



# BOUNCEBACK BY LISA RALEIGH

REBOUNDING IS  
ONE OF THE MOST  
EFFECTIVE, ENJOYABLE,  
AND TIME-EFFICIENT  
WAYS TO GET FIT,  
TONE UP AND LOSE  
WEIGHT. WELCOME TO  
YOUR ULTIMATE GUIDE  
TO BOUNCING YOUR  
WAY TO A HAPPIER,  
HEALTHIER YOU!

A PROGRAMME PROUDLY BROUGHT TO YOU BY LISA RALEIGH

# CONTENTS

**Tip:** Clicking A Chapter Will Take You Directly To It

Contents	Pg 2
Getting Acquainted	Pg 3
Why I Chose Rebounding	Pg 4
Bouncing Your Way Better	Pg 6
A Closer Look At Cells & Lymph	Pg 10
Can Anyone Do It?	Pg 12
Why Quality Is Key	Pg 12
Safety First	Pg 13
FAQ's	Pg 16





# GETTING ACQUAINTED

Welcome to my Bounce Back Programme! This is perhaps the most excited I have been about one of my passion projects to date, and I can't wait for you to start making some amazing changes to your health and body.

I cannot attest more to the incredible benefits of rebounding, for both men and women. Personally, it was so instrumental in shaping my body after the birth of my daughter, and it is one of the most efficient – and engaging – forms of exercise out there. This eBook and the [video workouts](#) I have created for you will give you the guidance you need to take control of your body in the comfort of your own home. While I am a firm believer in physical results, rebounding is about more than that. This exercise single-handedly offers you more health benefits than a number of disciplines combined, some of which can be nothing short of life-changing.

As with all efforts, I believe preparation is the name of the game. Please read this guide thoroughly to understand more about why rebounding is so important, how to rebound safely, the benefits and results you can expect to experience, and how to create a training schedule that you will stick to.

**"THIS EXERCISE SINGLE-HANDEDLY OFFERS YOU MORE HEALTH BENEFITS THAN A NUMBER OF DISCIPLINES COMBINED, SOME OF WHICH CAN BE NOTHING SHORT OF LIFE-CHANGING."**

Then, there's nothing left to do but start bouncing back! Please feel free to share your progress with me – I love hearing from you! Tag me in your online posts: @lisaraleigh, or use the hashtag #lisaraleighbounceback, and check out how others are doing on their rebounders too! Sign up to my [newsletter](#) to stay up to date with our latest news and offerings. Right now, it's time to dedicate yourself to a victorious journey towards abundant health! Let's get started.



# WHY I CHOSE REBOUNDING

"THE HEALTH BENEFITS ARE JUST TOO ENORMOUS TO IGNORE...  
...AND I FIND YOU JUST GET A LITTLE EXTRA MAGIC FROM A REBOUNDING SESSION THAN FROM ALMOST ANY OTHER FORM OF EXERCISE."

Rebounding has been a love of mine for years, and I have always had a rebounder in my house to incorporate into workouts. The health benefits are just too enormous to ignore (more on that in the next section), and I find you just get a little extra magic from a rebounding session than from almost any other form of exercise. There aren't any of the 'no pain, no gain' consequences of other exercise – no real stiffness or muscle and joint pain – and the detoxing effect of every bounce leaves you more invigorated than exhausted at the end of a session.

*(This part's for the ladies)...*

*But I only understood the real power of rebounding after having a baby. When I reached the 6-week 'all clear' mark after Bella was born, rebounding was my primary form of exercise. This played such a crucial role in rebuilding strength in my abdomen and pelvic floor muscles, which are typically so weak after birth. I didn't realise just how weak until stepping onto my rebounder and feeling those muscles work!*

*For the first few weeks, my bouncing was gentle and limited, and I could feel that these areas worked the hardest and were therefore the stiffest. After those weeks, I regained that strength and have never felt quite that same type of stiffness since! For moms experiencing those embarrassing little accidents when they laugh or sneeze, and those feeling like their tummy muscles just never really knitted back tightly into place after kids, this is the exercise that's going to sculpt a strong core from the inside out.*





Moms, I've actually been developing a wellness programme just for you. Keep in touch for more information on the My Body Back Programme, launching early 2018. Sign up to my newsletter to stay in the loop: [Click here to sign up!](#)

And I haven't even got started on the logistical benefits! When you become a parent, convenience becomes king, and rebounding ticks every box in that department. Training from home means no commutes, no commitments to the length of your workout, and no concern about gym attire (ladies, you'll need a good sports bra though).

**"IT IS ALSO ONE OF THE MOST TIME-SAVVY WORKOUTS YOU CAN PRACTISE, EARNING YOU MORE BANG FOR YOUR BUCK PER MINUTE THAN MOST FORMS OF CARDIO OUT THERE."**

It is also one of the most time-savvy workouts you can practise, earning you more bang for your buck per minute than most forms of cardio out there. And you'll have a good time on there too! I get as much enjoyment out of rebounding as I do from dancing, (although don't be fooled, you can make this a **SERIOUS** workout if you want to). In general, I just come off my rebounder **HAPPIER** at the end of every workout.

*If you're a new mom, you may find feelings of guilt fighting their way to the surface when you put aside time to train. Stop right there! As mentioned earlier, the My Body Back Programme I have developed for moms will help you to navigate these feelings and motivate you to put yourself and your health first to be the best version of yourself that you can be! [Sign up](#) to my newsletter to keep in the loop!*

*Prioritising your health – regardless of how long your daily to-do list is – is an absolute, and you deserve to put yourself first for a little chunk of time each day. I am a full believer in taking daily 'me time' that is dedicated to self-care in order to have more energy, love and patience for those around me.*



# BOUNCING YOUR WAY BETTER

The extensive health benefits of rebounding never cease to amaze me. One simple and natural movement is the key to so much improvement in the body; you'll wonder why you didn't start sooner! Childhood excluded, of course. Here are an impressive number of ways that rebounding transforms us for the better:

1. Exercises and strengthens muscle fibre in **EVERY** part of your body (including eyes, ears, heart, major organs, skin etc.).
2. Minimizes colds, allergies, digestive disturbances, and abdominal problems.
3. Boosts energy levels – and keeps them up throughout the day.
4. Boosts lymphatic circulation by stimulating the millions of one-way valves in the lymphatic system. (This system acts as your body's internal vacuum cleaner).

## ENHANCES NUTRIENT ABSORPTION, DIGESTION AND ELIMINATION PROCESSES.

5. Tones the glandular system to increase the output of the thyroid gland, the pituitary gland and the adrenals.
6. Detoxes the whole body and assists the body in attaining peak cell function. (If you want to enjoy even more detoxing benefits, sign up to my Elimin8 Programme here: [Click here to sign up!](#))
7. Strengthens the musculoskeletal system via the G-Force (gravitational load) of each bounce.
8. Decreases the possibility of illness and disease – provides a good form of long-term health insurance against chronic and acute conditions.





9. Oxygenates all the tissues – and where there is oxygen there cannot be disease.
10. Establishes better equilibrium between oxygen required by the tissues and oxygen made available.
11. Increases capacity for respiration. Breathing is controlled by changes in the volume of the chest cavity brought about mainly by muscular movements of the diaphragm. Repeated rebounding exercise accomplishes more muscle movements of the diaphragm with the consequent chest expansion.
12. Enhances nutrient absorption, digestion and elimination processes.
13. Improves the quality of relaxation and sleep.
14. Improves the ability to concentrate, focus and solve problems.
15. Helps manage body composition and improves resting metabolic rate so that more calories are burned for hours after exercise.

**"PROTECTS JOINTS FROM THE CHRONIC FATIGUE AND IMPACT DELIVERED BY EXERCISING ON HARD SURFACES."**

16. Expands the capacity for fuel storage, increases the mitochondria count within the muscle cells, essential for endurance.
17. Adds to the alkaline reserve of the body, which may be of significance in an emergency requiring prolonged effort.
18. Eases menstrual discomfort for women.
19. Assists with weight problems.
20. Tones and firms the body – at the bottom of each bounce, your body weighs double (even the clothes and shoes you're wearing) and this continuous acceleration and deceleration works on ALL muscle groups.





**"IMPROVES CIRCULATION  
AND ENCOURAGES  
COLLATERAL CIRCULATION  
BY INCREASING THE  
CAPILLARY COUNT IN THE  
MUSCLES..."**

21. Protects joints from the chronic fatigue and impact delivered by exercising on hard surfaces.
22. Lowers circulating cholesterol and triglyceride levels.
23. Lowers pulse rate and blood pressure.
24. Lessens the time during which blood pressure remains abnormal after severe activity.
25. Lowers low-density lipoprotein (bad) in the blood and increases high-density lipoprotein (good) holding off the incidence of coronary artery disease.
26. Helps fluid move easily within the body, thus helping muscle performance and lightening the load required of the heart.
27. Decreases the volume of blood pooling in the veins of the cardiovascular system preventing chronic oedema.
28. Improves circulation and encourages collateral circulation (the formation of new branch blood vessels that distribute blood to the heart) by increasing the capillary count in the muscles and decreasing the distance between the capillaries and the target cells.
29. Allows the resting heart to beat less often. Each beat becomes more powerful and sends out a greater surge of blood around the body to nourish its 60 trillion cells.
30. Reduces the height to which the arterial pressures rise during exertion.
31. Assists in the rehabilitation of a heart problem.



32. Boosts red blood cells by increasing the functional activity of the red bone marrow in the production of red blood cells. The red blood cells carry oxygen and nutrients to the tissues of the body and also help remove carbon dioxide from them.
33. Promotes tissue repair and tends to slow down atrophy in the ageing process: Rebounding can actually reverse, prevent or diminish the hardening of the arteries. By conquering this ultimate pathology, you will keep your mind alert, skin smooth, skeleton flexible, libido intact, kidneys functioning, blood circulating, liver detoxifying, enzyme systems alive and hold memory intact.
34. Promotes body growth. Growth of the long bones is especially stimulated by rebounding due to the stimulating effect of the pituitary gland, which produces growth hormone.
35. Offers relief from neck and back pains and headaches.

## "PROMOTES TISSUE REPAIR AND TENDS TO SLOW DOWN ATROPHY IN THE AGEING PROCESS..."

36. Improves coordination between the proprioceptors in the joints, the transmission of nerve impulses to and from the brain, transmission of nerve impulses and responsiveness of the muscle fibres.
37. Improves balance by improving responsiveness to the vestibular apparatus within the inner ear, thus improving balance.
38. Stabilizes the nervous system, resulting in an increased resistance to environmental, physical, emotional and mental stress.
39. And most importantly: Rebounding has longevity because it is easy to commit to as it is **HIGHLY ENJOYABLE**, time efficient, and leaves you feeling de-stressed, invigorated and energized!

40. People who rebound find they are able to work longer, sleep better, and feel less tense and nervous.
41. The effect is not just psychological because the action of bouncing up and down against gravity, without trauma to the musculoskeletal system, is one of the most beneficial aerobic exercises ever developed<sup>\*/\*\*</sup>.

And, even more astoundingly, rebounding can help decrease or alleviate the symptoms of these diseases and conditions:

- Multiple Sclerosis
- Cerebral palsy
- Parkinson's
- Cancer
- Fibromyalgia
- Blindness (vision impairment)
- Alzheimer's
- Dementia
- Neuroplasticity
- Neuropathy
- Depression
- Paraplegia
- Heart problems (post heart attack)
- Auto-immune issues
- Arthritis
- Diabetes
- Wegeners
- Down Syndrome
- ADHD
- Edema
- Cellulitis
- Strokes
- Cystic Fibrosis
- Learning disabilities
- Vertigo



# A CLOSER LOOK AT CELLS & LYMPH

## OUR CELLS

The human body is made up of about 100 trillion cells; they constitute every organ, gland and system in the body. It is our cells that determine how well our bodies function, and if pain, degeneration or disease presents itself in any part of the body, it is the cells in that area that are affected. Simply put, cell health equals physical health.

To summarise a pretty scientific description, our cells need to get sufficient oxygen and other vital nutrients to function at their best, and they need to minimize any excess fluid, waste and blood protein build up around cells daily in order to do so.

"THE HUMAN BODY IS MADE UP OF ABOUT 100 TRILLION CELLS; THEY CONSTITUTE EVERY ORGAN, GLAND AND SYSTEM IN THE BODY."

## THE LYMPHATIC SYSTEM

The lymphatic system – or the lymph – is the body's purification system. It cleans the body by draining and purifying excess fluid and metabolic waste, as well as retrieving blood proteins from around cells, sending them back to the blood stream, and thus ensuring our cells get the oxygen they need.

Think of the lymphatic system as a network of vines, all growing from the centre of the body – around the chest – outwards towards both the head and the feet. Lymph flows from tiny capillaries around the cells into larger vessels and then into ducts, returning purified fluid and blood proteins to the bloodstream. One-way valves prevent the lymph from flowing backwards, while lymph nodes purify the lymph from toxins, poisons and pathogens as it travels.

"THE LYMPHATIC SYSTEM – OR THE LYMPH – IS THE BODY'S PURIFICATION SYSTEM."

The lymphatic system relies on two very efficient pump actions to maintain circulation – the muscular/skeletal pump and the thoracic pump. The muscular/skeletal pump relies on bodily movement, while the thoracic pump relies on regular deep breathing. When the lymphatic system becomes sluggish and does not effectively clear the cell environment, fluid, waste and blood protein build up. Preventing the cells from receiving optimum oxygenation. As a result, energy production wanes and cells can weaken or mutate and even die.





## THE POWER OF REBOUNDING

In a nutshell, keeping our cells in their optimal state – with adequate oxygen – requires a lymphatic system that works to its best capacity.

General activity is a great promoter of cell health, and some specific actions like inverted movements (going upside down) promote better lymph drainage; so exercises like yoga, which include plenty of downward dogs, shoulder stands and general head-to-knee poses, are especially beneficial.

**"THINK OF IT AS A DEEP TISSUE  
MASSAGE FOR YOUR CELLS..."**

Rebounding, however, is perhaps the most effective form of exercise, stimulating circulation and pumping the lymph round the body. Every movement on the rebounder significantly increases the flow of your lymph. Each time you sink down, your cells compress; each time you come up, they relax. Think of it as a deep tissue massage for your cells, or like twisting a dishcloth to squeeze all the water out of it. This increases your flow of lymph through the one-way check valves towards the ducts, and the result is a powerful full body detox with every bounce.

## LADIES, MEET YOUR SECRET WEAPON AGAINST CELLULITE

Hold onto your hats, ladies – here comes some good news! Because of the lymph draining power of rebounding, it is one of the most effective combaters against that lurking orange peel. Areas prone to poor blood circulation are your typical 'problem areas', where there is an insufficient delivery of oxygen and nutrients. This results in the hardening and thickening of connective tissue in those areas, causing pulling on the skin's surface. Simultaneously, the fat, toxins, and fluid accumulated underneath the skin pushes upward, and the result is that dreaded 'cottage cheese' consistency. Regular bouncing on a rebounder means far more effective circulation throughout the body, resulting in better delivery of nutrients and oxygen to problem areas, and an improvement in skin texture.



# A NOTE ON NUTRITION

I'm a firm believer in holistic health. And while I am a huge advocator of rebounding for improving your wellness, there's no way to out-exercise a bad diet. I'd like to just touch on a few of my recommended nutritional essentials to bear in mind, if you are really looking to transform your health.

## ADD VEGGIES

If this is the one change you make to your diet, it may be the only one you need. Our veggie quota of roughly 4-5 helpings is almost never met. Focusing less on what to take out your diet, and more on reaching this quota is one of the most successful strategies for weight-loss. You'll be surprised how little space is left in your stomach after you've worked to include all the veggies we need in a day! This is a healthy approach that focuses on increasing nutritional quality in your diet, rather than deprivation.

## SMART CARBS

Refined carbs and added sugar sneak their way into so many of our daily meals. A conscious effort to limit these and rather take in a healthy balance of complex, low GI whole carbs – think starchy vegetables, brown rice and oats – will remove a lot of the dead weight in your diet that typically ends up being stored as fat.

## IDENTIFYING EXCESS

Identifying the biggest contributors to your weight-gain is a must, and they are usually the things we do repeatedly or in excess. Do you have multiple cups of tea a day with a few sugars each time? Does every weekend include a big night out with handfuls of drinks? Are you prone to something sweet after dinner every evening? These habits are going to differ sizably amongst individuals, but it is these personal habits that have the most impact on results. Spend some time identifying the few routine things you believe have the most impact on your weight and moderate them accordingly.

"I'M A FIRM BELIEVER IN HOLISTIC HEALTH. AND WHILE I AM A HUGE ADVOCATOR OF REBOUNding FOR IMPROVING YOUR WELLNESS, THERE'S NO WAY TO OUT-EXERCISE A BAD DIET."

## PORTION CONTROL

We need to take a reality check on what an appropriate 'serving size' looks like. This is the specific amount of food deemed appropriate by food guides, nutrition labels and diet plans. A standard serving of cooked meat or chicken is about 80-90 grams, or the size of a deck of cards. A serving of starchy foods like cooked rice and potato should be about half a cup, or the size of half a tennis ball. The rest of your





plate should be filled with veggies. Be warned: appropriate, healthy serving sizes are most likely going to be much smaller than the real portions you are accustomed to. BUT – you are eating to meet the needs of your body, and I promise that once you start to tune into your body, you'll notice that it's easier to put your knife and fork down even when there is still plenty of food on your plate. Also, if you can get into the habit of just having a reasonable sized treat versus making a meal of it, it never has to unravel a healthy eating plan or be cut from your diet. Balance makes perfect!

"TAKING CARE IN THE FOOD YOU EAT – AND ENJOYING IT – IS AN IMPORTANT PART OF WELLNESS"

## MINDFUL EATING

Taking care in the food you eat – and enjoying it – is an important part of wellness. Always source high quality ingredients, especially when it comes to meat, fish and dairy. Cooking from scratch may be time-consuming up front, but it allows you to be in full control of what passes your lips, and my Elimin8 Programme will offer you great insight into how you can get time-savvy about food prep. Taking a moment to sit down and enjoy your food allows you to get in touch with when your body is full, since we so often grab a bite to eat at our desks or on the run and don't register fully what we're taking in. Have a look at some of my healthy and delicious recipes on my website [here](#).

A cleanse is an excellent way to kick-start impressive results, especially when coupled with the detoxing power of rebounding. I'd strongly recommend you try my [Elimin8 Programme](#), geared towards helping your body function at its best, and to really put you back in tune with the healthy food your body needs.

*\*Please note here that one cannot 'detox' the body with a diet or exercise programme – that is something the body does on its own. When we talk about detoxing here, we mean supporting the body's natural detoxing processes to help them run more efficiently.*



# CAN ANYONE DO IT?

Rebounding doesn't discriminate. It is a universal exercise suitable for all ages, including the elderly, because of the low impact yet high resistance it offers. It is an excellent form of strengthening for those with joint pain, and is ideal for beginners through to experts.

"REBOUNDING IS ALSO AN IDEAL METHOD FOR TEACHING YOUNGSTERS COORDINATION AND BALANCE..."

This is an optimal exercise method for pregnant women to stay in shape without incurring musculoskeletal trauma, and they'll also enjoy the pelvic floor and ab strengthening benefits.

**Although, please note this programme has not been designed for pregnant women.**

Rebounding is also an ideal method for teaching youngsters coordination and balance while encouraging physical fitness, and is far more likely to keep them entertained than other solo forms of exercise!

## WHY QUALITY IS KEY

I am very proud to offer you the highest quality rebounder available in South Africa. Many mass-produced rebounders have a hard and jarring bounce, which means fewer health benefits and higher risk of injury. The Lisa Raleigh Rebounder has:

- A firm and buoyant bounce (not jarring)
- Foldable frames for portability
- High quality, strong mats
- Large, galvanized, wide belly springs for a smoother bounce





# SAFETY FIRST

## YOUR TRAINING SPACE

Ensure it's well ventilated, clear of any objects lying around. Make sure your rebounder has nothing around it and isn't close to a window or glass door. When rebounding, the idea is to jump quite low but there are occasions where you will jump a little higher, so make sure your ceiling – and ceiling fans! – are high enough. The rebounder is strictly designed for only one person at a time.

## YOUR EQUIPMENT

Before you start bouncing, check the following:

- All six legs are secure and each has rubber shoes fitted
- The mat has no holes, loose stitching and isn't worn through
- The mat hasn't got water or any liquid on it
- The springs are attached securely and are in good condition
- The skirt protecting the springs is flat and secured to all posts

A little word of warning to the acrobats out there: your rebounder is not intended or equipped for doing circus tricks or anything other than vertical low bouncing in the centre of the mat. If you choose to use the rebounder for anything other than low bouncing, you run the risk of damage, breakage and injury – keep it simple, guys! Always be aware of your positioning on the mat – stay towards the centre of the mat and don't bounce your entire weight off centre and/or around one edge of the mat.

Heavy weights should not be used on the rebounder. If you'd like to include weights, a pair of 500g dumbbells is recommended for

**"IF YOU'D LIKE TO INCLUDE WEIGHTS, A PAIR OF 500G DUMBBELLS IS RECOMMENDED FOR BEGINNERS AND 1KG FOR MORE ADVANCED STRENGTH BOUNCING."**

beginners and 1kg for more advanced strength bouncing. We recommend a maximum of 2-3kgs for stronger and fitter participants who are accustomed to heavier weight lifting (Have a look at our fantastic range on our [eStore](#)). Always remember, at the bottom of your bounce, your body and whatever you are holding/wearing, will weigh double or triple due to the gravitational effect. If you are using heavy weights they may place undue stress on your joints and muscles.

## WHAT YOU NEED TO START BOUNCING

- Comfortable shoes (tie those laces tight!);
- Clothes that are form fitting and won't get caught into the rebounder if too loose around the ankles;
- Ladies: a supportive sports bra.

*\*If you are going to try out the complimentary rebounder workouts (just do it!), you'll need a pair of very light weights as well: 500g-3kgs.*





## YOUR REBOUNDING WORKOUTS

As thanks for purchasing a Lisa Raleigh Rebounder, we've rewarded you with four FREE workouts! These are quick, easy to follow video workouts that will make time on your rebounder even more effective. Practice one of the quicker workouts when you're strapped for time, or skip the gym commute and settle in for a 30-minute session. Simply click the links below to explore your free workouts: [Click here.](#)

Like what you see? Browse our bank of ultra-affordable rebounder workouts on the Lisa Raleigh eStore: [Click here.](#)

"THESE ARE QUICK, EASY TO FOLLOW VIDEO WORKOUTS THAT WILL MAKE TIME ON YOUR REBOUNDER EVEN MORE EFFECTIVE."

## SOME UNSCARY SIDE-EFFECTS

If you have never rebounded before (and usually even if you are fit and accustomed to exercise), you may experience the following:

1. Muscle burn in your calf muscles: this is quite normal and should ease after a few sessions.
2. "Sea legs" when you first step off the rebounder after a session: this is also normal and should ease off as you progress.
3. Mild dizziness – starting slow is key.
4. For ladies: the need to urinate or even slight incontinence; this can happen when you first start rebounding because of the added pressure on your bladder – especially if you have given birth. Always use the bathroom before rebounding and don't worry – the urge will diminish over time as those muscles strengthen!





**"WE RECOMMEND THICK GREASE THAT WON'T RUN OR SPREAD."**

- There are 168 parts on the rebounder—of which some of the moving parts are made of metal – so mild squeaking can sometimes occur and is quite normal. However, if the squeak becomes loud and/or annoying, there is a simple way to eliminate it. The parts that cause squeaking are most commonly the points where the spring hooks connect to the bolts on the frames, and squeaking can almost always be eliminated by lubricating these points with small amounts of thick lubricant.

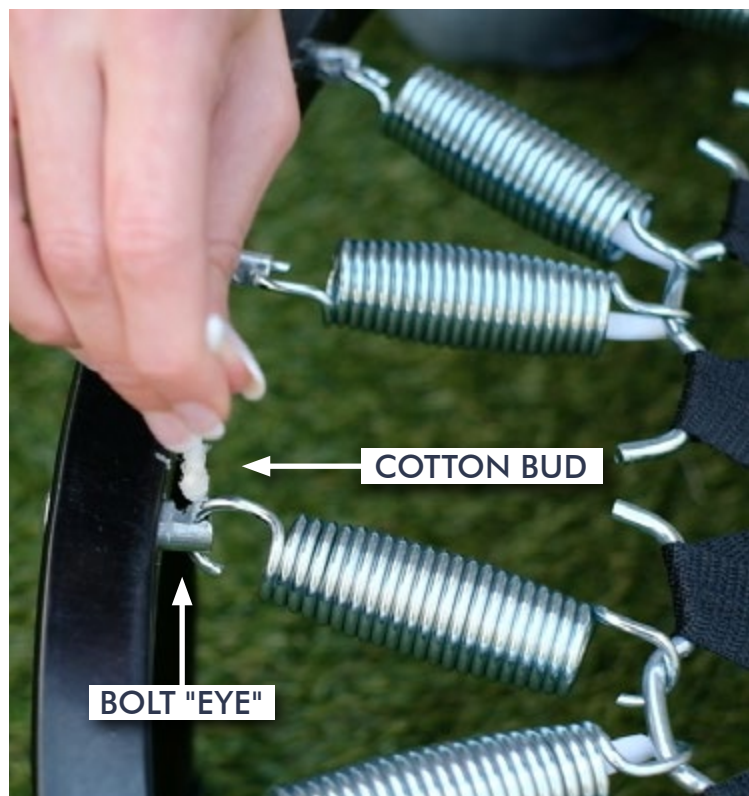
Want to see this process in action? Check out this quick video on managing rebounder squeaks: [Click here to see our video.](#)

5. Mild headaches: this occasionally occurs due to many reasons including the effect of the gravitational force and the detoxifying effect of rebounding. If headaches persist or become worse or severe – stop rebounding and seek medical attention.

## LOOKING AFTER YOUR REBOUNDER

- Keep your rebounder indoors, dry and protected from any excessive weather.
- Clean your rebounder with a damp cloth (do not use soap on the mat, skirt or rubber shoes as this may leave a slippery residue).
- Ensure your rebounder is always dry and free from dirt, grease, rust and/or wear and tear before use.

**"THERE ARE 168 PARTS ON THE REBOUNDER... SO MILD SQUEAKING CAN SOMETIMES OCCUR AND IS QUITE NORMAL."**



The best way to lubricate these points is with a small plastic syringe, (without a needle). If you don't have a syringe you can use a cotton bud. The aim is to place a small amount of grease into the bolt "eye" – where the spring hooks onto the metal bolt. We recommend thick grease that won't run or spread, preferably food grade quality (in case of accidental contact by children or animals).

# FAQ'S

## CAN I USE REBOUNDING AS A RECUPERATION EXERCISE AFTER SURGERY?

Rebounding is incredibly low impact and much gentler on the body than many other forms of exercise. However, we advocate rebounding as an excellent exercise to practice once you've recovered from your surgery – not during recovery.

## IS IT OK TO FEEL STIFF IN MY LOWER ABDOMEN AREA THE DAY AFTER REBOUNDING?

This is very normal. The lower abdomen is targeted and strengthened the most when you bounce, so it will be the stiffest part of your body after a session. You'll notice that this will soon change over time.

## IS IT NORMAL TO GET A HEADACHE AFTER REBOUNDING?

Yes. Rebounding promotes the body's natural detox processes, which may result in a headache. Be sure to drink plenty of water after every session.

## IS IT NORMAL TO FEEL NAUSEOUS AFTER REBOUNDING?

Nausea is a common side effect of the body's natural detoxing process, along with headaches. A little nausea is natural after beginning sessions, and shouldn't be experienced much thereafter.

## CAN I REBOUND IF I HAVE HAD NATURAL BIRTH?

Yes, provided you have had the all clear from your doctor. We advocate rebounding as an excellent exercise for rebuilding ab and pelvic floor strength – but only once you have healed, not during recovery.

## WHAT ABOUT MY LEAKY BLADDER?

Rebounding is one of the most effective ways to rebuild pelvic floor strength. If you suffer with a leaky bladder, start with very gentle rebounding and build up to bigger bounces over time. But keep going! You may totally alleviate symptoms over time.

"REBOUNDING IS INCREDIBLY LOW IMPACT AND MUCH GENTLER ON THE BODY THAN MANY OTHER FORMS OF EXERCISE."







## **CAN I REBOUND IF I HAVE CLIPS IN MY KNEES?**

The general rule of thumb is: if you can walk, you can walk on a rebounder; if you can run, you can run on a rebounder. Rebounders are an incredible tool for physical recovery and are used frequently by physiotherapists as a non-impact exercise. That said, you always need the guidance of an expert if you are recovering from any ailment or are exercising post-surgery, so be sure to get their opinion before you begin bouncing.

## **CAN I REBOUND IF I AM UNDERGOING CANCER TREATMENT?**

Many cancer patients find rebounding to be the most effective form of exercise for them, as it increases circulation and flushes the entire lymphatic system within a couple minutes, while providing a good workout with no impact. However, clearance for your doctor is essential before beginning a new exercise programme.

## **CAN I PUT MY BABY/TODDLER ON THE REBOUNDER?**

As soon as your baby can walk they are ready for the rebounder! With supervision of course.

## **I AM GETTING BORED WITH MY FREE WORKOUTS? WHERE CAN I FIND MORE?**

Visit our [eStore](#) for our collection of ultra-affordable video workouts.

## **HOW LONG SHOULD I REBOUND FOR AS A BEGINNER?**

As long or as little as you like – even just five minutes a day makes a great start. You may want to stick to under 20 minutes for the first two weeks, and then extend the length of your workouts thereafter.

## **DO I HAVE TO USE WEIGHTS WHEN LISA DOES IN HER VIDEOS?**

Weights are optional when you work out, and only light weights under 3kgs are recommended.

## **CAN I REBOUND IF I'VE HAD A HIP REPLACEMENT?**

Yes, rebounding helps prevent blood clots, increases circulation, strengthens your muscles and improves hip mobility. Rebounding also does not tear down tissue, but increases nutrients, oxygen, and circulation, which nourishes and rebuilds cells.

## **SHOULD I REBOUND WITH OR WITHOUT SHOES?**

If you have normal, stable ankles, you can happily – and should – bounce barefoot. If you still need to build up strength in your ankles, bounce with trainers on until you are comfortable to go without.

"THE GENERAL RULE OF THUMB IS: IF YOU CAN WALK, YOU CAN WALK ON A REBOUNDER; IF YOU CAN RUN, YOU CAN RUN ON A REBOUNDER."

# CONTRIBUTORS

## KEITH MCFARLANE

Keith McFarlane is recognized as South Africa's Rebounding expert, and has specialized in his field since 2002. He has trained over 3 000 students in the corporate, fitness, health and public sectors throughout Southern Africa and internationally. His foundational training is Lymphology – which is based on scientific research that reveals a common underlying cause that is present in almost every illness and disease.

His background includes running a Natural Health Academy, founding health Associations, writing health articles and columns for the national media, guesting on many radio and TV programs and founding and running the Heal South Africa Project. Keith is a highly-respected teacher of Lymphology, Reflexology, many forms of Massage and other natural healing techniques, Holistic Nutrition – and is currently studying Naturopathy.

"KEITH MCFARLANE IS RECOGNIZED AS SOUTH AFRICA'S REBOUNDED EXPERT, AND HAS SPECIALIZED IN HIS FIELD SINCE 2002."

## JO-ANN GREENWOOD

Jo-Ann's interest has always been rooted in holistic health ahead of fitness, having explored a myriad of health disciplines including genetics, biochemistry, exercise science, aquatics, as well as pre- and post-natal exercise. With a deep passion for rebounding, she has used this methodology throughout her career, including therapy for cancer patients and special needs children – particularly those with low muscle tone, developmental delays and autism.

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Jo-Ann has worked in physical activity intervention for pre-school children to address the incline in childhood obesity and type 2 diabetes and removal of PE from the school curriculum. She joined Catrobatkidz, a company focusing on children's movement skills and physical activity, and conducted fun-based exercise classes with terminally ill children at the CHOC clinic, where she was able to see the multitude of benefits that they experienced from rebounding. Jo-Ann has since worked with HFPA in a number of cities, opened her own Catrobatkidz Franchise and recently joined BOUNCE Inc. on a freelance basis, helping to push rebounding into a more celebrated and recognised space.

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