

# The Swiss Army Knife of Exercise Equipment

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While most exercise trends these days seem to originate in California, there is one straight from Switzerland that I have a feeling is going to be a huge hit everywhere from Seattle, Washington to Miami, Florida.

The T-BOW, a deceptively simple device, is so versatile, multi-functional and easily stored, that some may call it the Swiss army knife of exercise equipment.

A curved rectangle (available in either wood or plastic) with a fitness mat permanently attached on one side, the T-BOW facilitates an amazing range of all the key components of exercise: cardio, strength, stretching and balance. It can be used curve side down like a step or a Swiss ball for sit-ups.

Turn it curve side up, stand on the edges, and see-saw back and forth for a high-impact routine that feels a lot like skating while you burn calories and improve balance and stability.

Add on the easy-to-use resistance bands and you have a fabulous strength-training workout.

In fitness clubs all across Europe, T-BOW has taken off. It is being used effectively for Pilates and yoga classes as well as by personal trainers for individual training workouts.

In addition, the ability to stack the T-BOW allows any facility the benefit of minimizing storage space. And while I'm sure it goes against the famed neutrality mentality of Swiss culture to predict an "invasion" on the U.S. fitness scene, I think that's exactly what we have in store in the coming months.

"The T-BOW is effective in every aspect of fitness and by far the most versatile product I have ever used," said Melissa Spickler, Group Fitness Instructor and Personal Trainer at Rezults Downtown Fitness in Cleveland, Ohio. "It truly takes functional training to a whole new level. Unlike other stability products, the T-BOW can suit virtually every person from athletes, special populations, children, senior citizens, or your average individual looking for a healthy, fun way to exercise."

T-BOW is even muscling its way into school classrooms.

"By adding the T-Bow system to our Physical Education (PE) program, it has enhanced our students to workout at a moderate to vigorous level. The T-Bow system has helped our students in various types of exercises to further help their strength, flexibility and balance, thus helping to improve their Fitness Test Scores. More importantly, it has given our students another way to exercise," said George Velarde, PE Department Chair of Sierra Vista Jr. High School.

This school was selected as a National President's Council Demonstration Center, an honor given only to those schools dedicated to increasing student physical fitness.

The same characteristics that make the T-BOW attractive for fitness clubs and schools: easy to store, easy to use, and incorporating a huge range of exercises and stretches on one piece of equipment – make this an ideal addition to your at-home fitness quiver. And the best part is, instead of a hulking piece of equipment taking up half your living room, you can stash the T-BOW in the closet, on a shelf or under the bed.

In addition to the cardio workout, strength training and stretching you can do on the T-BOW, I'm particularly impressed with the back-specific exercises this handy device makes possible. For those people whose misspent youth was filled with high-impact workouts and questionable fitness regimens, lower back issues often followed. In a short period, working out on the T-BOW can lead to remarkable improvement in both flexibility and core strength. And like any good fitness aide, the T-BOW keeps things in balance by offering excellent abdominal stretches and workouts.