

# Revenge Socks

# T-BOW®

# Performance

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Testing and Analysis of Revenge Socks with T-BOW®  
9th February, 2020



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## Testing · Revenge Socks with T-BOW®

Revenge Socks, functional and wellness, were tested with the T-BOW® in two basic situations:

- a) Static balance.
- b) Dynamic balance, changing ranges and speeds of movement.



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The following factors were evaluated:

1. Sensitivity.
2. Grip (level of slippery - security).
3. Performance (quality of the static and dynamic actions).



Testing and analysis by Ivan Farré-Sánchez



*Dancer and sport-fitness coach, with experience training and teaching with the T-BOW® in group fitness and personal training since 2007.*

Testing was carried out at Beyond Forget Your Limits, Barcelona.

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## Analysis · Revenge Socks with T-BOW®

At least since the times of the ancient Greeks, human movement experts know that training barefoot is an amazing experience to optimize the tactile sensitivity and the precise control of movement.



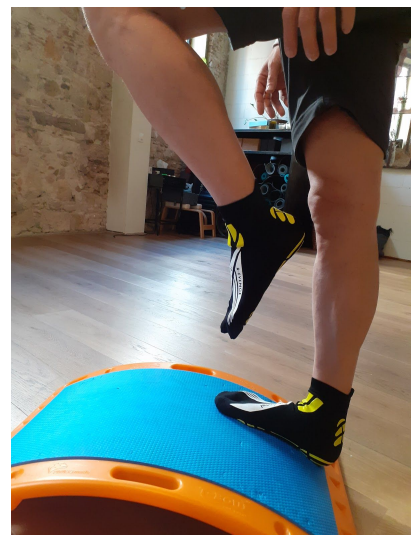


## Revenge Socks with T-BOW®

**Sensitivity:** high level of tactile sensitivity in the foot, very similar to barefoot, both on the plastic concave surface (unstable T-BOW®) and on the mat convex surface (stable T-BOW®).

**Grip:** slippery is very reduced or imperceptible, providing control and security.

**Performance:** the quality of the executions is high, both in static and dynamic situations.



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When compared to barefoot workout we find some differences:

- a) The placements of the feet on the T-BOW® are more pleasant in some postures and actions.
- b) Increased level of grip, especially in the more dynamic movements.
- c) Better protection and hygiene.





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## Conclusions

\* Revenge socks, functional and wellness, give a great performance for training with the T-BOW®.

\* Added to the training with sport-fitness shoes and barefoot, we have another extraordinary option for training with the T-BOW®.



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## Selection of Videos · Revenge Socks with T-BOW®

It was selected two basic situations of dynamic balance on the T-BOW® and videotaped the performance using the Revenge functional socks.

### **Video T-BOW® Transversal balance**

Link: <https://youtu.be/NVqjQJ8O8b4>

Embed: `<iframe width="560" height="315"`

`src="https://www.youtube.com/embed/NVqjQJ8O8b4" frameborder="0"`

`allow="accelerometer; autoplay; encrypted-media; gyroscope; picture-in-picture"`

`allowfullscreen></iframe>`

### **Video T-BOW® Longitudinal balance**

Link: <https://youtu.be/oCiZpvDVneQ>

Embed: `<iframe width="560" height="315"`

`src="https://www.youtube.com/embed/oCiZpvDVneQ" frameborder="0"`

`allow="accelerometer; autoplay; encrypted-media; gyroscope; picture-in-picture"`

`allowfullscreen></iframe>`

## Tags

REVENGE®, Revenge Socks, T-BOW®, T-Bow Fitness, Balance, Coordination, Fitness, Performance, Yoga, Pilates, Functional Training, Functional Socks, Movement sensitivity, Foot sensitivity, Security Grip, Protection and hygiene.





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