

How would you like to have Madonna arms... and a Cheryl stomach?

T-BOW® is the new exercise tool which has international fitness pros raving. Fans in the USA, Japan, Italy, Switzerland and Portugal are commending its abilities to tone and slim the body while improving the users' balance by up to 30%.

With that in mind, we thought we'd put it to the test and asked local fitness instructor BernieDoran to put it through its paces.

T - B O W ® can be used in a specially designed T-BOW® exercise programme or even to add extra challenges to your usual Pilates, yoga or stretch routine.

With regular use, proprioception is improved - the body's ability to sense movement within joints - hence these drastic improvements to balance and stability.

This curious-looking piece of equipment 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, puts T-BOW®'s success down to its design,

She said: "I designed T-BOW® so that it fits the curvature of the body perfectly, offering the correct support. Many people have told me that since using T-BOW® they have felt their workouts are not only more interesting and challenging but they no longer have to worry about not getting the right support for their backs."

Bernie, who is due to open her own female-only gym (BD Fitness) at Ballymena Business Park on October 26, said: "The T-BOW® is a very effective

piece of equipment and the instructions that come with it are clearly laid out.

"If you do the exercises correctly, it targets problem areas without putting strain on your back or knees. The great thing about it is you can work up to three muscle groups at a time.

"I would say, however, that it is important to keep your core muscles tight at all times if you are to get maximum benefit out of the T-BOW®."

A home kit is now available which contains T-BOW®, home workout DVD and a stretch band designed to help sculpt and firm the muscles of the upper body.

The kit is available from t-bow.co.uk at £100. To find out more or make a purchase visit t-bow.co.uk or call 01342 315933.

