



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

MUSCULAR STRENGTH TRAINING PROGRAM



Traditional strength training protocol for exercises recommends a repetition range of +/- 8 repetitions for 3-5 sets. The rest period between sets for muscle hypertrophy is 30 to 90 seconds and for strength 2 to 5 minutes. As the load is based on intensity and not an external factor such as a weight stack the rest period between sets is set at 90 seconds. The rest period can be shortened or lengthened as needed per individual but not at the expense of training intensity. 4 sets of 4 exercises were chosen to keep the entire Springfree Trampoline muscular strength workout at or under 30 minutes total including a brief warm-up and cool-down.



The following are guidelines for a strength training 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

8 repetitions, rest 90 seconds, repeat for 4 sets

Seat Drop

8 repetitions, rest 90 seconds, repeat for 4 sets

Pike Jump

8 repetitions, rest 90 seconds, repeat for 4 sets

Hands and Knees Drop

8 repetitions, rest 90 seconds, repeat for 4 sets

2 ½ minute cool-down

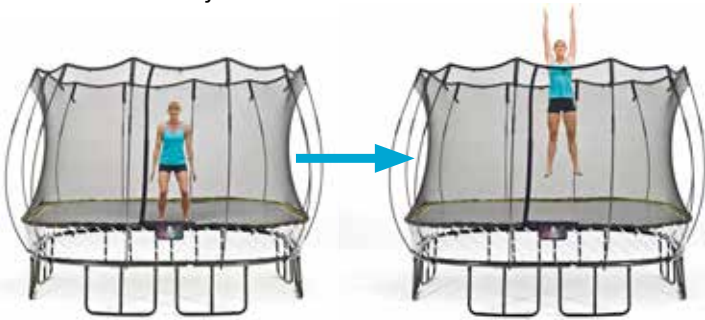
This muscular strength workout should be done 2 to 3 days per week on alternate days and as evenly spaced throughout the week as possible. Exercise intensity should be at 100%. Depending on one's skill level on the Springfree Trampoline the above movements can be interchanged with others as needed. When putting together an individualized movement selection for the workout make sure to alternate between movements that require only two feet (straight jumps, piked jumps) 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



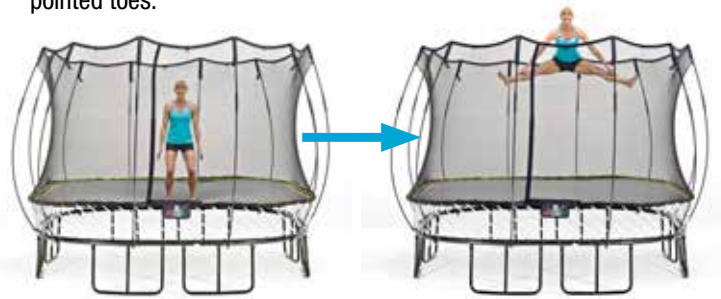
STRAIGHT JUMP

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



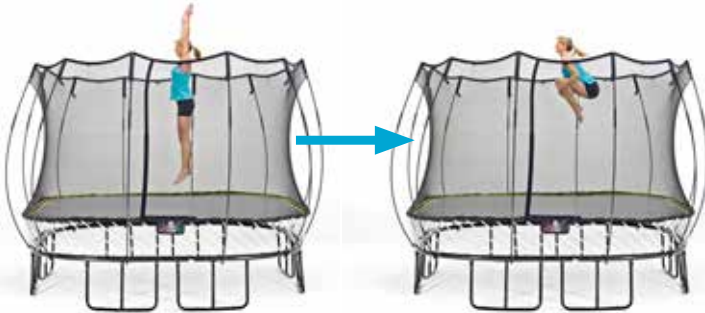
STRADDLE JUMP

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



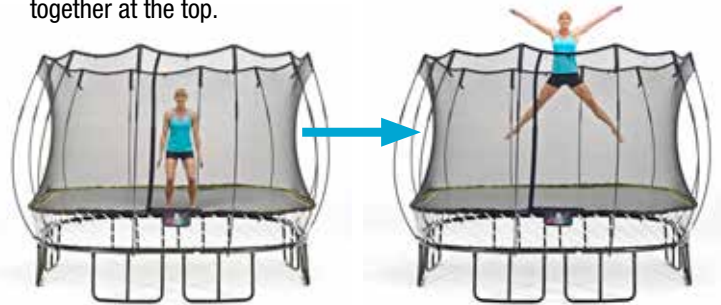
TUCK JUMP

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.



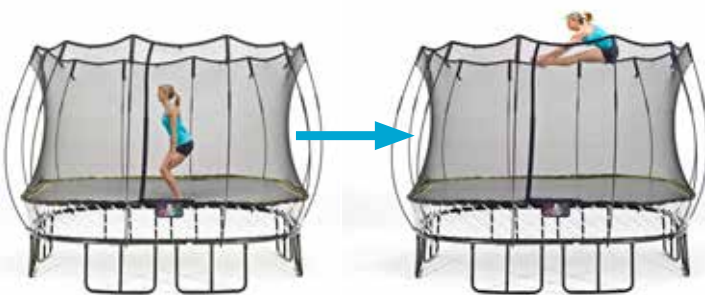
JUMPING JACK

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.



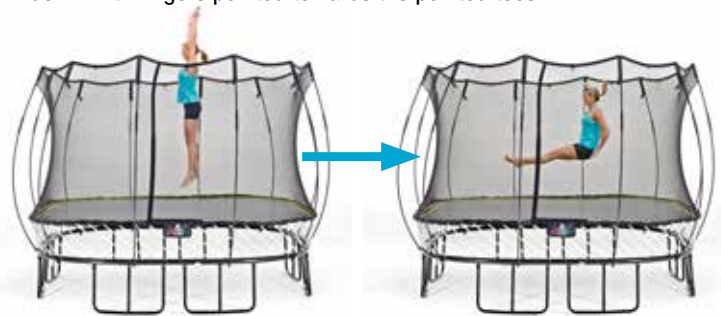
PIKE JUMP

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.

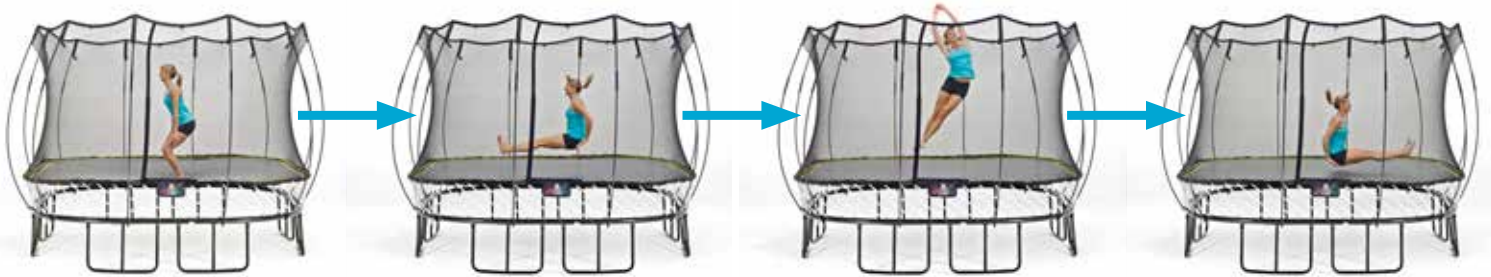


BASIC BEGINNER MOVEMENTS



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.

