

TRAMPOLINE EXERCISE

is healthier for you!

Suggested Rebound Exercise Routines

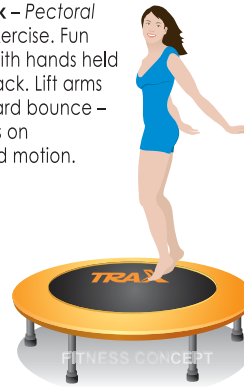


Low Bounce – To warm up, tension reliever and foot massage exercise. Toes forward – to warm up. Do not allow foot to lift off mat.

Fun Bounces – Overall exercise. Point toes downward as you bounce. Do not bounce too long or too high.



Arms Back – Pectoral muscle exercise. Fun Bounce with hands held behind back. Lift arms with upward bounce – drop arms on downward motion.



High Kick/Low Kick – Leg exercises. Fun Bounce – alternate high kick and low kick on alternating legs.

Leg Raises – Stomach and thighs. Touch feet on floor, raise legs, point toes and repeat.



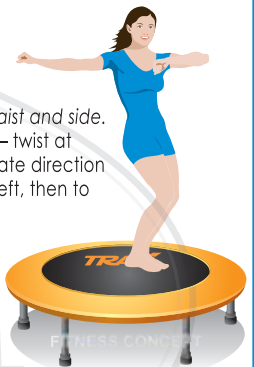
Rump Bump – Hold edges of the trampoline and alternate twist and bounce on hips.



20 Minutes of Rebound Exercise is equal to

- Jogging 3 ½ miles in 32 minutes
- Playing handball or racquetball for 40 minutes
- Swimming 800 yards in 16 minutes
- Biking 5 miles in 18 minutes
- Jumping rope for 15 minutes, 110 steps per minute
- Walking 2 ½ miles in 34 minutes

Twist – For waist and side. Fun Bounce – twist at waist. Alternate direction of toes – to left, then to right.



Jumping Jacks – Arm and leg exercise. Fun Bounce – clap hands above head and extend legs, then bring hands to side and legs together.

Let your kids grow up in jumping! It aids to relieve tension and to stimulate your circulatory and respiratory systems!

Just ten minutes moderate jumping can help increase endurance. Improve coordination and strength. Firm up body and tone.

Your legs, heart, back, blood are rejuvenated through the bouncing. Jogging motions!

Skipping – Coordination and cardiovascular exercises. Fun bounce on right foot twice-left foot twice-both foot twice. Repeat.



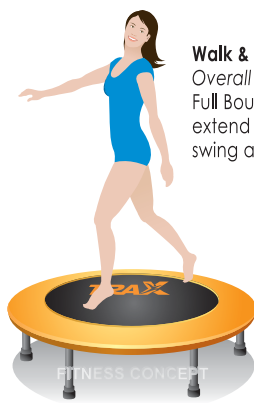
Pigeon Toed – Inner leg exercise. Fun Bounce with toes pointed inward. Do not bounce too long or too high.



Arms Out/Palms Down – Arm lower side and shoulder exercise. Fun Bounce with arms extended straight out and palms pressed down.



Walk & Bounce – Overall exercise. Full Bounce – extend legs and swing arms.



Jogging – Overall cardiovascular exercise. Jog in place. Lift knees and don't forget to swing arms.



Go back to Low Bounce for cool-down period.

