

A person is captured mid-jump on a Springfree trampoline. The person is silhouetted against a bright, clear blue sky, with the sun positioned behind them, creating a strong backlight effect. The trampoline's safety net is visible, framing the person. The overall scene conveys a sense of energy and outdoor fitness.

WELCOME TO THE **springfree**<sup>™</sup>  
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**<sup>™</sup>  
TRAMPOLINE

# MUSCULAR ENDURANCE TRAINING PROGRAM



Traditional muscular endurance training protocol recommends a repetition range that is greater than 15 repetitions for 2-3 sets. The rest period between sets for muscular endurance is 45 seconds. Unlike the strength training program where the exercise intensity should be at or near 100% the exercise intensity for a muscular endurance set of repetitions should be at approximately 65%. 3 sets of 20 repetitions for 5 exercises were chosen to keep the entire workout at or under 30 minutes total including a brief warm-up and cool-down.



The following are guidelines for a muscular endurance workout on the Springfree Trampoline:

## **2 ½ minute warm-up**

*practicing the four basic movements that have been chosen for the strength workout*

### **Straight Jump**

*20 repetitions, rest 45 seconds, repeat for 3 sets*

### **Seat Drop**

*20 repetitions, rest 45 seconds, repeat for 3 sets*

### **Piked Jump**

*20 repetitions, rest 45 seconds, repeat for 3 sets*

### **Hands and Knees Drop**

*20 repetitions, rest 45 seconds, repeat for 3 sets*

### **Jumping Jack**

*20 repetitions, rest 45 seconds, repeat for 3 sets*

## **2 ½ minute cool-down**

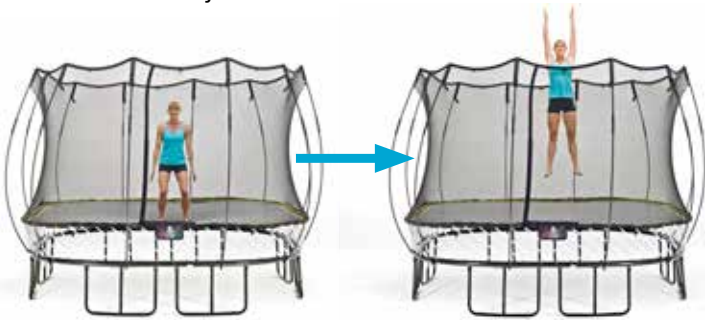
This muscular endurance workout should be done 2 to 3 days per week on alternate days and as evenly spaced throughout the week as possible. Exercise intensity should approximately 65%. Depending on one's skill level on the Springfree Trampoline the above movements can be interchanged with others as needed. When putting together an individualized movement selection for the workout make sure to alternate between movements that require only two feet (straight jumps, piked 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



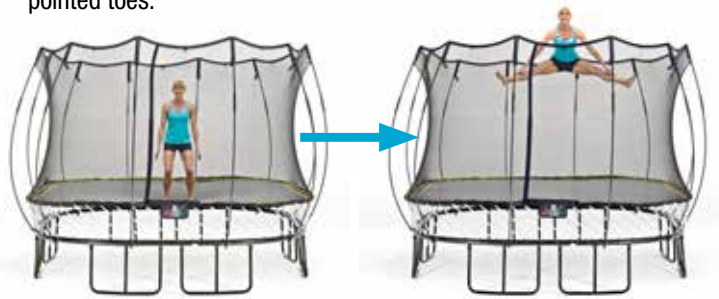
## STRAIGHT JUMP

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.



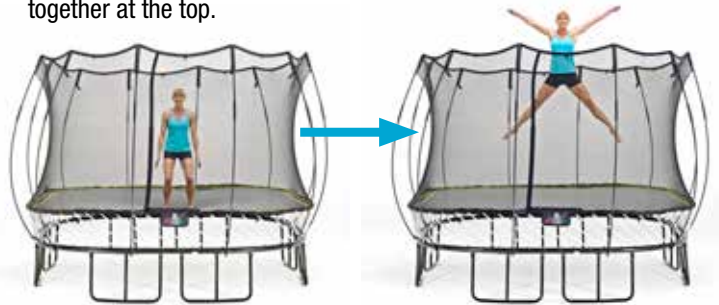
## TUCK JUMP

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.



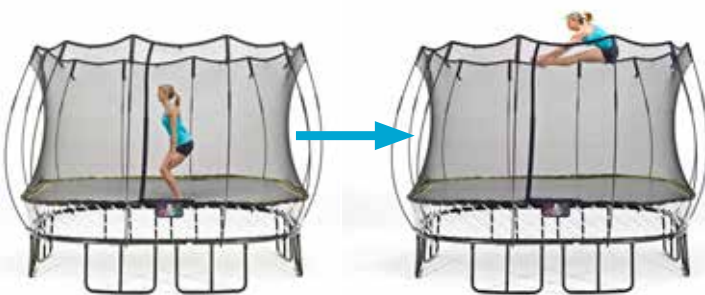
## JUMPING JACK

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.



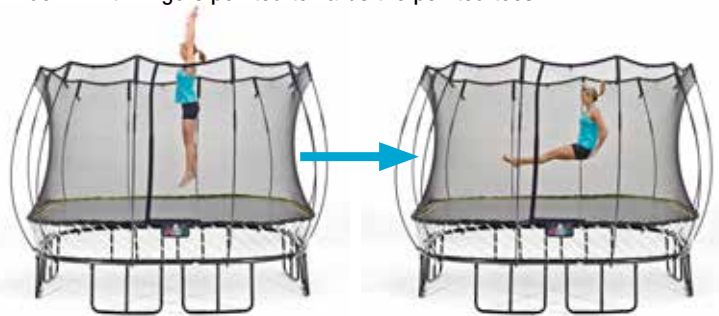
## PIKE JUMP

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.

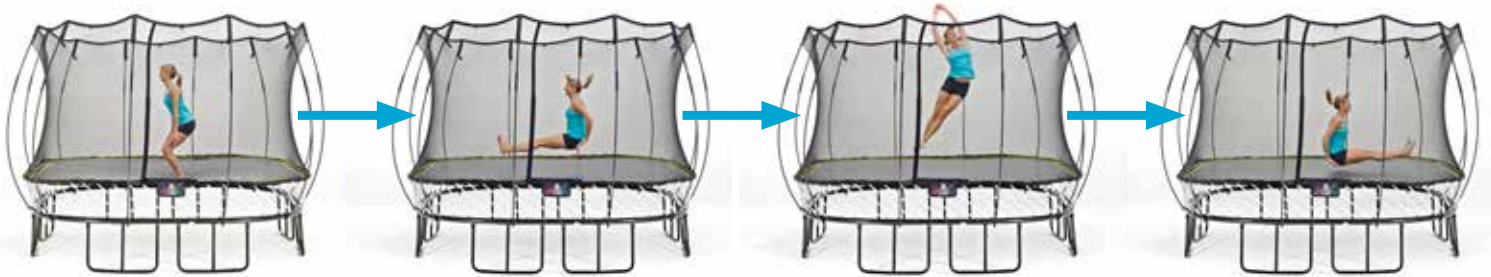


# BASIC BEGINNER MOVEMENTS



## 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.

