

Astounding

Caroline Robertson explains how to spring into shape and tone up with 10 minutes of mini-tramping a day.

JUMP WITH JOY

Remember when exercise and fun were one and the same? Like jumping on your parent's bed till your heart raced? This simple pasttime could offer us grown-ups more than just a reminiscent giggle, since bouncing is said to burn fat, build muscle mass, strengthen



Rebounding

bones, shake out stress and boost blood flow. This all-weather exercise requires minimal time, cost and space, reduces injuries and offers a myriad of benefits associated with getting the blood flowing. Rebounding brings rapid results without the risk of impact injuries caused by pounding our skeleton on unforgiving surfaces. Just 10 minutes jumping a day can not only get you in sexy shape, it's so much fun that stress flies away in leaps and bounds.

GET YOUR BOUNCE BACK

Our fire for fitness is definitely dampened when we suffer injury setbacks. The joint pressure from jogging can cause shin splints and knee strain and though great for cardio conditioning, high impact exercises like

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running account for 80 per cent of aerobic-related injuries due to micro-trauma from repetitive forces. With bouncing, however, you don't have to worry about doing damage as this high intensity exercise of 638 muscles doesn't jar joints. People remark that rebounding gives them no pain whereas running does. Utah University studies found that the soft surface on which exercises are performed during a rebounding workout lead to a decrease in the incidence of injury and overall complaints about exercise pain.

A high intensity workout on a rebounder's soft surface can absorb approximately 87 per cent of the impact versus working out on a hardwood floor.

Though it feels easier, NASA research concludes that rebounding gives greater 'bio-mechanical stimuli' than running, which explains why astronauts train on trampolines. If you're reluctant to get back into exercise after injury, Sydney physiotherapist John Conomos recommends rebounding for recuperation. "Rebounding is a wonderful way to recover post injury. It helps burn kilojoules, gain muscle strength, recruit more muscle fibres, re-educate and enhance coordination and balance," says Conomos. "It also helps prevent deconditioning of the whole body, ultimately reducing risk of reagravating the injury."

SUPERTRAMP – Suggested benefits of bouncing

Heart Health	Rebounding strengthens the heart muscle and lowers cholesterol
Weight Loss	Bouncing burns around 300 calories hourly and is good for cellulite reduction
Balance, core strength and co-ordination	All the muscles are engaged and are trained to stay stable
Bone and joint strength	Studies have shown that rebounding reverses bone density loss linked to osteoporosis
Lymphatic and circulatory boost	Increases immune function, elimination of toxins and glowing skin
Arthritic pain reduction	Along with swimming, rebounding is one of the few cardio activities that doesn't aggravate arthritic inflammation
Muscle mass and strength	Rebounding allows muscles to go through a full range of motion at equal force
Digestion	Blood flows through the organs as they're massaged by movement to promote proper elimination and assimilation
Cellular cleansing	Rebounding purifies all 100 trillion of our cells
Organ toning	Rebounding strengthens every organ in the body

JUMP-START SEQUENCE

Set up your mini gym away from low hanging objects and near fresh air.

Bare feet are best for balance but you can wear non-slip socks if it's cold or joggers if your ankles are weak. A supportive sports bra is a must and bouncing on a full belly is a no-no. Now press play on some music that will get you going and you're ready to start.

This sequence of six moves will mould your body into the fit machine of your dreams. Start with feet hip width apart, knees slightly bent and soles of your feet parallel to the floor.

Don't allow ankles to roll inward.

1. Jelly Bounce. 3 minutes

Keeping your feet on the mat, bounce letting your head, shoulders, hands, hips and knees shake with the rhythm, loosening joints.

2. Star Jumps. 40 jumps

Jump to part straight legs to inside rim of rebounder while raising arms by your side; palms down, arms straight. Jump to bring feet together and arms down.

3. Side Twist. 40 jumps

Lift your arms to shoulder height, elbows bent and start twisting

your hips. Move your hips to the right and your elbows to the left. Repeat to the opposite side.

4. Boxing bounce. 40 punches

With each bounce, feet hip-width apart, punch fists forward, to side and sky.

5. Back feet jumps. 20 jumps

Contracting your left glute, bounce your left leg back then forward. Repeat with right leg.

6. Jogging. 2 minutes

Using your arms for balance, jog on the spot, lifting your knees as high as comfortable. Start slow then sprint for the last minute. **NH**

