

DIFFERENTIAL PROPERTIES OF T-BOW®



T-BOW® Training and Therapy Bow

A Special jump into Fitness Classes and Personal Training



- Effective training for an optimal health:
 - Conditioning (speed, strength, endurance, flexibility and relaxation).
 - Coordination (balance and support situations in static-dynamic equilibrium).
 - Space-time and rhythmical postural adjustment.
 - Stable joints (deepest layer of muscle activation) and balanced back.
 - Optimal emotionality, affectivity and well-being.
- Applicability to all ages and different groups (children, teenagers, adults, seniors and old age).
- Fitness, wellness, physiotherapy-medicine, movement education-training, sports and recreation.
- Useful both sides and combinable with mobile and fixed equipment, such as barbells, dumbbells, weighted balls, elastic bands, balls, sticks, ...
- Specially multifunctional using the T-Band or T-BOW® elastic bands (several training exercises and different levels of strength).
- Efficient contact barefoot and with sport shoes (plastic version), and also with socks (wood version).
- Enables training in reduced spaces.
- Very easy to handle and transport, non-skid, resistant to high overloads and robust (long life).
- Stackable on a small place (saving space and maintaining optimal hygiene).
- Exceptional quality training programs for fitness and health created by Sandra Bonacina, physiotherapy and fitness lecturer at Zurich University.
- Continuous technical and scientific development carried out by leading experts on training sciences.
- Invented and produced in Switzerland with strict quality controls.
- Intelligent, effective and makes a lot of fun.



"With the T-BOW® we have a wonderful tool to move people. Movement means living and being healthy. We are lucky to bring health and less stress with good quality programs that trains all conditional aspects and the deep joint stabilisation. So many people have less back problems with using the T-BOW®. So great that we can use it for every age and groups. I'm convinced that the T-BOW® will make the way around the world because of it's high quality, tested over years".

Sandra Bonacina · December 2010