



T-BOW®

55 Dunnings Road
East Grinstead
West Sussex RH19 4AB

Tel: 01342 315933
Fax: 01342 316291

INSTYLE®
instylefitness.co.uk
www.t-bow.co.uk

Designed and printed by Mille Creative, www.millecreative.com

new

T-BOW®
swiss+made

**T-Bow® the dynamic new
fitness system in the UK**

INSTYLE®
instylefitness.co.uk





Group fitness class

Welcome

Welcome to the exciting new exercise concept that is T-Bow®.

Instyle are delighted to be able to bring this fantastic exercise programme to the UK for the first time.

This brochure will show you the many uses of T-Bow® and why it is set to become a huge worldwide exercise phenomenon.

T-Bow® is currently active in Switzerland and is being launched in:
USA, Germany
Japan, Canada
Holland, Norway
Egypt, Kuwait and Italy

www.t-bow.co.uk for all your needs.



Training & Therapy



The T-Bow® trains the heart and circulatory system, increases balance and co-ordination, adds strength and flexibility. The T-Bow® increases the range of motion for a more effective bodytraining, stretches the spine and helps prevent back problems.

T-Bow® can be used lengthways, crossways, and upside down making for a truly universal exercise tool covering a whole range of aerobic, stretch and core muscle group types of class. When combined with the resistance of the trim-stretch bands a whole spectrum of moves can be incorporated into these classes.

The T-Bow® is designed to fit the human body's curvature, which allows supported work to be done

to increase mobility and relaxation. Training low fitness level people has been studied in Zurich University and after 8 weeks with 2 sessions per week the following improvements have been recorded. [All subjects \(male & female\) lowered their pulse rates and improved their recover time.](#)

Strength

Strength measurements of abdominal & back, pectoral & tri-cep muscles, along with torso and leg muscles all saw improvement in the range of 20-95%.

Balance

On fixed measure balancing on wooden beam all participants improved by 30%.





Stretch Band Training



The T-Bow® stretch bands give you huge flexibility to vary the intensity to suit your needs.

Choose from one of the three resistance levels.



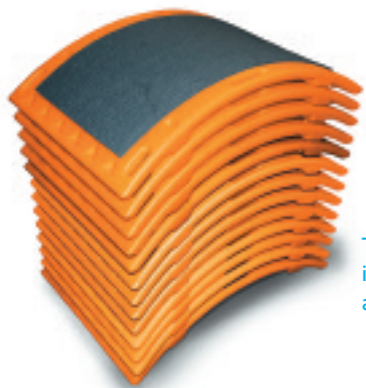


Product Information

INSTYLE

55 Dunnings Road
East Grinstead
West Sussex
RH19 4AD

Tel: 01342 315933
Fax: 01342 316291
email: duncan@instylefitness.co.uk
www.instylefitness.co.uk



T-Bow[®]
is easily stackable and compact
after group classes.



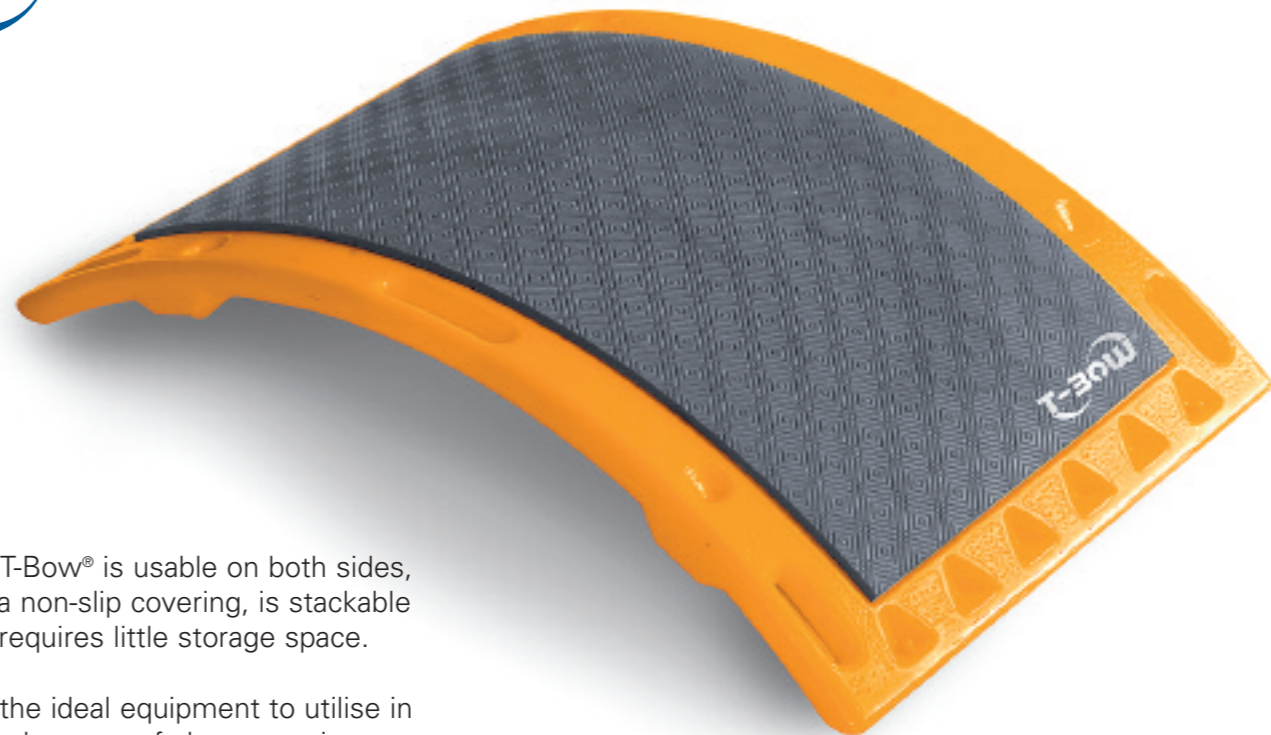
T-Bow[®]
STRETCHBANDS



T-Bow[®] WOOD
Dim: 70x50x17
Weight 4.5kg



T-Bow[®] PLASTIC
Dim: 70x50x17
Weight 3.2kg



The T-Bow[®] is usable on both sides,
has a non-slip covering, is stackable
and requires little storage space.

It is the ideal equipment to utilise in
a whole range of classes, or in
the gym.



Multifunctional Training



The T-Bow® is extremely versatile and can be used to train a wide range of target groups including: adults wishing to improve strength, balance, cardiovascular fitness and co-ordination; children; older adults; and those recovering from injury. It can be used to train multiple people in a class environment or as a training aid for one to one coaching.

The curvature of the T-Bow® design also makes it easy to store in the smallest of spaces. It is lightweight, durable and portable, making it an ideal addition to any gym, studio or home.

Training Specific Populations

Children

Children love the T-Bow® and are attracted by its bright colours and quirky design. Exercises are fun, versatile, and can be done individually or in pairs.

Older Adults

The T-Bow® can be used to train flexibility and strength, both vital for those wanting to maintain mobility and an active lifestyle in later life.

T-Bow® exercises can be low impact, easy to follow and extremely effective, making the T-Bow® an ideal aid for older generations.

Athletes

T-Bow® enables users to isolate and train very specific muscle groups which makes it the ideal training aid for a huge range of sports specific training.

Training Opportunities

Group Exercise

The diversity of the T-Bow® makes it the perfect addition to any studio. Exercises can be performed as a choreographed routine or circuit style class and can be used to train a range of disciplines from core stability to strength and general fitness. It can also be incorporated into mind and body classes such as Pilates and Yoga.

Remedial Therapy

When recovering from injury or training correct posture, it is vital that the user be able to isolate and train specific muscle groups.

The unique curvature of the T-Bow® enables a huge range of exercises to be performed which focus attention on the very specific areas of the body making it a popular recovery aid used by remedial therapists.

Home Training

Lightweight and easy to store, the T-Bow® is an ideal investment for anybody wanting to work out at home. The range of exercises that can be performed using this simple piece of equipment make it the perfect home training aid for improving flexibility, core stability, cardiovascular fitness and strength.

A simple to follow DVD is also available which provides step by step instructions on how to get the most out of the T-Bow®.

Personal Training

The lightweight structure of the T-Bow® makes it easy to transport and therefore, a valuable training aid for mobile personal trainers. Its versatility also means that it can be used by a variety of clients looking to achieve a range of personal goals.



Workout Programme

Warm Up: 5-10min

Step moves and joint mobilisation, stretch the muscles dynamically active.



Basic: Step up and down



Step knee: step up and knee up



Chassé: Sidejump over T-Bow®



Walking



Walking fast



Swing fast



Walking big



Swing forwards and backwards

Cardio-Balance Training: 5-15min

Stand and lean with one foot on the edge, always push the knees outwards and forward.

Strength Training: 1-3 x 15 Repetitions



Abdominals



Low Back muscles



Front Shoulder muscles



Back Hip muscles



Back Shoulder muscles

Stabilisation Training: 1 x 20-30 Repetitions

1 x 20-30 Repetitions



Diagonal Stretch



Walking



Swing the T-Bow®



Swing from side to side

Cool Down & Stretch Out: 2-3 x 10 seconds stretch, in between relax and shake out a little bit

2-3 x 10 seconds stretch, in between relax and shake out a little bit



Neck muscles



Hamstrings



Front Hip muscles



Rotation+Chest muscles



Spine extensions



Calf muscles





References & Packages



Finalist des
ISPO BRANDNEW
AWARD 2006

The National Sports Centre at
Bisham Abbey is the UK's T-Bow®
test centre.



Instyle offer:

- T-Bow® Instructor Training (Reps Points)
- T-Bow® Choreographed Programmes (License Free)
- T-Bow® Boards
- T-Bow® Multi-level Stretch Bands

Visit the website

www.t-bow.co.uk

Sonny Sconbachler
Freestyle Skiing
Olympic Gold Medalist

I want to have fun with my training
and reach my goals. I'm very
enthusiastic about the T-Bow®
Powerworkout

