

# "BOUNCE BACK" THE FITNESS CHAIR™

"Bounce Back" The Fitness Chair - The most progressive Exercise Concept developed this decade!

## TESTIMONIALS

[www.thebouncebackfitnesschair.com](http://www.thebouncebackfitnesschair.com)

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### 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.*

The benefits of "**Bounce Back**" **The Fitness Chair** are numerous, but you have to sit in the chair and try some of the exercises before you can fully realize what the chair can do for you. Many individuals experience different results. If you have not had a chance to sit in the chair for yourself, here are some comments from people who have:

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I got my Bounce Back!



Doug,

Thank you so much for your patience and your assistance in solving the problem with my Bounce Back. I am so excited about having it and now I can use it as it is intended!

Bouncing back,

"*[Signature]*"

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Hi, this is Art San, L.A.'s Top Pain Eraser, a leading authority on personal safety and pain management author of Pain Free, Powerful and You.

"I believe that the fitness chair is a great product as it offers a gentle and therapeutic bounce that facilitates proper lymphatic functions as well as assists with strengthen the entire leg and knee area. I personally would recommend the use of this chair to any of my clients to support them in their recovery routine. For about a buck and a half per day, this is a sound investment for any senior's budget! Remember Benjamin Franklin once said, "An ounce of prevention is worth a pound of cure." I hope you will see the value and obtain yours too!"

Art San, LMT, CCh, owner  
Pain and Wellness Center of LA  
thepaineraser.net

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A lady from across the ocean in Devon, United Kingdom writes:

...."my chair has arrived safely and is in perfect working order. I love it thank you very much it is a godsend.... Thank you for inventing this brilliant piece of equipment."

-SK

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**From California a quadriplegic states:**

*"...my progress using the chair are increased strength, I go to the bathroom easier, and I'm not as cold"*

-DS

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**A chiropractor from Texas states:**

*"I recommend use of "Bounce Back" The Fitness Chair in a program of monitored progressive exercise for increased muscle tone, lymphatic flow and cardiovascular"*

*-Dr. GS*

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**A user from California writes:**

*"..."Bounce Back" The Fitness Chair has been very helpful for us. We use it daily. The result has been increased muscle tone and weight loss."*

*-RP & CP*

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**An 84-year-old senior from Utah writes:**

*"With my leg cramps and leg pain, I would wear sup-hose to help relieve the pain. But after using "Bounce Back" The Fitness Chair twice a day to the count of 100 I immediately felt pain relief in my legs."*

*-AR*

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**A lady from Illinois writes:**

*"...At the age of 13 the doctor told me never to run or do any type of exercise again due to health problems. I was physically unable to exercise for 38 years until purchasing the [Bouncy Chair](#) a year ago. I use it almost every day and am now also able to do a few other exercise which was previously impossible. Every year for the past 5 years I was diagnosed with, among other things, "heavy metal toxicity." After using the [Bouncy Chair](#) for a year, it was reduced to "low level heavy metals." I feel "the chair" help play a part in this change."*

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**A Chiropractor in Florida writes:**

*“I donated a unit to the exercise room of a very large retirement settlement in our area. The elderly, many of who are in wheelchairs, actually line up to use it. I have three of the units in my office for spinal rehabilitation. It is great for the injured who can not exercise otherwise.”*

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**An injured patient in California says:**

*“Stan had injured his knee in a stairway fall. His cartilage was destroyed and he was told he would never be able to walk normally again. He has been using “Bounce Back” The Fitness Chair 21 minutes each day, 5 days a week. He states that after getting back from 5-mile walk this morning. He walks normally and attributes his healing to a combination of “Bounce Back” The Fitness Chair and proper nutritional supplementation. He also can see a difference in his blood using dark field analysis. He can see the results of have a clean lymphatic system.”*

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**Another chiropractor in California writes:**

*“When I first purchased “Bounce Back” The Fitness Chair you asked me to put it to use for a while and give you some feedback as to its uses and benefits. Well, first allow me to say one thing—“IT WORKS!”. I have been using the chair for all types of conditions, however the primary function is for rehabilitation. I have been using the chair with natural homeopathic arthritic formulas. We are obtaining increase results in pain reduction and strengthening.”*

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**A massage therapist writes:**

*“...A patient states: “My top weight of 400 pounds I was unwilling to tackle the diet issue, but have regularly used the chair to overcome circulation problems in his legs. Then, recently, I became willing to deal with my body’s inability to properly metabolize processed foods, sugar and carbohydrates. I use the chair every day and have lost 30 pounds and weight is come off rapidly. I never liked formal exercise, and avoided it at all costs. But “Bounce Back” The Fitness Chair is NOT like exercise, it is more like a nurturing rocking sensation that calms my restless inner child.”*

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**“I Can Move Again” - wellness clinic development group:**

*“We are working with rehabilitation doctors in helping individuals with certain problems of circulation, pain, and other ailments with the use of progressing exercise vehicles towards making a person feel better.” Says a development group in Utah.*

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***“My pain completely disappeared”***

*I had a pretty bad accident on the 8th of June 2013. Hurt my neck and back and was in pain for three full months. Went to the Chiropractor twice a week during that time. Also had acupuncture twice. The pain gradually began to recede, but it seemed as though progression to being pain free stopped toward the end. For two or three weeks, nothing got better. Then I purchased the amazing "Allfit" machine and after using it only four times, only 10 minutes at a time, the pain completely disappeared. I have used it every day since and feel better than I have since May of 2013!*

*J I  
Provo, Utah*