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## Rebounder - exercise suggestions for

Posted by msweet@sympatico.ca - 2007/11/26 23:54

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Hi everyone,

I now have a rebounder - graciously given to me by a friend who was moving across country and had to clear things out. I've been having a great time experimenting on it. I'm amazed how much of a work-out it is! My heart rate is up and I'm perspiring in no time! Great fun! :woohoo:

As I'm still in the experimental stage, I'd really appreciate suggestions of exercises that you do on the Rebounder that you enjoy and are really effective. I think this is a fantastic health tool and I'd love to expand my repertoire on it.

Many thanks for your suggestions!

Marsha

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## Re:Rebounder - exercise suggestions for

Posted by karennd - 2007/11/28 05:05

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I love the rebounder too, when I use it. Your posting has motivated me to try to stick with it consistently again - maybe 10 minutes a day, 5 days a week for my goal. I tend to:

run  
low jump  
high jump  
jump forward & back  
jump side to side  
alternate tapping knees in front  
alternate tapping feet in front and back  
run in place while turning around  
alternate crossing legs while jumping (right leg is on right and left on left, then jump and land right on left and left on right, and switch back, and alternate which one goes in front during the cross)  
one leg forward & one in back, jump and switch and alternate  
legs in center and twist

What exercises do you do?

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## Re:Rebounder - exercise suggestions for

Posted by msweet@sympatico.ca - 2008/02/09 00:17

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Thanks for the rebounder exercise ideas.

I do many of the ones you do, although the knee tapping and feet tapping are new ideas - thanks!

I've found that when I warm up on the rebounder, I'm so much more ready to go when I follow with another activity - weights, x-country ski, treadmill, etc.

I will check out your blog!

Marsha

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## Re:Rebounder - exercise suggestions for

Posted by Squirrelletta - 2008/04/14 22:39

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I got one for \$1 at a thrift store! It's a good one too, I'm so happy! (I have a son and therefore could use a bladder lift! Bouncing you know...ahem)

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I looked up stuff on youtube.com and found "clips" of exercise-but ideas none the less. And what they work out, take a gander and just add the time you want to each idea...you know?

One I found that was interesting is --you sit on your butt, heels on the floor and attempt to bounce up and down on your butt. (You'll look like a chicken flapping your arms to get going, but its fun and easy!) My stomach killed the next day! So it worked!

Now, I too, must actually USE the thing!! (My three year old should be ripped, he loves it!!)Good luck gal's! Here's to being BUFF!:P

-Squirrelletta

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## Re:Rebounder - exercise suggestions for

Posted by karennd - 2008/04/20 04:14

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What a good deal! Congrats!

I like that stomach exercise, I'm going to try it. Thanks for the suggestion.

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