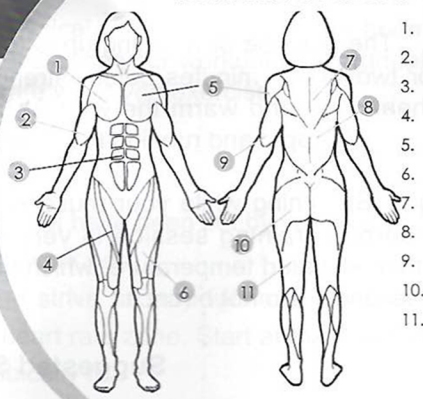
REBOUNDER

The Rebounder is one of the most effective low impact workouts that you will ever do. Your Rebounder workouts will help you become more functional and physically fit while at the same time help you reshape your body.

As with any exercise routine, it's important to begin by warming up your body and most specifically the muscles you are planning to exercise. You may want to start with slow marching, jogging, or bouncing. Simply march, jog, or bounce lightly in place on the Rebounder for about 5 minutes. As you warm up, begin jogging faster, raising your knees higher, or try skiing or jumping jacks. Work out at a higher intensity for at least 20 minutes for best results. For interval training, jump at a higher intensity for 30 seconds to a minute between other exercises shown here.

Actual product may vary slightly from the one pictured.
Before exercising, consult a physician.
Warm-up properly before starting any routine.
Cool down completely before ending a workout.

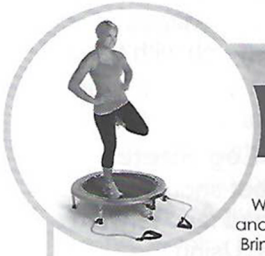
WORKS THESE MUSCLE GROUPS



1. Pectorals
2. Biceps
3. Abdominals
4. Adductor
5. Deltoid
6. Quadriceps
7. Trapezius
8. Latissimus Dorsi
9. Triceps
10. Gluteals
11. Hamsting

CONTACT BOUNCE

Start with feet shoulder width apart, knees bent, hands at waist. Bounce gently so your feet don't leave the mat. Repeat 10 times.



HAMSTRING CURLS

While bouncing, shift your weight to the right and bring your left foot up to your left buttock. Bring your left foot down and shift your weight to the left and bring your right foot up to your right buttock. Repeat 10 times on each side.

JOG IN PLACE

While standing in the center of the mat, jog in place. Concentrate on breathing in and out as you count to 100.

JUMPING JACKS

Start with your feet together and arms at sides. Jump up and separate feet to just past hip width while you sweep you sweep your arms out to the side and raise your hands overhead. Jump again and return to the starting position. Repeat 10 times.

SIDE TO SIDE

Place both feet together and bounce from one side of the mat to the other side of the mat while keeping your feet together. Repeat 10 times on each side.

TWIST BOUNCE

Start with your feet together and arms at shoulder height, elbows bent with hands in front of your chest. Bounce and twist your upper body to the left, reaching your left arm out, while twisting your lower body to the right, feet pointed to the right. Repeat 10 times each way.