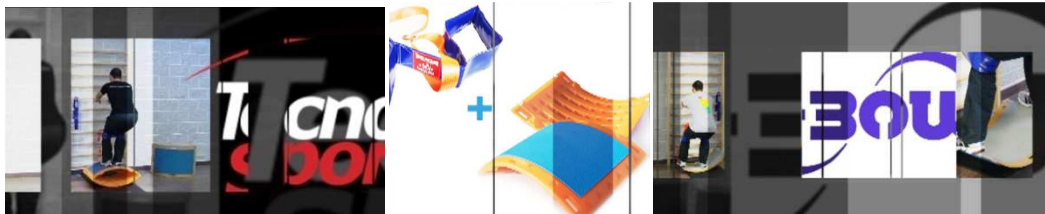


MUSCLE BELT + T-BOW®

T-BOW® International Switzerland

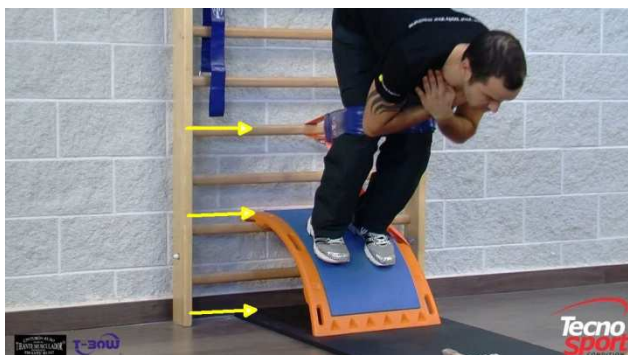
David Ribera-Nebot, October 2013

BENEFITS OF COMBINING THE MUSCLE BELT WITH THE T-BOW®

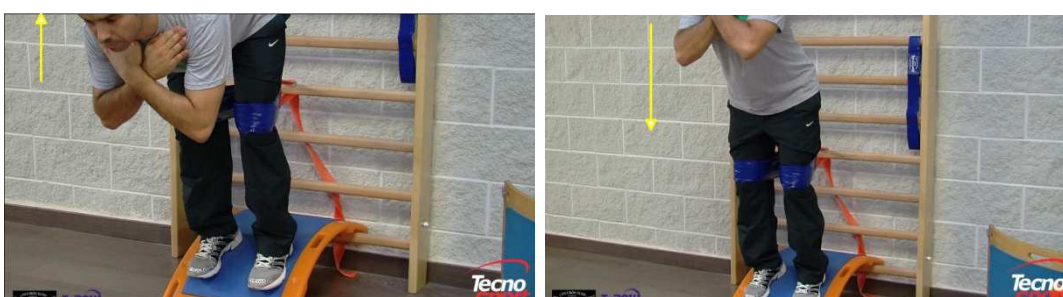
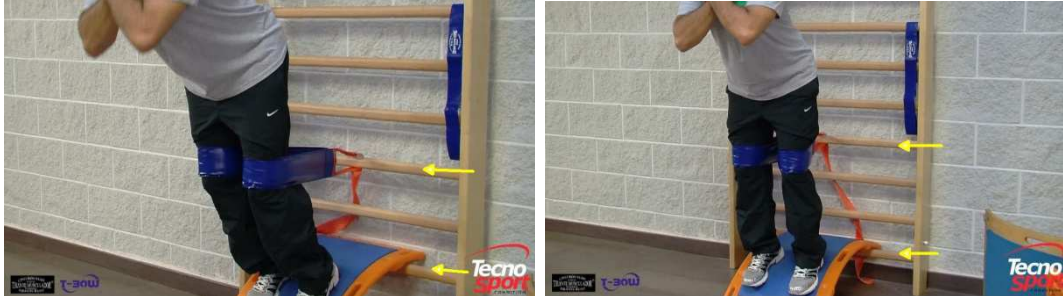


a) Muscle Belt + Stable Situation of T-BOW®

The convex curvature of T-BOW® is used to support the feet.



By supporting the T-BOW® in different bars of a gymnastic ladder or other stable elevations, it is achieved more or less tilt of feet support that, upon graduation with the anchor distance of the muscle belt to the legs, enables differentiated overloads of leg, hip and back muscles, specially the quadriceps, hamstrings, gluteus and lower back, depending on the posture.

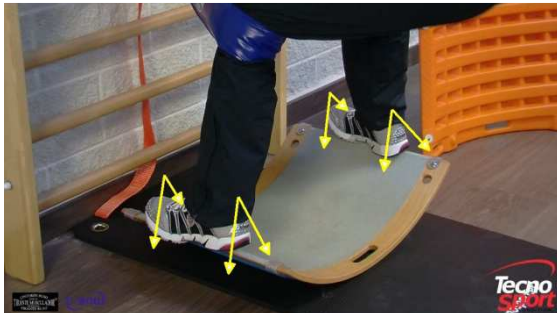


b) Muscle Belt + Balance Situation of T-BOW®

The narrow edges or the concave center of T-BOW® are used to support the feet.



The balance situation causes a high reactivity and an imbalance on a single shaft which allows good control of movement for many individuals. The footing on the narrow side edges of T-BOW® requires a bilateral control of each foot, enhancing segmental independence and thus certain conditions of high movement precision.



These features are effective spreads for training applicability to situations of movement developed in most hard and semi-hard surfaces of sport and daily life.



The balance situation with the double T-BOW® enables the feet support on a dynamic convex surface and a level of reactivity even greater.



*) If in the alternatives a) and b) a flexion or extension of legs is maintained (isometric position), a dynamic slow execution for soleus priority or a dynamic quick execution for gastrocnemius priority can be performed, respectively, in global postural balance conditions.



****)** To achieve good performance it is relevant an optimum combination of such workouts of conditional preference with others of coordinative preference.



c) Multifunctionality and practicality of each one separately

Both materials allow the design of many effective training exercises for health and performance, and both are very practical to handle and transport.

VIDEO MUSCLE BELT + T-BOW® TRAINING

<http://www.youtube.com/watch?v=GediLoozLAK>

<http://www.youtube.com/user/movementscience/videos>

Video Design and editing: Carles Guirado

Athlete: David Rodríguez (EEB Sport Training Barcelona)

Idea and technical development: T-BOW® International Switzerland

www.t-bow.net