

What is rebounding?

Rebounding is a type of aerobic exercise that is performed while jumping on a mini-trampoline. Jumps can be fast or slow, and can be mixed with rest or aerobic stepping.

[The Benefits of Rebounding for 5 minutes](#)

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What is rebounding ?....



Research has led some scientists to conclude that jumping on a mini-trampoline is possibly the most effective exercise yet devised by man, especially because of the effect rebounding has on the lymph in the body. It is safe, easy to use, and effective.

The human body needs to move. The lymph system bathes every cell, carrying nutrients to the cell and waste products away. Contrary to blood which is pumped by the heart, the lymph is totally dependent on physical exercise to move. Without adequate movement, the cells are left stewing in their own waste products and starving for nutrients, a situation which contributes to arthritis, cancer and other degenerative diseases as well as ageing. Vigorous exercise such as rebounding is reported to increase lymph flow by 15 to 30 times.

In Systematic Kinesiology we use a system of reflexes that stimulate the flow of lymph to the related muscle and organ. There is twice as much lymph as blood in the body. It is a non-cellular fluid. It permeates the tissue where blood cells that are imprisoned in capillaries cannot go since there are too large. The lymph feeds and cleans the bodies tissues.

Lymph vessels can become clogged with protein deposits or the flow can stagnate or even stop for reasons such as fatigue, stress, infection, emotional shock, lack of physical activity or dehydration. Toxins accumulate, cells are unable to function properly resulting in various metabolic and infectious problems.

All cells in the body become stronger in response to the increased "G force" during rebounding. Vertical motion workouts such as rebounding are much different and much more beneficial and efficient than horizontal motion workouts, such as jogging or running.

When you bounce on a rebounder (mini-trampoline), several actions happen:

- An acceleration action as you bounce upward
- A split-second weightless pause at the top
- A deceleration at an increased G-force

Jumping on a mini-trampoline directly strengthens the immune system, so it's a big deal! These immune cells are responsible for eating viruses, bacteria and even cancer cells, so it is good that they be active.

Rebounding Safely

Everyone should start with the gentle bounce; let your feet remain with the mat while the body moves up and down. The bounce is sufficient to obtain all the benefits of rebounding while gently strengthening the entire body. It is recommended that you rebound with bare feet so you do not slip. Do not wear tight or constricting clothes. The more jiggling, the more your lymph system is flushing out those toxins!

Start with 5 minutes of rebounding and increase their time as their fitness level improves. Seniors can start with 2 minutes several times per day, with at least 30 minutes between rebounding sessions. Increase your rebounding time gradually.

Inactive seniors find that gently jumping on a mini-trampoline gives them renewed vigor and zest for life. Hyperactive children are reported to calm down after a few days of rebounding. Everyone can do this and people can use the rebound mini-trampoline whenever they have a few minutes during the day.

Just some of the Benefits

- Boosts lymphatic drainage and immune function
- Great for skeletal system and increasing bone mass
- Helps improve digestion
- Rebounding helps circulate oxygen throughout the body to increase energy.
- Rebounding in a whole body exercise that improves muscle tone throughout the body.
- Some sources claim that the unique motion of rebounding can also help support the thyroid and adrenals.
- Rebounding is fun!

Listen to Des talking about rebounding in more detail (very informative), click on link below or copy and paste link to search engine.

[https://www.kinesiologyzone.com/wp-content/uploads/2017/02/Rebounding.mp4?_ =1](https://www.kinesiologyzone.com/wp-content/uploads/2017/02/Rebounding.mp4?_=1)

<https://kinesiologyzone.com/benefits-rebounding-5-minutes/> - information taken from kinesiology zone.com

Rebounding /Mini Trampoline Exercise

<https://youtu.be/kOhp9LWHbFc> - improve your immune system rebounding

<https://youtu.be/BbSyu6rnjZA> - rebounding for lymph drainage and circulation (dance moves)

<https://youtu.be/VTm7g8XMUMA> - rebounding exercise.

<https://youtu.be/RWYy4rfLvrU> - health benefits of jumping.

Rebounders can be bought in many online stores – some listed below

<https://www.ubuy.ie/>

<https://www.mcSPORT.ie/>

<https://www.fitnessequipmentireland.ie/>

