THE ULTIMATE HEALTH EXERCISE

Rebounding has been called one of the most effective and efficient exercises yet devised. To the uninitiated, it may seem hard to believe that something so simple and fun can offer so many benefits. Scientific research however has shown that it not only offers excellent muscle toning, slimming and fitness results, it is also the most effective way to detoxify your body and boost your lymphatic and immune systems. In short, it is the only true whole body exercise that affects every single cell in your body.

All exercise is based upon gravity, whether you are lifting weights, swimming, jogging, doing pushups, sit ups or even walking, you are resisting gravity.

From the moment you are born, you are influenced by gravity. To maintain health and vitality, it is essential that you continually resist this force. Rebounding is unique in that it not only works with the natural force of gravity as most exercise does, it also adds two additional gravity-type forces - acceleration and deceleration. These are interpreted by your body as an increase in the force of gravity.

When you rebound - at the top of every bounce your body becomes momentarily weightless. A moment later, at the bottom of the bounce, your body weight doubles. This puts all of the cells in your body under mild stress and in response, they become stronger.

At the same time, every single cell in your eyes, kidneys, bones, tissue, organs etc gets a gentle massage - which has a highly beneficial detoxifying and oxygenating effect. For this reason, rebounding is also known as "Cellular Aerobics".

Studies show that if we don't continually resist gravity, we get weaker, losing muscle tone and bone density. In addition, circulation is reduced, depriving the cells of oxygen and increasing waste build up.

Astronauts can lose up to 15% bone and muscle density in just two weeks in the microgravity environment of outer space. The same thing can happen to people who are bed ridden for lengthy periods of time and to people who spend their day sitting at a desk, in a car or in front of the television.

You can increase the beneficial effects of rebounding by using light weights, to sculpt and tone your muscles. Studies show that the weights can increase up to five times in weight for a split second at the bottom of each bounce, depending on how you use them. A good quality rebounder can reduce up to 87% of the impact on your body - protecting your joints, lower back and nerves from the usual wear and tear experienced with more traditional hard surface exercising.

Studies have shown that it burns more calories than running. 2 minutes can have the same whole body effect as 6 minutes of running. 10 minutes of swimming or 22 minutes of walking.

Add the time saving and enjoyment factors and you'll understand why rebounding is fast becoming a highly popular and sought after activity across the globe.

It is not only fitness centres and personal trainers that are embracing rebounding - its success with boosting energy, improving vision, bone density and recuperation from many forms of surgery and illness has taken it into many different venues: Therapists and weight loss clinics, schools, health spas, retirement homes - as well as large corporations are using it as both a health and fitness tool.

PRIMARY BENEFITS

LYMPHATIC CIRCULATION

Rebounding is the most effective lymph exercise and boosts circulation by up to 30 times faster. This is essential not only for our sedentary lifestyles, but also for speeding recovery time after any other exercise activity.

AERobic Power

NASA found rebounding to be 68% more effective than a treadmill. It also increases oxygen absorption by up to 4 times, boosting metabolism, calorie burning and overall energy.

STRENGTHENING

Rebounding strengthens every single cell in the body. When used in conjunction with circuit or free weight training, it can increase the strength gains by up to 50%.

RELAXATION

Gentle rebounding massages the cells of the body, relieving tension from the body and calming the mind, promoting deep, rejuvenating sleep.

Get the BEST BOUNCE

Our high quality rebounders include:

A SUPREMELY BUOYANT BOUNCE To absorb maximum impact for an enjoyable bounce with optimum safety & comfort.

GYM QUALITY STRENGTH

Our Gym units are used in over 10000 gyms in the USA, UK and Australia. They include Jumpee springs, no worn off cord parts, XXX strength stitching and high quality mats.

SAFETY FEATURES

Optional support bar, thick rubber shoes, yellow edge indicator.

CONVENIENCE

They fold in half and have spring loaded legs for easy set up. (Home units include a carry bag).

THE BEST PRICES

We are sole importers and distribute DIRECTLY to the public at genuine wholesale prices.

Our Services include:

- Books and DVD's
- Gym & home units
- Instructor training courses
- Talks, workshops, classes and Demonstrations
- Ongoing Support
- Optional PO or Courier delivery throughout SA

Rebounds SA

Tel (011) 682 3584 Cell 073 1777 439
info@reBoundsSA.co.za
www.reBoundsSA.co.za