


# REBOUNding FITNESS BENEFITS

WEIGHTLESSNESS  
UP TO **4X** NORMAL **G-FORCE**


 EVERY FIBRE, EVERY CELL  
OF YOUR BODY BENEFITS

ALL **638** MUSCLES RESPOND

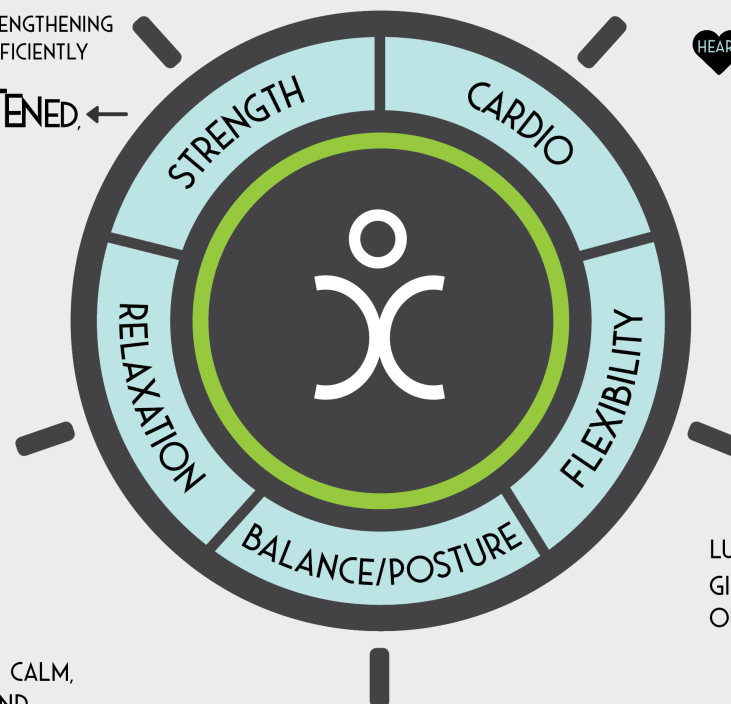
THEY ALTERNATELY FLEX & RELAX, STRENGTHENING  
AND TONING THEM NATURALLY AND EFFICIENTLY

CONNECTIVE TISSUE IS → **TIGHTENED**, ←  
THE FASCIA ARE MOBILIZED

↓ **REDUCES** BACK & NECK PAIN

 **“** REGULAR AEROBIC  
EXERCISE WILL BRING  
REMARKABLE CHANGES  
TO YOUR BODY, YOUR  
METABOLISM, YOUR HEART  
& YOUR SPIRITS.

IT HAS A UNIQUE CAPACITY  
TO EXHILARATE & RELAX,  
TO PROVIDE STIMULATION & CALM,  
TO COUNTER DEPRESSION AND  
DISSIPATE STRESS.<sup>2</sup> **”**



 HELPS **PREVENT INJURIES** CAUSED BY  
FALLS AND POOR PHYSICAL ALIGNMENT

IMPROVES BALANCE, POSTURE & COORDINATION WHILE GIVING YOU  
THE BEST **FULL-BODY WORKOUT** ON  !



**STIMULATES** THE PROPRIOCEPTION SYSTEM – THE SENSE OF  
THE BODY IN SPACE: ITS POSITION, MOVEMENT, AND ACCELERATION

**2X** MORE EFFECTIVE AT ↑ AEROBIC FITNESS  
AND **50% MORE**  
EFFICIENT AT BURNING FAT THAN RUNNING<sup>1</sup>

NASA STUDY: **BOUNCING** PROVIDES BETTER  
ALL-AROUND BENEFITS THAN RUNNING, ISOTONIC  
(WEIGHT LIFTING), AND ISOMETRIC EXERCISE

 & MUSCLES WORK  
WITHOUT STRAINING JOINTS

**LIMBERS UP**  
MUSCLES, JOINTS, & CARTILAGE

STRETCHES + STRENGTHENS  
**CORE MUSCLES**

LUBRICATES DISCS & VERTEBRAE,  
GIVING YOU A **WIDER RANGE**  
OF MOTION

1. TAKEN FROM A STUDY, PUBLISHED IN THE INTERNATIONAL JOURNAL OF SPORTS SCIENCE  
2. HARVARD MEDICAL SCHOOL