

Bounce Back The Concept That Works Experience....

“BOUNCE BACK” THE FITNESS CHAIR™

Product Description

Rebound Exercise in the comfort and safety of a chair! For general fitness, weight loss, seniors, diabetes, MS, fibromyalgia, arthritis, chronic fatigue, Parkinson's, stroke, blind or partially sighted, physical therapy, cardiovascular health. We invite all health care professionals to learn from our experience how to empower people to exercise for fitness and Bounce Back to health!

FREQUENTLY ASKED QUESTIONS: (Personal Observation from an Owner):

Is this really exercise? Yes. As with any form of exercise, how much energy you burn and the benefits you get will depend on how much you put into it. HOWEVER, with the Bounce Back The Fitness Chair, there are many things going on at the same time. After trying it out for as little as 2 minutes, most people comment, "Gee, I really was doing something. I feel like I've done a lot more than I thought I was doing." For example, while they were working their upper arms and shoulders, their thighs, hips, and abs were continuing to work, 70 to 90 times each minute.

Does it really build muscle? Yes. There are exercises for building muscles in the arms, shoulders, back and chest. There are others for building muscles in the abs and legs. The muscle is built gradually over time through repetitive use. Repetition of even a low-level activity hundreds of times each day builds strong and healthy muscles (without scarring the muscle - see the previous question). A 44-year-old male says, "I have added 2 inches across my chest over a period of 4 months - all muscle. During those 4 months, I lost 10 pounds - 15 pounds of it was fat! (My body fat percentage went down faster than my weight - the difference is muscle!)"

Can I do aerobics? Does it really help my heart? Yes to both. At beginning levels of use of the Bounce Back The Fitness Chair, the heart rate will rise to 60% to 65% of its maximum heart rate in a few minutes. The U.S. Surgeon General, in the 1996 report, said that most people only need moderate levels of activity (at 60% to 65%) to help

their heart. The American Heart Association recommends moderate levels of activity 30 minutes a day at least three times a week. For those who are more fit, we offer combination exercises that can increase the heart rate even more - just remember to keep the muscles aerobic so they don't burn up!

What do I do, just bounce? For a few people, yes. For most people, we offer dozens of general and specific exercises. "Just bouncing" is what we recommend for warm-up and cool down. Abdominal muscles are working all of the time at varying intensity. Focus exercises include resistance work for the upper body muscle groups. By changing position of the hands along the side bars, all muscles in the upper body can be worked. Legs and buttocks are worked through no-impact running, leg lifts, toe pushes, etc. Stretching positions can help most trouble areas, such as the hamstrings. Stress reduction exercises help pull tension out of the shoulders and neck. We cover most everything to do with fitness: resistance, aerobics, stretching, stress reduction, strength building, and having FUN!

Will it help me lose weight? Yes. The Bounce Back The Fitness Chair helps you lose weight two ways. First, by increasing muscle tone and your metabolism, you will burn more calories throughout the day. Second, while exercising aerobically, you will burn approximately 400 to 600 calories per hour, about the same as a stationary bike. Expect weight loss due to bouncing alone to be 2 to 4 pounds per month.

Will it help my arthritis? Apparently. We receive frequent phone calls from "Bounce Backers" who report reduction of their pain and stiffness from arthritis. Some even report progress to the point where they don't feel a need for pain medication for the first time in years. I am a diabetic and my feet are always cold.

Will this help? Yes. But, please, consult with your health care professional before starting any exercise program. The combination of increasing your heart rate during exercise, using the large muscles of the legs, and improved oxygenation of the blood due to deep abdominal breathing all work together to better circulate to the extremities. Many of our customers report feeling warmer, even report watching their feet turn from gray to pink during a Bounce Back session.

Is the Bounce Back The Fitness Chair good for people with back problems? Usually. But, please, consult with your health care professional before starting any exercise program. Orthopedic and Chiropractic professionals have cautioned that persons with ruptured or herniated spinal disk conditions should not use this device. People who suffer lower back discomfort from muscle aches often report mild to moderate relief of symptoms, especially if strengthening the abdominal muscles helps their condition.

My mother is 76 years old. Can she use it? Yes. But, please, consult your health care professional before starting any exercise program. The oldest person to use the Bounce Back The Fitness Chair is over 90. Many customers are in their 70's and 80's. Because you can use the Chair gently or vigorously, and because you can sit while gently bouncing to get ready for the next exercise, people with less strength find the Chair easy and comfortable to use. Give the gift of fitness - help them feel like a kid again!

How long should I use it? How often? For beginners, we recommend 10 to 15 minutes at a time, once or twice a day, for the first couple of weeks. Not only does this help you get used to regular exercise, it gives the lymphatic flushing a chance to cleanse your body. Drink plenty of fluids an hour before each session, and again after. For most people, after a couple of weeks, you can increase the time and intensity of your Bounce Back sessions, working up to a goal of 30 minutes every day. "I find 10 minutes in the morning gets me going and ready for the day. Another 30 minutes at night during my favorite TV show gives me the exercise I need. Some days I focus on strength work, other days I run aerobically a lot. On the weekend, I do a little bit of everything."

How hard is it to put together? Easy. If you follow the instructions and do it yourself, it should take about 10 minutes. If you have help, it may take up to half an hour. (Go ahead, read it again. It was a joke, but there is some truth to it!) The four metal frame pieces only go together one way and the screws use a standard "+" type screwdriver. The seat comes pre-assembled. Just hang the springs and tie the spring safety covers.

"Bounce Back" The Fitness Chair is helping people get back on the Road to Fitness in a way no other exercise machine has! The unique technology and benefits of the mini-trampoline in an easy-to-use chair has a dramatically positive affect on everyone who uses it, but especially for those individuals who have difficulty with other forms of exercise. **"Bounce Back" The Fitness Chair** offers you a choice that works!

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APPLICATION

General Fitness: Increase muscle mass and tone; elevates heart rate gradually and steadily, enhancing cardiovascular fitness, promotes deep breathing.

Weight Loss: Non-Impact Aerobics (est. 400-600 Cal/hr) increases metabolism; people finally enjoy exercise!

Diabetes: Increases circulation to feet; fun weight control exercises.

Seniors: Increases circulation and muscle tonality; safely strengthens bone and increases calcium absorption; easy on hip, knee, and ankle joints, with virtually no impact.

MS, Fibromyalgia: Secure and safe exercise modality; stronger muscles can be used to exercise weaker ones.

Arthritis: Increases range of motion; improves circulation, which is the key to reducing pain.

Chronic Fatigue: Self-regulating exercise intensity; subtle whole body activity.

Parkinson's, Stroke: Secure and safe exercise modality; easy to balance; unaffected by tremors, effective even with activation by only one side of the body.

Physical Therapy, Limb Injury, and Disease: Focus exercises achieve many repetitions in a short time; only requires a single limb for activation that benefits all limbs

Cardiovascular Health: Achieves 65% of maximum heart rate within a few minutes in a controlled, zero impact activity.

Blind or Partially Sighted: Secure and safe exercise modality; allows working of every muscle group without changing any settings.

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ADVANTAGES

Two foremost advantages of using **“Bounce Back” The Fitness Chair** are compliance and versatility. People report that using the chair is FUN! Many also comment that the high-rep/moderate intensity activities are easier to do and with less or no pain!

Motivation: **“Bounce Back” The Fitness Chair** is fun to use, typically with greatly reduced discomfort or pain. All of us are more likely to get all the exercise we need if it is enjoyable. Quiet operation is conducive to TV viewing.

Increased Circulation: **“Bounce Back” The Fitness Chair** uses all of the large muscle groups, this stimulating blood flow throughout the entire body.

Enhanced Lymphatic Drainage: Exercise combined with rebounding activity produces better circulation of lymph fluid.

Single Device, Single Setting: No motors, weights to change, positions to adjust, or elastic bands to move. One **“Bounce Back” The Fitness Chair** can replace several other exercise machines.

No Impact to Knee or Ankle Joints: Weight bearing is taken off the legs. Overworked, stiff, or injured joints are free to move without strain.

Adaptable: Can be adapted to almost any body condition. Talk to your health support professional.

Call us for a free consultation on your special challenges.

We are learning more all the time to help improve health - NATURALLY!

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