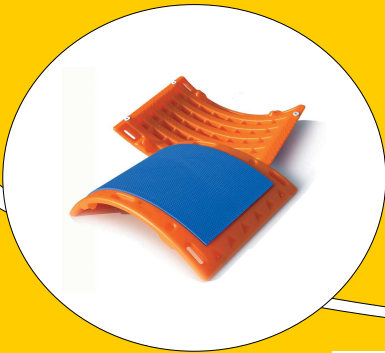


# MULTIFUNCTIONALITY OF THE T-BOW FOR SPORT AND HEALTH

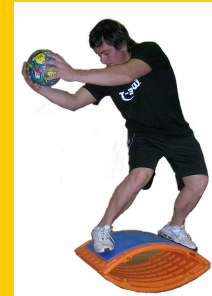
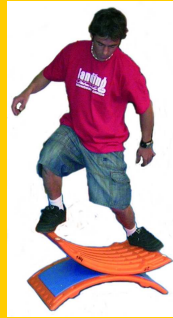
Amoroso-Ramos JA, Cámara G, Chulvi-Medrano I, de la Fuente-Alvarez JM, de Sá Rodrigues C, Isidro Donate F, Fandiño J, Farré I, Ferreira de Araújo-Simões RJ, Fiori B, Jurado-Cortada J, Martín-Torres F, Parenti F, Pelegrín-Fernández L, Pérez-Vivas H, Reverter-Masia J, Ribera-Nebot D, Rodrigues de Oliveira L, Viana P, Viladrich-Alifonso M. (T-Bow Fitness Team)



The Multifunctional Bow for Training & Therapy



The T-Bow is a multifunctional bow for movement education, training and therapy. It is ideal for group classes and for personal training. The T-Bow offers excellent options to create training sessions that integrate conditional capacities such as endurance, strength, flexibility and relaxation; together with coordination capacities, especially in balance conditions.



## Movement Rehabilitation

The T-Bow is being very used in physiotherapy centres, back schools, sports rehabilitation centres and other centres dedicated to movement physiotherapy.

The T-Bow permits to design very beneficial exercises to solve back-neck problems and for a deep stabilization of joints and the spine.

The mobilization, relaxation and the strengthening possibilities with the T-Bow are also an excellent complement for other physiotherapeutic treatments.

## Sport Training

The coach can use the T-Bow as a complement for the specific training to train multiple basic capacities as a support of performance in amusing and different ways. In some sports, specific strength and endurance capacities can also be trained effectively with the T-Bow. In addition, the T-Bow offers many alternatives based on physical therapy practices that can be applied for injury prevention or rehabilitation..

## Fitness and Wellness

With the T-BOW, many types of group fitness practices can be performed, with multiple designs in the structure of the lesson.

As an individual training station, its balance possibilities and its bowed design are used for the global postural equilibrium and the special strengthening of the trunk.

Personal trainers and their clients are fascinated by this training apparatus with which can be effectively trained multiple motor capacities in a very reduced space.

The versatility of the T-Bow is also very practical for health and wellness centres as an ideal complement to develop a movement activity oriented toward a multifunctional health, pointing out the postural equilibrium, the strengthening of the back and the static-dynamic relaxation. Additionally, the balance on the T-Bow generates special sensations and an incomparable wellbeing.

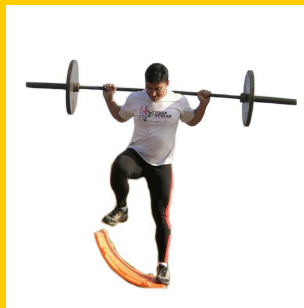
The strength to control the position and the security in balance situations to reduce the risk of falls are important criteria of health in the adult-hood and especially in the elderly, and can be promoted by means of amusing and optimum forms with the T-BOW.

## Movement Education and Sports Initiation

A group of differentially significant skills for improving dynamic and static balance situations with the own body and combined with different mobile sports tools, can be created with the T-Bow.

## Recreation

Children are delighted and fascinated with the rocking and swinging movements performed with the T-BOW. In adults, the balance alternatives of the T-Bow and the welfare sensations that these situations produce, also contribute to participants an extra element of fun and motivation.



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

**T-Bow Fitness**

- 2nd European Sport for All Congress, Barcelona (Spain), 23-25 October, 2008 -