

Press Release
April 2009

Top Swiss trainer develops new fitness tool to increase motivation in group fitness

From Pilates to yoga, circuit to stretch, and children's gymnastics to seniors, T-BOW® offers an added challenge and a new fun aspect to workout classes. T-BOW® is already receiving rave reviews in countries such as USA, Switzerland, Japan, Germany and Italy, and is rapidly gaining popularity here in the UK. T-BOW® training offers a wide range of benefits to users including cardiovascular training, an improvement in co-ordination and balance and an increase in core strength and flexibility.

In fact, tests have shown that just 2 T-BOW® sessions a week for 8 weeks can improve balance by up to 30%! All subjects taking part in the tests achieved lower pulse rates and improved their recovery time. Strength measurements of abdominal and back, pectoral and tricep muscles, along with torso and leg muscles all saw improvement in the range of 20-95%.

T-BOW® is the brainchild of Swiss born Sandra Bonacina, a qualified sports and gym coach and highly respected professor of fitness and physiotherapy at Zurich University.

Sandra, a former aerobic dance champion, will be making a very rare appearance in the UK to present T-BOW® at the prestigious Fitpro Spring Convention at Loughborough University on 19th April. This offers fitness pros the incredible opportunity to attend a T-BOW® session with the creator and Master Worldwide Trainer herself!

The unique T-BOW® design fits the curvature of the body perfectly and, as well as offering correct support, it also gives multiple options for increasing the body's range of motion, helping combat many common back complaints.



T-BOWS® are compact and easy to stack, perfect for use in a gym environment. They can be used with or without stretch bands which come in 3 resistance levels, offering additional challenges to the workout. T-BOW® trains its users' proprioception - the body's ability to sense movement within joints - hence the drastic improvements to balance and stability.

To find out more or make a purchase visit [t-bow.co.uk](http://www.t-bow.co.uk) or call 01342 315933.

Word count
338

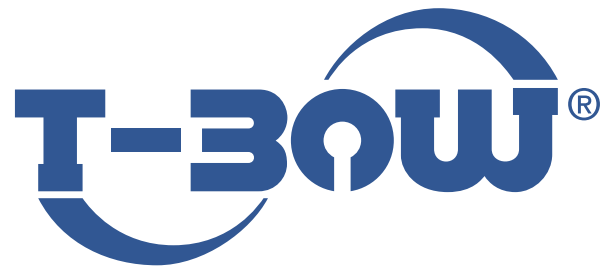
Notes to Editor
See T-BOW in action at
http://www.t-bow.co.uk/video_demo.php

For images, further information or to interview the Master Worldwide Trainer, Sandra Bonacina, please contact the media contact below.

If you would like to speak to or photograph Sandra Bonacina at Fitpro in Loughborough on April 19th please call the media contact to book a spot.

Media contact:
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