

REBOUND EXERCISE RESEARCH

Many organizations recognize the value of Rebound Exercise and many sports trainers have used rebounders for improved performance. Here are just a few:

"...for similar levels of heart rate and oxygen consumption, the magnitude of the biomechanical stimuli is greater with jumping on a rebounder than with running on a treadmill, a finding that might help identify acceleration parameters needed for the design of remedial procedures to avert deconditioning in persons exposed to weightlessness."

N.A.S.A . Journal of Applied Physiology

"The mini-trampoline (ReboundAIR™) provides a convenient form of exercise with a major advantage being it's apparent low level of trauma to the musculoskeletal system."

Journal of Cardiopulmonary Rehabilitation

"The findings indicate that exercise on a miniature trampoline may provide a safe, adequate indoor exercise for normal and many cardiac patients of varied ages, if guidelines concerning rate or stepping and height of knee lifts are adhered to." **Journal of Medical Science for Sport and Exercise**

In addition to our family of ReboundAIR™ units, we offer a line of peripheral products and services to support your rebounding experience in all the applications and areas.



CONSULTING & PROGRAMMES
WORKSHOP
LECTURES
DVD
CD
Videos
Books
Accessories

c.r.e.a.

conscious revolution exercise association

ReboundAIR® ITALIA

THE
REBOUNDAIR™
LINE OF FINE
REBOUNDERS

**GET HEALTHY
WEALTHY
AND WISE
THROUGH
REBOUND
EXERCISE**



CRISTIANO CKRIS* VERDUCCI



CRE@MORE ReboundAIR® ITALIA
63029 Monteleone di Fermo (AP)

Tel.: (39) 347 34 54 184

Fax: (39) 0734 33 02 68

Skype: creamore1

E-mail: info@creamore.it

www.creamore.it

www.youtube.com/jump4joynetwork

BENEFITS OF REBOUND AIR EDUCATION

You've seen them before, those special mini-trampolines. You probably didn't realize that they offer far reaching Health benefits both as exercise equipment and as support equipment for other forms of exercises.

- Lose Weight properly
- Full Aerobic, Cardiovascular and Strength Workout
- Improved Balance and Coordination
- Significantly Less Shock (Trauma) to Joints than Jogging
- Increased G Force, creates a Better and Total Workout
- Recommended by Trainers, Chiropractors, Medical Doctors and Physical Therapists
- Large Varieties of Exercise Routines for All Ages, Levels with **GREAT FUN & SIMPLICITY!**



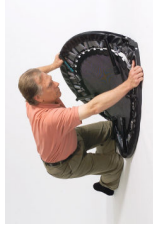
Of course, if you are using any piece of exercise equipment on a regular basis, it has to be able to stand up to the rigors of regular use. The ReboundAIR™ has been designed with stringent Quality requirements!

A.I.R. Manufactures ReboundAIR™ Models covered by AI Carter's famous All Component Lifetime Warranty!



The Ultimate Rebound™ AI

Carter's new Composite Quarter-Fold includes free Airport Dolly & Custom Carrying Case!



There are an infinite number of exercise routines you can do on your **ReboundAIR™**. Generally, they are broken down into the following 4 Rebound Exercise classifications: Call for a copy of our newest follow-along **ReboundAIR® Education & Training DVD** by Ckris*.

THE HEALTH BOUNCE both feet on the mat at all times; excellent warm-up



THE AEROBIC

BOUNCE Feet leave the mat alternately; excellent cardiovascular workout



THE STRENGTH BOUNCE both feet leave the mat; excellent cellular strength development



THE SITTING

BOUNCE Bounce while sitting; excellent for the Abdominal muscles and the disabled.



The ReboundAIR™ Half-Fold

includes free Carrying Case!

ReboundAIR™ SPECIAL CHARACTERISTICS:

SAFE, STURDY, PORTABLE, LIFETIME WARRANTY, PERMATRON® MAT, ATTRACTIVE 40" DIAMETER FRAME, WIDE-BELLIED HIGH CALIBER SPRINGS, COMPACT.

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Tel.: (39) 347 34 54 184

Fax: (39) 0734 33 02 68

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