

WELCOME TO THE **springfree**[™]
TRAMPOLINE

FITNESS PROGRAM

This program was developed by fitness expert Rod Porter and can be tailored to the abilities of the user. Please consult a physician before starting any new exercise program.

springfree[™]
TRAMPOLINE

AEROBIC TRAINING PROGRAM



The Springfree Trampoline

is one of the best modes of exercise for interval training. The physical demands of the movements on the Springfree Trampoline can be difficult to maintain for an extended period of time, so an interval format with the active rest recovery period allows for an extended workout time. Unlike other modes of exercise that only allow for one movement (treadmill, stationary bike, elliptical or stair stepper) multiple movements can be done from one interval to the next so you are not limited to the one repetitive exercise.

The traditional components of an aerobic training program include:

- *Warm-up and cool-down*
- *Mode of exercise*
- *Frequency of exercise sessions*
- *Duration of exercise sessions*
- *Intensity of exercise sessions*

The warm-up gradually increases the heart rate, blood pressure, oxygen consumption, dilation of the blood vessels, and elasticity of the active muscles. It should also include all of the workouts basic movements through their entire range of motion practiced at a lower intensity.

The mode of exercise is the Springfree Trampoline which meets the criteria of using large muscle groups and it is rhythmical and can be maintained continuously.

The frequency of exercise sessions for aerobic activity is affected by the duration and intensity of each session with general guidelines of a minimum of 3 to 5 days per week.

Exercise duration is dependent on the exercise intensity and level of fitness of the individuals participating. Beginners should start with 10 to 20 minutes per session and increase the duration as they feel more comfortable. The Springfree Aerobic Training Program listed below is based on interval training which is a higher intensity and more efficient method of aerobic training. Individuals should adjust accordingly to the intensity demands.



The intensity of exercise for aerobic training is based on heart rate, when using the age-predicted maximal heart rate should be in a range of 60% to 90% and 50% to 85% when using the Karvonen Formula.

The following guidelines for the aerobic training workout on the Springfree Trampoline; this will include a 2 ½ minute warm-up and cool down as well as twenty 30-second intervals. The plan is to constantly switch from one trampoline movement to the next from interval to interval. The movements provided are just a suggestion and can be tailored to each individual's ability.

AEROBIC TRAINING PROGRAM



2 ½ minute warm-up

practicing the basic movements that you are comfortable doing during the aerobic training workout.

Straight Jump

30 seconds, active-rest 30 seconds

Seat Drop

30 seconds, active-rest 30 seconds

Tuck Jump

30 seconds, active-rest 30 seconds

Front (hands and knees) Drop

30 seconds, active-rest 30 seconds

Pike Jump

30 seconds, active-rest 30 seconds

Swivel Hips

30 seconds, active-rest 30 seconds

Straddle Jump

30 seconds, active-rest 30 seconds

Front Drop

30 seconds, active-rest 30 seconds

Jumping Jack

30 seconds, active-rest 30 seconds

Seat Drop

30 seconds, active-rest 30 seconds

Alternate the above moves with:

*30 seconds, jumping in place at a low intensity
or*

30 seconds, SofEdge™ Shuffle walking at a comfortable pace around the edge of the trampoline.

Repeat the above cycle one more time

2 ½ minute cool-down

Depending on your skill level on the Springfree Trampoline the above movements can be interchanged with others as needed. When putting together an individualized movement selection for the workout make sure to alternate between movements that require only two feet (straight jumps, pike jumps, jumping jacks) and movements that require additional body parts contacting the trampoline (seat drop, hands and knees drop) as this will enhance the circulatory effect of workout.

BASIC BEGINNER MOVEMENTS



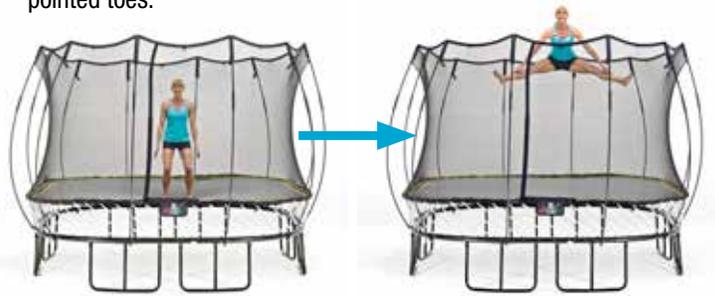
STRAIGHT JUMP

A vertical jump with the body held straight and arms in a straight line above the body at take-off.



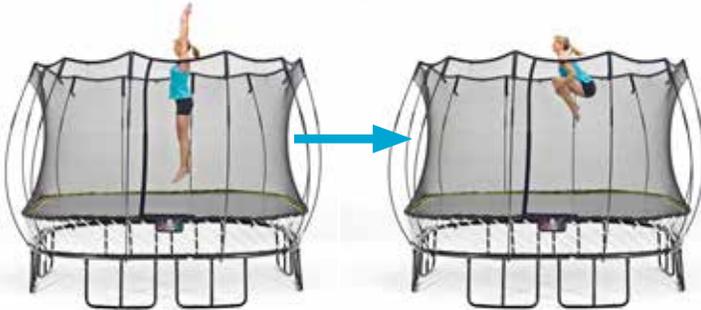
STRADDLE JUMP

Similar to the pike jump except that the legs are spread sideways approximately 90° apart and the arms reach forward towards the pointed toes.



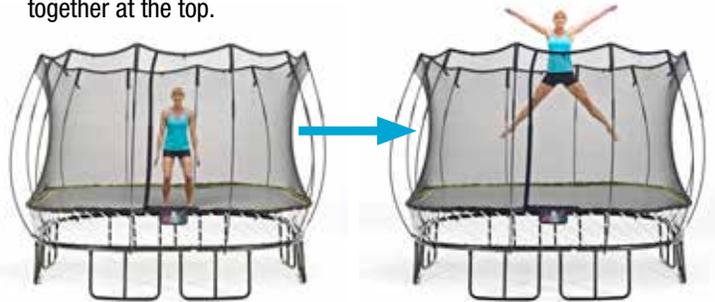
TUCK JUMP

From a straight jump start, the knees are pulled up to the chest and the hands may briefly grasp the legs between the knees and ankle.



JUMPING JACK

Similar to the straddle jump except the legs are abducted directly to the side and the arms are abducted overhead with hands clapping together at the top.



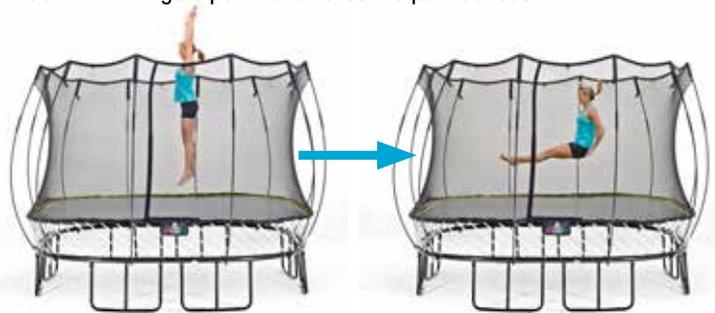
PIKE JUMP

From a straight jump start, the legs are straight, held together and lifted parallel to the trampoline and the arms and body reach forwards towards the pointed toes.



SEAT DROP

Landing in a seated position with the legs straight. The hands support the body on either side and very slightly behind the posterior, palms down with fingers pointed towards the pointed toes.

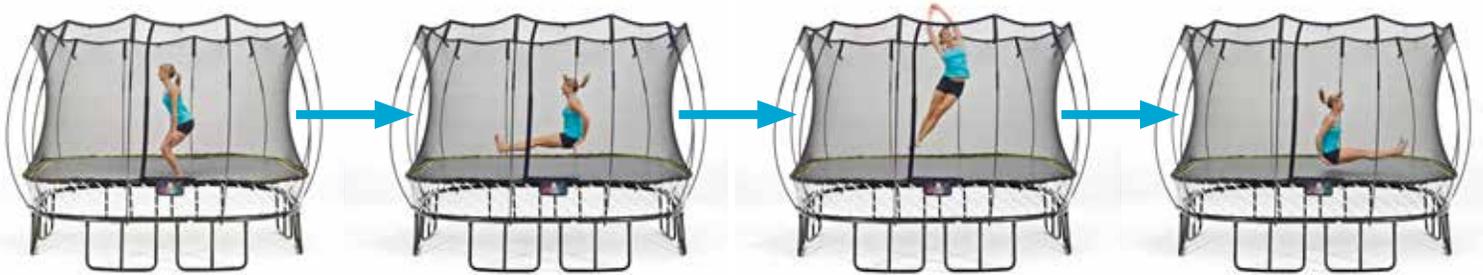


BASIC BEGINNER MOVEMENTS



SWIVEL HIPS

Performing a seat drop, bounce up to a straight position (without landing) and then perform a half twist and land in the second seat drop facing in the opposite direction.



HALF TWIST AND FULL TWIST

While in a straight jump position rotating the body until facing the opposite direction for a half twist or a complete 360° rotation for a full twist.



FRONT (HANDS AND KNEES) DROP

Landing horizontally, with the hands and knees hitting the bed at the same time in an all-fours position.

