

Fitness Classes with T-BOW® at the ASVZ Academic Sports Association Zurich

The most consolidated Fitness Group Classes with T-BOW® at the ASVZ Academic Sports Association Zurich (T-BOW® Workout Fit, T-BOW® Bodytone, T-BOW® Balance Pump, T-BOW® Power, T-BOW® Yoga, T-BOW® Pilates), designed by Sandra Bonacina and tested since 2005 by her team of more than 50 teachers from the Institute of Movement and Sports Sciences at the University of Zurich, Switzerland.

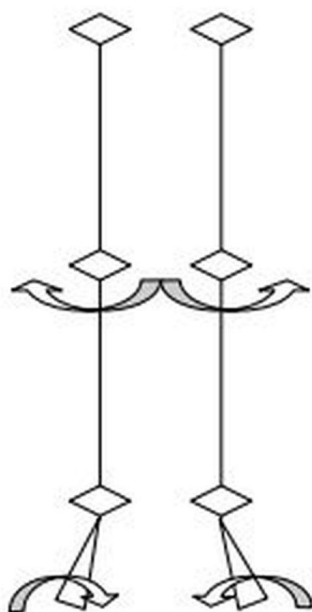
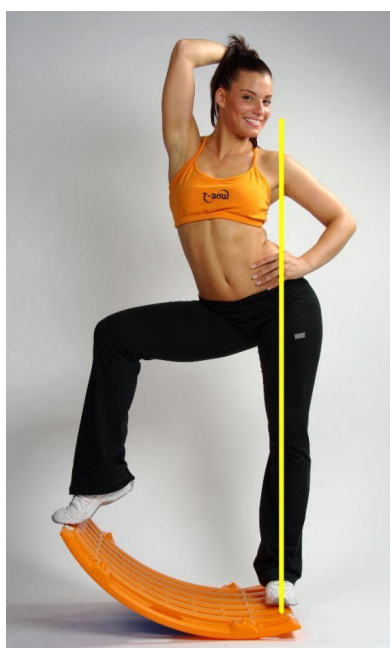


These T-BOW® group fitness classes with music are in high demand at the ASVZ Academic Sports Association Zurich and are always filled with 40-50 participants, integrating male-female public and of different ages and fitness levels. They are directed by two teachers, one in a central position and the other circulating around the room to guide each participant.

T-BOW® trains strength / cardio-endurance / balance-coordination / fine postural adjustment

T-BOW® training combines endurance and strength with coordination-balance and achieves the best deep stabilization of the back, ankle, knee and hip joints. The exercises are carried out in a stable, unstable and moving situation, challenging each muscle down to the smallest fiber, thanks to the high reactivity of the T-BOW® that stimulates highly rapid and precise postural adjustments.

The T-BOW® workout has been physiotherapy tested, it's fun, it keeps you fit and it's optimum for holistic health.



Effects of training with T-BOW®

The shape of the arch of the T-BOW® adapts to the lumbar spine and the trajectory of movement of the trunk muscles is greater and more intense, compared to executions on flat ground. Also its great stability and high reactivity provide very fine posture adjustments, both in its stable and unstable positions.

The multifunctional training and therapy arch is used as a step-step and seesaw-swing, both stable and mobile.

The T-Bands, a set of elastic bands with three intensity levels, special grip change dumbbells or several dumbbells of different weights allow everyone to dose and increase strength quickly and individually. Women, men, beginners and professional athletes can train in parallel.

With the T-BOW® you can train endurance, strength and balance in a unique way. This enables intensive stabilization training for a strong and healthy body, stable and reactive joints, as well as a pain-free back and neck.



Unlike many fitness programs based on resistance strength training, sessions are designed seeking optimal balances between submaximal strength, rapid strength and strength resistance in static and dynamic conditions, which are also enriched with multiple variants of muscle involvement that allows us the T-BOW® in its stable position taking advantage of its convexity and in its unstable position taking advantage of its differential support options, extraordinarily reactive for rapid and fine postural adjustment.

Most consolidated Fitness Group Classes with T-BOW® at the ASVZ Academic Sports Association Zurich are as follows:

T-BOW® Workout Fit

The T-BOW® is a multifunctional training and therapy bow, so in the Workout Fit class a holistic physical training is sought, particularly deep stabilization of the joints, with music, with well-weighted loads of cardio-resistance, balance-coordination and strength, and effectively and functionally help to solve back and neck pain, and joint problems such as foot and knee instability.



T-BOW® Bodytone · with T-Bands

optimization of strength and balance-coordination are combined with the help of the T-Bands and the T-BOW®. When training with this multifunctional training and therapy arch, great importance is attached to strengthening the core - lumbo-pelvic balance and the back. This is particularly effective against functional back pain, strengthens deep stabilization and prophylactically prevents back and neck problems caused by sitting too long in everyday life.



T-BOW® Balance Pump · with Dumbbells

Intense muscle training of the whole body with the T-BOW® multifunctional training and therapy bow and dumbbells. After a brief warm-up with mobilization and stretching, you vigorously train with adjustable or multiple dumbbells on the stable, unstable with fine postural adjustment and moving T-BOW®. We pump the muscles powerfully, challenge and promote a lot of balance and stabilization of all joints and the back at the highest level.



T-BOW® Power

Give 30 minutes of full power with the T-BOW® and effective strength and global strengthening exercises, with loads and quick balance cardio exercises. If you're short on time and still want to do what's best for your health and fitness, this is an effective alternative.



T-BOW® Yoga

The development philosophy of Yoga with T-BOW® is to provide a selection of differential resources of T-BOW® to facilitate, enrich and extend the postures and postural sequences of Yoga from a holistic perspective of postural optimization.

Special attention is paid so that people with very basic levels of balance, strength and mobility are able to evolve in their postural optimization with confidence and satisfaction.

The essence of Yoga is maintained (asanas or postures, pranayamas or breathing exercises, relaxation and awareness-meditation) with an emphasis on self-control, self-assessment and reflection to optimize knowledge and awareness, thus enabling the highest levels of well-being and personal satisfaction.



The elastic and inertial property of the T-BOW® in fine movements causes very rapid and reactive changes in any situation of static-dynamic balance, both in stable and unstable positions of the T-BOW®, overstimulating the body's proprioceptive systems; Very beneficial situation to optimize any posture and fluidity of the postural sequences.



Pilates T-BOW®

The T-BOW® stably supports the lumbar spine in the natural lordosis, so that the abdominals can function perfectly in the correct anatomical posture. Specific exercises performed to strengthen the muscles of the central zone of the body, especially the deep postural and stabilizing muscles, are improved to the highest level with the T-BOW®, thanks to its anatomical curvature, its great stability and its high reactivity providing fine adjustments of posture and integration of conscious control of the whole body.





Sandra Bonacina, inventor of the T-BOW®:

"With the T-BOW® we have a wonderful tool to get people moving. Movement means being alive and healthy. We feel fortunate to bring health and stress reduction with high quality programs to train all aspects of fitness and deep joint stability. So many people have fewer back and neck problems using the T-BOW®." "It is fantastic that we can use it in all ages and groups. I am convinced that the T-BOW® will be a reference throughout the world for its high quality proven for years."



ASVZ Academic Sports Association Zurich

<https://www.asvz.ch/en>