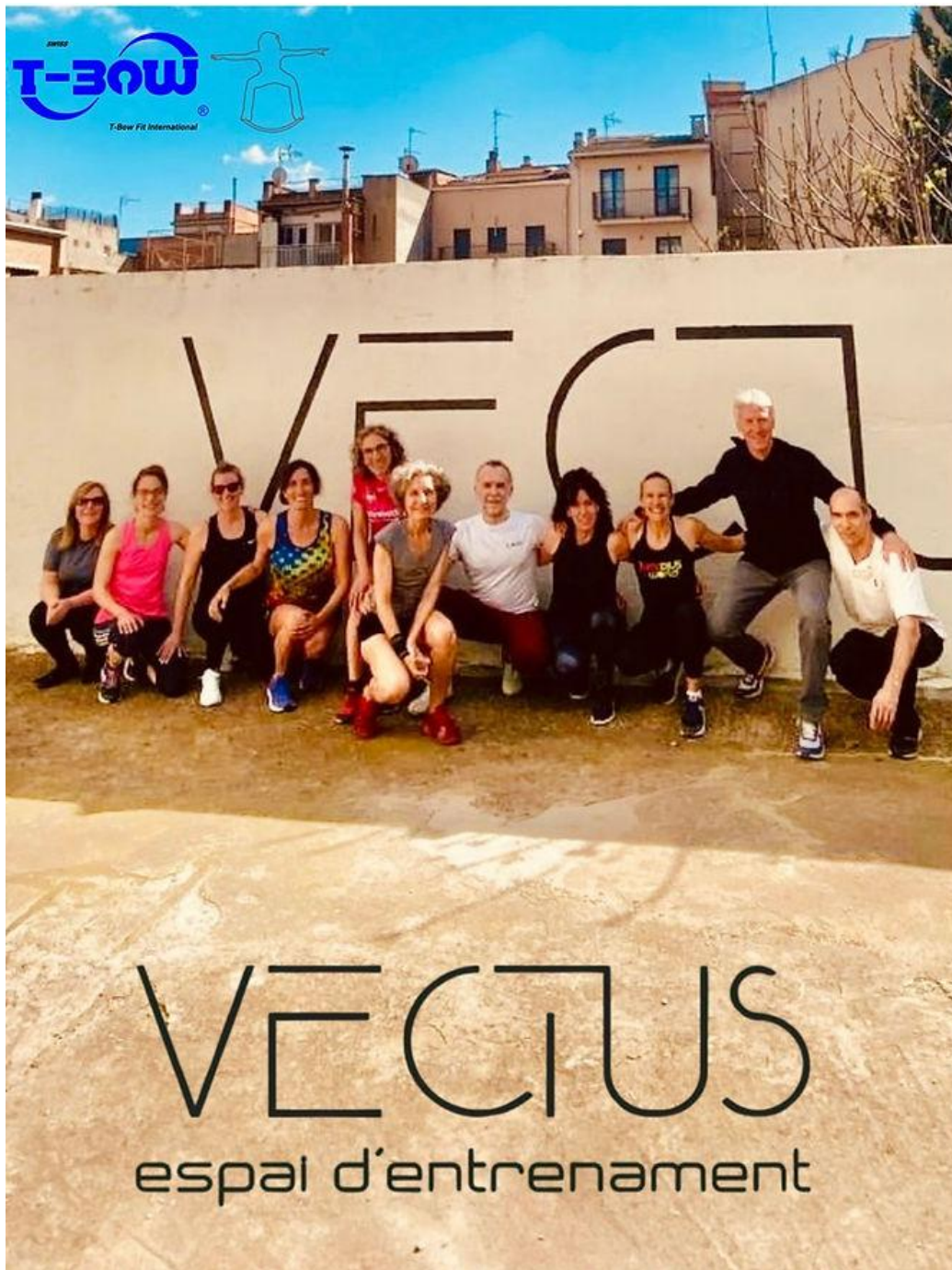
- The T-BOW® was utilized both longitudinally and transversely across stable and unstable positions.
- The session consisted of distinct training blocks:
 - (a) Bodyweight with T-BOW®,
 - (b) Dumbbell strength with T-BOW®,
 - (c) T-Band toning with T-BOW®,
 - (d) Coordinative-Strength-Postural combining dumbbells, T-Band, and T-BOW®.
- Effort and rest periods were varied every 2-3 sessions to optimize training outcomes and keep participants engaged.
- Application of Fundamental Quality Principles in Group Fitness with T-BOW®
Developed by Sandra Bonacina at Zurich University and Practiced Since 2005.

Check out a few highlight video from the class!

<https://www.youtube.com/watch?v=2rbryd3Y9wQ>

Experience the incredible energy and camaraderie of the participants at Vectus Fit Training!

Big thanks to coach Joan Mayol [@mayoltri](#) for the videos!!



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