

# Build Your Own Routine

We recommend that you purchase a high quality Rebounder for maximum safety. We use a Cellerciser Rebounder. We also recommend having a Handlebar attached at ALL times for best results. Warning: Give yourself an adaptation phase of 2-4 weeks to see how your body responds to Jumping. Start with 3-5 minutes of easy, freestyle jumping, 1-2 times a day, then after that, increase to 5-10 minute increments, and go from there. We are not Doctors or Physical Therapists and therefore are only sharing general information. If you experience any concerning aches or pains while jumping, stop immediately and consult with your Doctor. It is recommended to consult with your healthcare professionals before beginning any new exercise program.

## **1: Health Bounce/Health Pump (Holding Bar):**

- \*Feet in a wide stance
- \*Stand up straight
- \*Relax body
- \*Gently bounce (feel each tug opening up the body)
- \*Breathe

## **2: Neck Stretching While Health Bouncing (Holding Bar):**

- \*Gently bouncing/deep breathing
- \*Neck rolls (full and slow rotations)
- \*Gently look side to side
- \*Ear to shoulder dips
- \*Feel the tug increasing flexibility in every position

## **3: Shoulder/Spine/Back Stretching While Health Bouncing (Holding Bar optional):**

- \*Gently bouncing (slow movements recommended)
- \*Deep breathing
- \*Shoulder rolls forward
- \*Shoulder rolls backward
- \*Upper body twists (hips stay forward)
- \*Cat / Cow (chin, shoulders and hips forward to back every 2 bounces)

\*Southie (back straight, reach with fingertips down the thighs while opposite shoulder reaches up, switch with every bounce, rocking the hips)

\*Gentle twist (hips/feet twist while upper body doesn't twist)(hold bar)

#### **4: Warm Up Jogging/Running or Jamba Walking:**

##### **Jogging/Running (Holding Bar optional):**

\*Back is straight (don't lean forward or backwards)

\*Core is tight/firm

\*Elbows (gently) drive back engaging arm muscles

\*Open mouth breathing or O shaped mouth with slightly firm jaw posture (however is most comfortable)

\*Relax shoulders, neck and face muscles

##### **Jamba Walking (Holding Bar is recommended unless increased intensity is desired, hands in prayer position optional):**

\*Feet in a wide stance

\*Knees are slightly bent

\*Back is straight and tilted just slightly forward

\*Core is tight

\*Press back and forth into the mat slowly and gently

\*Jamba run is a controlled, fast paced jamba walk

\*Feet can stay in full contact with the mat or lift off slightly with each step (just go with the flow)

#### **5: FLEXING while Jumping, Health Bouncing, or Jamba Walking/Running: Choose body parts/muscle groups to focus on while using handlebar as needed:**

*\*\*We used Isoflex hand massage balls to learn how to activate the upper body flexing. You can find them on our website at [ijumpinstead.com](http://ijumpinstead.com)*

- \*Focus on breath (play around with flexing harder on the exhale intermittently throughout the routine)
- \*If using Isoflex balls, use them to access your best flex and use them intermittently (whenever you feel like)
- \*Jaw/Face
- \*Neck
- \*Trapezoids (Traps)
- \*Shoulders/Deltoids
- \*Biceps
- \*Triceps
- \*Forearms
- \*Latissimus Dorsi (Lats)
- \*Chest
- \*Back (Upper/Mid/Lower)
- \*Stomach Wall/Abs
- \*Obliques
- \*Pelvic Floor
- \*Hip Flexors
- \*Glutes (Medius, Maximus, Magnus)
- \*Thighs (Inner & Outer)
- \*Quadriceps
- \*Hamstrings
- \*Claves
- \*Shins
- \*Etc...

## **6: STRETCHING While Health Bouncing (Holding the bar with one hand, two hands or no hands as needed):**

- \*Deep, gentle breathing
- \*Neck and face stretching
- \*Shoulder rotations/reaches (forward and backwards)
- \*Wrist rotations
- \*Cat / Cow (switch positions every 2nd bounce)

- \*Arm reaches/circles (forwards, backwards etc.)
- \*Swim strokes (all directions)
- \*Back stretches (side bends while reaching, bottom's up while holding rim of Rebounder)
- \*Gentle twisting the upper back or lower back
- \*Hip rotations/circles (also done while not jumping)
- \*Hang one leg off the side of the Rebounder and gently bounce while stretching your hanging foot
- \*With one leg hanging, try knee bends, ankle rotations, foot/toe movements, thigh twists, shin stretches, calf stretches, etc. for gentle REHAB movements

## **7: REHAB While Gently Bouncing or Standing (Holding Bar as needed):**

Anywhere there is pain, focus on deep breathing while gently stretching the area and bouncing if possible. If rehabbing a lower body part, you may be gently pressing into the mat for strengthening and adding gentle resistance. Listen to your pain. You're the one who will know whether you need more or less stretching or strengthening. Google search rehab templates to get an idea of how frequent or for how long you need to gently work the area for fastest recovery. We say, it needs to be worked on until the pain is gone. Prioritize weak or injured areas to get them fully recovered for regular training.

We the Trophy Twins believe that Rebounding can heal almost everything. All we have to do is understand how powerful the up and down motion is for the body. It acts like a healing massage and everything that gets massaged gets recovered and strengthened. We also believe that bouncing is meant to be done often and throughout the day for best results. Gentle health bouncing and/or stretching while watching tv is a great way to get your bouncing in. Have fun, stay safe and happy jumping.

Join our private Facebook Group (I Jump Instead) where you can ask us anything and connect with other AMAZING Jumpstars. Also, follow us on Instagram for the latest and greatest jumping inspiration.

<3 The Trophy Twins