

SlimBounding®

Fast. Fun. Get It Done.

Cardiovascular exercise is critical for many reasons. However, many cardio activities produce undesirable side effects. This is important as we find ourselves age 40+. Therefore, Deborah created a strong cardio program with a balanced, whole-body approach that includes the following ideas:

- ✓ Fun/Exciting/Motivating/Inspiring
- ✓ Strengthens Heart And Improves Blood Circulation
- ✓ Strengthens Lungs And Increases Breathing Capacity
- ✓ Burns Calories And Helps Control Weight
- ✓ Elevates And Stabilizes Mood
- ✓ Involves Multi-Planar Full-Body Movements
- ✓ Improves Proprioceptive Awareness, Neuromuscular Control, And Brain Function
- ✓ Firms, Tones, Balances Virtually All Muscles And Thereby Develops A Long, Lean, Balanced Physique (quite different from walking, jogging, running, bicycling, rowing, elliptical, treadmill, etc. because those activities work relatively few muscles in repetitive motions)
- ✓ Massages And Lubricates Virtually All Joints
- ✓ Conditions And Rejuvenates Pelvic Floor And Pelvic Organs
- ✓ Increases Bone Density
- ✓ Exercises Virtually Every Cell In The Body
- ✓ Improves Digestion, Elimination, And Detoxification And Balances Metabolism
- ✓ Increases Lymph Flow And Strengthens Immune System
- ✓ Improves Posture, Coordination, Balance, And Dynamic Resilience
- ✓ Tightens And Increases Skin Elasticity (A Natural Facelift)

Our Oceanside studio classes last 30 minutes including Warmups and Cool-Down.

Each class provides progressive levels of challenge from Gentle With Safety Bar to Vigorous With High Kicks. (Classes are "All Levels" aka "One-Room Schoolhouse").

We recommend at first you take it slowly, performing only the lower body work, using one of the rebounders that has a Safety Bar, and sticking with the Gentle Challenge (GC) version of each exercise. Then, progress at your own pace and add the upper body work over time. Remember, whenever you need to, you can always return to performing only the lower body work. When you are relatively competent at GC, then work on the Optimum Conditioning (OC) versions of exercises and/or start using one of the rebounders that does not have a Safety Bar.

You may feel most confident staying with GC on a rebounder that has a Safety Bar. You may progress to OC on a rebounder without a Safety Bar. You may go all out with Ultimate Challenge (UC) exercises. You choose which feels best for you and you can change your mind back and forth over time. This work can range from gentle and rehabilitative to a vigorous workout that challenges competitive athletes.

Patrick will guide you every step of the way (actually every bounce of the way). Our first signature principal "Safety First, Then Results" always guides Patrick's teaching so you can trust you will always be safely led through every exercise every class. This is true whether you are performing GC, OC, UC, or some dynamic hybrid of those levels.

We use top-of-the-line, bungee-based rebounders made by bellicon® and JumpSport®. This is crucial because even the top-of-the-line spring-based rebounders can feel hard on ankles, knees, hips, and other joints. They also can get quite noisy. On bellicon® and JumpSport® rebounders you experience soft, responsive bouncing that is easy on your joints and loads of fun. They also are much quieter than the other kind.

NASA, Universities and Clinical Practitioners have studied the benefits of exercising on mini trampolines. Some of their findings and comments follow.

bellicon® Website Information

“When one looks at the simple bounce movement on the highly elastic trampoline, it hardly seems possible that this triggers so many positive reactions in our body. The trampoline however really is like a highly effective medicine, and the active ingredient in it is the continuous gravitational change between the highest point and the braking phase.”

“When bouncing on a bellicon® the following takes place in your body:

As soon as ‘point zero’ has been crossed during the upswing, the body becomes weightless and the muscles relax – until they are slowed down again when reaching the mat. Imagine a flight path: at some point on the way up you slow down and reach reversal point. As all functioning powers are suspended here, the cells are completely relaxed. Now it goes downwards: on the way down towards the mat the body’s acceleration increases. At the moment of braking, the increasing powers of weight affect the body. All muscle cells tense automatically, so that the body is stabilized and doesn’t collapse. At the lower reverse point of the swing, maximum gravitation is reached. Depending on the intensity of the exercise, much more gravitational force than normal affects your body and your muscles tense accordingly. This action is then repeated: relaxation of the whole cell structure during the upswing and renewed tension at brake point.

This continuous gravitational change causes enormous metabolic activity: although subjectively you don’t experience this movement as arduous, your whole body is exercising. Interestingly enough, hardly one cell can avoid this tense- and relaxation mechanism. It is quite easy for you to check this yourself if, while bouncing on the trampoline, you touch any muscle. Regardless of which muscle you choose, whether in the arm, stomach or neck, you will clearly feel it tensing and relaxing while swinging.”

“The AGR seal of approval provides reliable decision making support. It stands for strict test criteria, jointly developed by independent medical/therapeutical experts from various fields of study. The members of this body of experts come from two exceedingly competent professional medical associations, the Federal Association of German Back Schools (BdR) e.V. and the Association Forum Healthy Back e.V. – Better Living. Only products that have passed a strict test procedure receive the AGR seal of approval.

Based on the very effective but gentle training, as well as proven positive effects on back muscles, spinal column and discs, the initiative ‘Action For Healthier Backs’ has awarded the bellicon® the AGR’s seal of approval.”

“Dr. Jean-Paul Pianta, preventologist and president of the German Chiropractic Academy:

The bellicon® is in my eyes the best possible product to exercise capable. It allows you to escape the negative effects of gravity encountered on walking or running. This miracle product can fit any age group.

For children it helps their neurological development, coordination in space and balance. At the same time the pressures are profitable for the ossification and the building of bone density.

Later in life when the cartilage, the tendons, muscles and ligaments start to lose their elasticity, (in using the bellicon®) there are no negative micro-traumas on the various joints because of the gentle bouncing that absorbs the body weight.

All together regular use of the bellicon® provides movement, stimulates mobility for all structures of the body and as logical consequences plays a positive role against premature aging, stiffness and slows down degenerative changes. We highly recommend the bellicon®.”

Dr. Joachim Schulz, osteoporosis specialist

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“Training has effect upon our whole organism.

Swinging on a highly flexible trampoline affects our whole body. Everything is trained. While descending, our muscles, sinews, ligaments and bones are slightly pressed together by the force of gravity, and then relaxed again while swinging upwards. So by bouncing on the trampoline, all the cells in our organism are effectively trained.

Following a study with osteoporosis patients, we were able to clearly prove that bone loss was stopped by swinging on a mini trampoline. Coordination and reflexes were definitely improved, which also prevents breakages, and by bouncing on the trampoline the bone density levels remained stable.”

Andreas Sperber, physiotherapist

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“For the last four years, we have been working with the highly flexible bellicon® trampolines in the Schwarzwaldklinik Bad Rippoldsau. Not only in group therapy (using 13 trampolines in a circle), but also in individual therapy do we train very effectively with these new devices.

The participants love the flexibility and dynamism, the feeling they get when rebounding, the dynamic changes between swinging upwards and landing, and the many possibilities for exercise. The feet do not leave the rebounding mat though when training, but stay securely in contact with it.

Together with music, to the rhythm of the beat, this form of movement therapy is a very easy way to exercise for all those who either dislike it, or don't do sport at all. When we therapists then also explain the advantages and effectiveness, the patients are quickly convinced. This is clearly the basis for exercise that is to be effective, and that can also be continued at home.

The positive feedback from trampoline bouncing, the feeling of joy when lifting off and accelerating is the consequence of exercise experiences we gathered as children. Although this probably occurred a long time ago, we latch on to it again now. This provokes a smile on our face, something we therapists always enjoy seeing as well.”

Preventative Exercise With The bellicon® Trampoline

“The bellicon® and Medi-Swing (from the bellicon company) are equipped with highly flexible individual rope rings and therefore offer a notably soft and gentle training method.

This form of exercise will bring you health benefits very quickly. Due to the repeated acceleration and brake movement, the muscles are permanently tensed and relaxed. These pressure and pull impulses accelerate our metabolism and ensure that the structure of our tissues is better maintained.

Cardiovascular System

“Although training on the trampoline doesn't seem very strenuous, it is still a very good cardiovascular workout. We calculate the impact (pressure) by using the Borg chart from one to ten. After five minutes, the

participants are asked to determine the intensity of the impact they are experiencing. Regular testing prevents overstraining and the total workout lasts no longer than 30 minutes.”

Muscle Building

“Trampoline training is a very effective way to build muscles. Due to the changing acceleration forces, all muscles are reactively innervated. The increased gravitation force when braking causes the eccentric muscle activity to be intensified. The pelvic floor muscles also profit from these reactively changing pressures. Posture is improved by the vertical pressure against gravitation.”

Joints And Intervertebral Discs

“Articular cartilage and intervertebral discs are only nourished by pressure and tractive forces. Without sufficient exercise, cartilage matrix loses its substance. A workout on the highly flexible trampoline is therefore so beneficial because the gentle suspension ensures that the pressure on the joints remains minimal, while the tension around the muscle sheath gives the joints good stability.

On the one hand, the segment stabilizing muscles work synergistically with the transverse abdominals to ensure a stable body, while on the other hand, due to the exertion and relaxation, these muscles are supplied with oxygen so they don't lose their ability to relax.

Even after spinal disc operations do we use the bellicon®-Swing in individual therapy. Gentle swinging whilst keeping an eye on the torso is less of a strain than walking. This way it's easy to control and to increase the ability to endure pressure.”

Immune System

“The pumping action of the muscles accelerates the lymphatic system which is jointly responsible for our immune system.”

Weight Control

“Exercising really activates our metabolism. It also improves peristalsis and thus shortens digestion time. In addition, it should be mentioned that fat is only burned with moderate exercise. Gentle exercise on especially the Medi-Swing encourages this. “Power training” only burns the easy available carbohydrates and doesn't help at all with losing weight.”

Balance And Equilibrium

“The unstable trampoline mat ensures that balance has to be continuously controlled. This coordination training is very important, especially in preventing falls. The capacity of the muscles to react increases and ensures that for instance in icy conditions the body is able to adequately use its reflexes.”

Regeneration And Stress Reduction

“A reduction in stress hormones occurs in the first place through exercise and breathing. Regular, slow, tensing and relaxing of the muscles functions like a massage from the inside: breathing slows down, becomes even and deeper. Through better circulation, the ability to regenerate is accelerated. It's like the “cool down” of a football player after a match. The ability to concentrate is clearly improved after exercise.”

Zest For Life And Increased Self Worth

“Light depression can be treated by physical activity and without medicine. Important is the length of the exercise taken and stamina. With this illness, the effect only becomes apparent after several weeks. The best remedy is light endurance training over a longer period. We recommend bouncing to music. During their daily exercise, patients should listen to their favorite music, be it rock, pop, jazz or classical. A little exercise at a time can give the feeling: “I can do it”! These successes are very important for the next step. This brings about a positive feeling for life and more self esteem.”

Dr. Christian Teller, chief orthopedic physician

“Training on the Medi-Swing ideally enables proprioceptive stimulation of all muscle groups from the feet, via the spinal column to the outer extremities.

When bouncing on the special bellicon® trampolines, an uninterrupted position change occurs which requires the segmental muscles to be continuously active. At the same time, endurance, metabolism and concentration are increased.

About 4000 patients a year are treated in the orthopedic department of the Diana clinic, and most of them have problems with their knees, backs and hips. Generally, most of the pain appears because of the very strong muscular demands made on the damaged area of the spinal column. Standard strength training is normally not enough to activate the muscles. That’s why we prefer to emphasize the previously mentioned therapy form with mini trampolines.

The existing eight Medi-Swing trampolines and the proprioceptive training given on them form a central part of the therapy given for spinal column diseases and movement disorders. This is based on the scientifically proven key function of the segmented muscles with deep rooted back problems and the neuromuscular trainings effect of the rebounding exercise.

Along the spinal column there are two different kinds of muscles:

- 1. The superficial, long muscles; these poly-segmented muscles span several motion segments and are responsible for larger movements and rough motion strength.*
- 2. The smaller, deep lying segmented muscles; these are only a few centimeters long and reach only from one vertebral body to the next, respectively next but one. They take care that the adjustment of the vertebral body correlates and thus determine the pressure or release of the intervertebral discs.*

Research established a correlation between lumber back pains and the frailty of the smaller, segmented muscles. With conventional strength training, mostly only the superficial, larger muscles are trained. The smaller, segmented muscles can however be trained with proprioceptive exercise, whereby the body is continuously brought out of balance and the position of the vertebral body has to be readjusted by the segmented muscles. Besides muscle strength, especially muscle coordination is trained this way, which is necessary in order to ensure spinal column movements are gentle.

At the same time, endurance, metabolism and concentration are increased. This gentle training of the joints on the Medi-Swing provides an essential component of the therapy concept used in our ‘mobility clinic’, and every year many thousands of patients benefit from it. Thereby it’s also a lot of fun and very well accepted amongst both younger and older people.”

Dr. Hans H. Langer, Chairman of the Niedersachsen Gymnastics Federation for Sports Health

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Ideal Exercise Device For The Overweight

“Jumping on the “bellicon® Rebounder” has many positive effects on our bodies’ systems:

- *Training of all our muscles, balance and fine motor skills*
- *Tightening of skin and connective tissues*
- *Strengthening of bones*
- *Stabilization of the joints*
- *Positive impact on respiratory-, nerve- and cardiovascular system*
- *Supply of lymph fluid to the intervertebral discs*
- *Activation of the lymphatic system and inner organs*

Training on the bellicon® also actively prevents or, alternatively, improves the effects caused by damage due to osteoporosis.

Application Range

This makes the bellicon® an ideal exercise device for the overweight, who can walk and jump on the devices without damaging their joints, as well as for the elderly or users with movement restrictions like for example muscle weakness or back problems. Ideal is the individual impact pressure with identical rhythms (swinging, jumping).

We use these rebounders to do sport with the overweight, especially children, who despite their excess weight are finally able to move freely. It is especially effective with music, as this takes their mind off the cardiovascular impact and thus allows for playful practice.

Using the bellicon® rebounders for ski exercises is equally effective. The muscles typically used for skiing can be stimulated and jumps can be performed without putting pressure on the back.

The participants are between 6 and 70 years old and all of them are highly motivated and thrilled by the effects from the bellicon® devices.”