

OPTIMIZING FITNESS HEALTH PROGRAMS WITH THE T-BOW

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The T-Bow is a multifunctional bow for movement education, training and therapy. It is ideal for group classes and for personal training.

Its extraordinarily multifunctional capacity to perform many types of exercises, its versatility to create differential exercises and its excellent capacity to be easily combined with other fitness-sport tools and new generation machines, makes the T-Bow ideal for optimizing the training of all coordination and conditional capacities of the fitness health programs.

Optimizing flexibility and relaxation training

The excellent adaptation to the spine, the lateral position of the waist and the abdominal position of the frontal zone of the trunk, as well as the possibility of a greater mobility -if it is compared with a flat surface- are some of the added values that can be optimized with the T-Bow. Likewise, the dynamic mobilizations of the back during balance with the T-Bow are extraordinarily efficient. Aside from several static relaxation techniques, during the adoption of different postural attitudes, the T-Bow allows interesting options of dynamic relaxation to both segmentary and global levels.

Optimizing strength training

The T-Bow, used as a balance tool and as a bowed step, permits the creation of exercises of different levels of difficulty with the own body and combined with the T-Bands and other fitness-sport tools, and the possibilities of load and stimulation on all muscular groups for various types of strength training and postural stability are extraordinarily differential and effective.

Optimizing endurance training

The multifunctionality of the T-Bow enables the design of multiple exercises and training methods (with intervals or continuous, with or without variations of rhythm) that are able to selectively activate the functional systems in order to improve all the endurance capacities. Some pointed out are the lateral and frontal balance moves with the T-Bow to train the endurance with cardiovascular emphasis ("cardio-balance"). The T-Bow balance moves (and also, in smaller measure, its step moves) combined simultaneously with the T-Band actions, train differential coordinative, postural and strength-endurance capacities which can also have a special effect with a more global orientation in the cardiovascular system. With the T-Bow are possible the supports and the lateral jumps in slope and in stair that the classical step does not permit; fact that adds other differential stimuli for endurance training.

Optimizing coordination training

The unique and most distinctive alternatives of exercises with the T-Bow are the situations of balance in dynamic and static equilibrium, such as balance moves (frontal-longitudinal and lateral-cross) seated and with individual support of feet or hands, and balance moves in simultaneous support of feet and hands. Such special situations facilitate a great variety of coordination exercises emphasizing movement control, spatial implementation and temporal adaptation capacities.

Optimizing fitness group classes and physiotherapeutic treatments

The possibility to effectively integrate conditional and coordination training with the T-Bow in the same fitness lesson facilitates a great deal the design of multiple structures of group classes with many different fitness-health goals. On the other hand, all these differential training options with the T-Bow are also used to optimize injury prevention and rehabilitation programs, pointing out its efficiency for back-neck problems and deep stabilization of joints and the spine.