



EARTH & OWL

Beginner Progression Chart - Workouts On YouTube - "Supporter" Membership Required

1. Everyone should start with my form tutorial "Dos & Don'ts of Rebounding".
2. The workout frequency and duration for beginners will vary from person to person. You may need to start with only a few minutes and slowly work your way up to a longer duration. It is OK if you only make it half way through a video. Stay on the SAME video if needed for as long as it takes to feel confident, and then move to the next. Aim for 3-5 days a week. You may also break up your workouts and do several sessions throughout your day. Pay attention to your body and back off if you feel you need to rest. You may skip around a bit within each box, but don't move to the next box until you've mastered the box before it. Box #1 is optional.
3. Visit my website www.earthandowl.com for information about footwear, trampoline recommendations and other frequently asked questions.
4. In addition to the rebounding workouts, try to incorporate 2 toning and 2 yoga videos weekly.

Senior Rebounding Safety
Do's & Don'ts of Rebounding
How To Modify Rebounding Workouts
Basic Beginner
Walk with Helen
Helen Videos #4 - #1 - #6 - #2 - #3 - #5
Cross Lateral Movement
Valentine
St. Patrick's Day
Halloween
Holiday

#1

Some beginners may be able to skip box #1 and start with box #2 depending on your health, age and fitness abilities

Do's & Don'ts of Rebounding
Health Bounce to Power Walk - 11
Health Bounce & Arms - 13
5 Foundational Moves - 6
Simple Beginner / Headache - 12
Let's Walk - 17
Rebounder Walk - 20
Coordination #1 - 14
Bad Knees #1 - 14
Newbie Intervals #1 - 15
Newbie Intervals #2 - 17
Feet Stay On The Mat - 15
3 Heart Pumping Moves - 13
HIIT for All - 18
Coordination #2 - 16

#2

Weekly LIVE classes on YouTube

Pretzel Twist - 12
Tongue Twister - 11
Airborne - 19
10 in 10 - 11
No Talk #1 - 12
HIIT #1 - 20
Low Medium High - 19
Bad Knees #2 - 14
Arkansas - 18
Hand Weights - 22
HIIT #2 - 24
Coordination #3 - 15
Walk With Me - 23
Brain Boost - 25
5 Combos - 26

#3

10 Minute Arms - 11
No Talk #2 - 12
Roundabout - 12
120 bpm - 12
Balance Mastery - 13
Jack Be Nimble - 13
90's Dance - 15
Rebounder Dance - 15
Rebounding for Bone Health - 18
Intro To Choreography - 17
Steady State Cardio #1 - 31
Steady State Cardio #2 - 31
Kickboxing Combos - 32
HIIT #3 - 32

#4