

OPTIMIZING FITNESS HEALTH PROGRAMS WITH THE T-BOW

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Sandra Bonacina is the creator of the T-Bow, a training tool that was developed together with Victor Denoth, both university professors of different topics of physiotherapy, fitness and training in the Institute of Movement and Sports Sciences at the University of Zurich (Switzerland). The T-Bow has been finalist of the ISPO BrandNew Award 2006 (The world's leading contest on new sport goods) and it is being established like a fitness revolution in many European countries. The multifunctionality of the T-Bow permits the integral training of conditional, coordination and cognitive capacities. The excellent anatomical adaptation of the T-Bow to the natural curvature of the back and the possibility of a greater amplitude of mobilization in comparison to a flat surface, become a very adequate complement for the selective strengthening of different muscular groups of the trunk. Likewise, its balance possibilities are used for the global posture equilibrium and the strengthening and stabilization of the joints.

Additionally, the balance on the T-Bow generates special sensations and an incomparable wellbeing.

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 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. To be highlighted are the lateral and frontal balance movements 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. The T-Bow allows for the supports and lateral jumps in slope and in stair that the classical step does not permit; fact that adds other differential stimuli for endurance training.

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.

When T-Bow is combined with tools, such as dumbbells, weightlifting bars and weighted balls, the strength training alternatives acquire an extraordinary richness and effectiveness for the application to sport actions and to the activities of the daily life. These workouts are extraordinarily special in conditions of dynamic and static balance with the T-Bow used in its balance position. The training of general strength with bar or dumbbell and the multi-throw actions during balance on the T-Bow are distinctive examples for fitness and for the development, varied and amusing, of basic performance capacities in many sports.

As a complement of the mentioned strength exercises (support of the dynamic postural stability), other T-Bow exercises are proposed with special orientation to the improvement of the rest and pre-action muscular tone, both on a segmentary level as on a global level, in order to preferably impact in the static postural stability.

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 movements (frontal-longitudinal and lateral-cross) seated and with individual support of feet or hands, and balance movements 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.

All the above options can be applied also to the more differentiated and unique situations that can be achieved with the T-Bow: combinations of swinging with the T-Bow with the actions of arms (and to a lesser extent also on the legs) with the T-Band (rubber bands). In these circumstances the wealth of education rises significantly when we combine postural and alternate the following parameters:

- Legs in static equilibrium or dynamic balancing.
- Arms in static equilibrium or dynamic balancing.
- Share of arms with the T-Bands in static or dynamic conditions.
- Share of legs with T-Bands in static or dynamic conditions.

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.

The start session, the most special and differential one that is proposed by Sandra Bonacina with the T-Bow is the called "T-Bow Workout Program" or T-Bow Integral Training Session. Its objective is to obtain a general improvement of the fitness level integrating the training of conditional and coordination capacities, to a stable strengthening of the back and the stabilization of the joints. They are training sessions with music and amusingly structured. The choreography are explicitly designed with very simple sequences so that they can easily be performed by everyone. Because of this type of session integrates female as well as male public, as well as to individuals of different ages and fitness levels.

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.



<http://www.t-bow.net>

T-Bow Fitness

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