

REBOUNDING - JUMP START YOUR FITNESS!

Rebounding is a fun, high-energy workout performed on small circular trampolines designed to give extra spring and absorb impact to protect your joints. Sessions typically last 20-45 minutes and can be tailored to focus on cardio, strength and core or sports-specific routines. Classes (and participants!) have been taking off across the country – and considering the benefits outlined below it's not hard to see why! We spoke to Rebound UK Managing Director James Winfield.

What are the physical benefits of rebounding?

Every single cell is worked through rebounding – it is an incredibly effective full body workout. Bouncing on an unstable surface provides a constant balance challenge leading to involuntary contractions of the deep core muscles. You'll improve your posture, strengthen your core, increase joint stability and reduce any back pain you might experience from daily chores and office jobs. You are in control of how hard you push and how fast you bounce – squats, lunges, rotations and sprints are performed between bursts of jogging and bouncing, all on a low impact surface.

Rebounding is a great addition to any sports-specific training programme. Performing balance and co-ordination exercises will also build strength in the quads, glutes and hamstrings and help to prevent injuries. Rebounding is also good for

detoxing because the pushing and jumping motion encourages efficient blood supply around the body, promoting effective lymphatic drainage to aid recovery and performance.

How can rebounding benefit netballers?

This low impact, weight-bearing exercise is a form of cross training that will build strength and flexibility in muscles that you might not usually work during netball. Varying your training leads to increased capability – adding functional training to the mix and targeting core muscles will correct muscular imbalances and help to prevent injury.



YOUR CHANCE TO WIN!

England Netball has teamed up with Rebound UK for your chance to win a MaXimus Pro Rebounder – the must-have for a high-energy, super sweaty workout that delivers immediate results. A workout on the MaXimus Pro Rebounder will focus on cardio, strength, core and netball specific strengthening routines. You can also burn 550 calories in just 45 minutes! For more information visit www.rebound-uk.com.

Rebound UK's Pro package includes a carry bag, stability bar, resistance bands, sand weights and a rebounding compilation DVD for all abilities. RRP £199.00. Click [here](#) to win!