

REBOUNDING

What Is Rebounding?

Gently bouncing on a mini trampoline. People can rebound whenever they have a few minutes.

Who Can Rebound?

Almost anyone!

- Blind, elderly, unsteady or handicapped people can rebound with the stabilizer bar.

Safety

- Rebounding is more vigorous than it looks. Start gently and build stamina slowly.
- Wear comfortable clothing.
- Wear bare feet or running shoes to prevent slipping.
- Stabilizing bars can be fitted to help if you feel unsteady or are elderly, disabled or handicapped.
- Get on and off the rebounder carefully. The floor isn't forgiving if you leap off!
- Maintain normal breathing.
- Do not rebound with prolapsed organs.
- Do not rebound during pregnancy and until 6 weeks postpartum.

Getting Started

This is an easy exercise to start but it is important to use it correctly and start off slowly.

Everyone starts with the "health bounce" (see below).

- Build up from 2-5 minute sessions to 20-30 minute sessions.
- Seniors start with 2 minutes up to ten times daily, with at least 30 minutes between sessions. This gives the connective tissue that holds internal organs time to strengthen and prevents the possibility of prolapsed organs.

How to Rebound - Various Rebounding Movements

Health Bounce / Warm-Up

This move bounces you gently without leaving the mat. The up and down movement starts lymphatic flow.

Strength Bounce

Use a shoulder-wide and bounce enough to leave the mat. For more fun you can kick your legs up and forward. Leaving the mat massages the feet and stimulates reflex points on the bottom of the feet.

Aerobic Bounces

- Jogging
- Sprinting
- Twist
- Shuffle
- Kick legs
- Curling legs

- Criss-cross legs and arms
- Jumping jacks, etc

Bouncing in this manner for 20 minutes maximizes aerobic benefit. Deep diaphragmatic breathing helps too. The important thing is to have fun; no need to overdo it. To avoid getting bored, do a variety of bounces. Lifting the arms above the heart will increase the heart rate and the oxygen flow (contraindicated with high blood pressure).

Buddy Bounce

The buddy bounce is for invalids who can't jump for themselves. Have them sit on a chair and bounce their legs. Or they sit on the rebounder and you bounce for them.

Sitting Bounces

The V-bounce strengthens legs and abdominal muscles. Sitting on the rebounder and bouncing yourself can be beneficial for anybody who can't stand up.

Buying a Rebounder

There is a tremendous difference between cheap rebounders and high-quality ones. Inexpensive models can be stiff and don't offer adequate cushioning and support.

Invest in a quality rebounder:

- 6-leg design (4-leg models may topple over)
- Consider unscrewable legs for easy storage
- A solid spring system to ensure adequate joint support
- A non-slip mat

Note to women: Invest in a quality sports bra.

Benefits of Rebounding

Rebounding is a no-impact exercise.

- Gently strengthens entire body
- Increases flexibility and endurance
- Improves balance by stabilizing inner ear
- Increase aerobic capacity (heart and lungs)
- Moves lymphatic fluid (boost immunity, increase detoxification)
 - 2 minutes will increase the lymph flow up to 14 times.
- Decreases cellulite
- Tones skin
- Improves circulation
- Oxygenates the body, including the brain
- Stimulates and rejuvenates the nervous system
- De-stressing
- Increases energy and vitality
- Hyperactive children may calm down after a few days of rebounding.
- Rehabilitates after bed rest
- Creates balance between mind and body, slows the brain waves to alpha level.
- Improves vision
- Inactive or wheel-chair bound people find rebounding gives them renewed vigor and zest for life.