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13 Celebrities who use Rebounding for Great Health Benefits. Should You?

APRIL 19, 2016 • LEONARD PARKER

Just how do our beloved celebrities stay fit and seem to defeat father time over and over again? Honestly, barring plastic surgery, it's a combination of healthy eating, effective and efficient workout routines, and professional guidance from the experts.

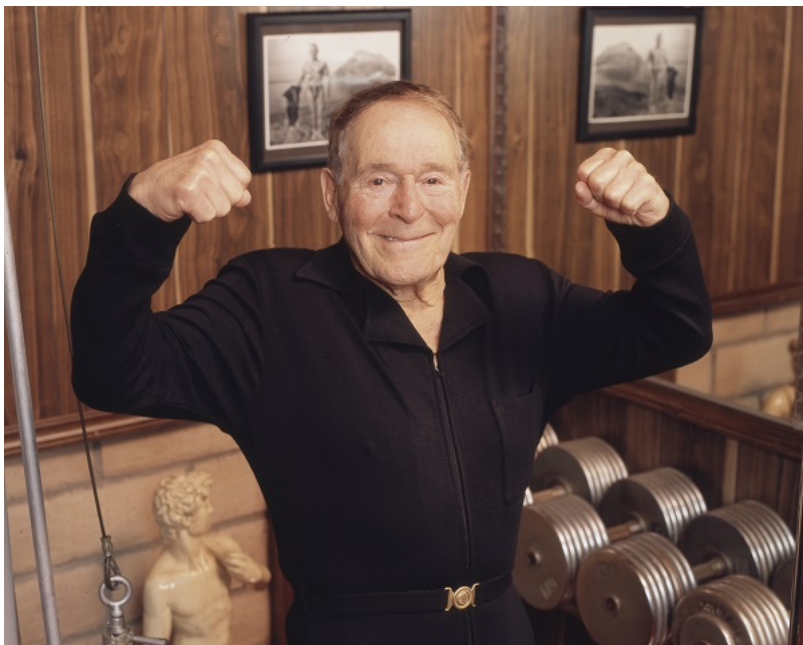
While you may not have the means to enjoy all of the health and exercise options available to celebrities, you can copy some of their routines. But, which routines?

The rebound workout is one answer.

Rebounding is popular among several stars, and the workout is often encouraged by their fitness trainers due to the wide range of benefits the exercise provides. With the purchase of your own rebounder trampoline, you can be well on your way to that great look that you admire in your favorite celebrity.

Here's a list of thirteen celebrities who endorse rebounding for optimal health:

Jack LaLanne, Forever Young from Bouncing on a Trampoline



Forever young health and fitness guru Jack LaLanne often rebounded on his trampoline during his popular TV show. But remember: exercise is not the be all to end all. Jack also recommended proper nutrition, once stating, "Exercise is King, nutrition is Queen, put them together and you've got a kingdom."

Tony Robbins: Release the Power from Within with Rebounding!

Best selling author, entrepreneur, and philanthropist Anthony (Tony) Robbins famously rebounds daily as part of his morning ritual, and he recommends that you add the exercise to your morning routine, too. Tony recommends rebounding twenty to thirty minutes each day to bolster your lymphatic system. Tony boasts that rebounding increases your lymph flow, [detoxifies your body and helps it release harmful toxins](#), provides a safe form of low impact cardiovascular exercise, and strengthens the cells in your body.



Tony suggests a breathing technique for additional benefits to your lymph system. This is a summary of the breathing technique:

1. Inhale at a count of four seconds
2. Hold your breath for sixteen seconds.
3. Exhale at a count of eight seconds

Feel free to switch up this count, but make sure to keep the ratio for the three steps is 1:4:2.

Rebounding: The Key to Bob Hope's Longevity

Comedian Bob Hope, who lived to the age of one hundred, once quoted, "I keep my rebounder at the foot of my bed and I use it daily." Certainly there was a combination of factors that helped Bob live to this age, and rebounding certainly helped!



Ronald Reagan with the Presidential Bounce on his Rebounder

President Reagan, the 40th President of the United States who lived to the age of ninety-three years, once said, "If you see someone jumping up and down on the second floor of the White House - that's me rebounding."

Britney Spears uses Rebounding to Reverse Father Time



Famed celebrity fitness trainer Tony Martinez worked with Britney Spears to help her recapture the look we all know her for. Tony's philosophy, "workout smarter, not longer", and use of rebounders during his workouts have not only helped Britney Spears regain her youthful form, but famous singer Pink as well.

Cher, a Rebounding Veteran!

Singer and actress Cher has been rebounding regularly since 2012.



Carrie Underwood, Jordin Sparks, & Vivica A. Fox Bounce on a Trampoline to Stay in Tip Top Shape

Basheerah Ahmad, owner and founder of the 360 Transformation fitness consulting firm, has encouraged celebrity clients such as Vivica A. Fox, Jordin Sparks, and Carrie Underwood to rebound on mini trampolines.

Here's a sample of the rebounding workouts that these popular ladies use:

Basic Trampoline Bounce - The basic trampoline bounce is effective for toning your calves, glutes, and quads:

1. Stand on your rebounder trampoline with your feet six inches apart
2. With your elbows at your sides, bend your arms
3. Slightly bend your knees and gently bounce up and down. Bounce no higher than six inches off your trampoline.
4. Perform this exercise for ten to twenty minutes



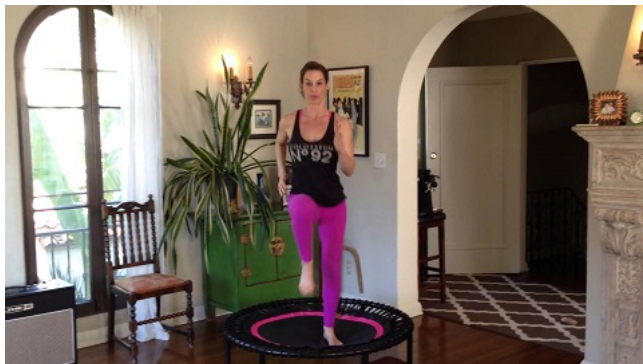
According to Ahmad, "the basic trampoline bounce seems simple, but the workout burns a lot of calories."

Trampoline Prances - Ahmad says, "the trampoline prance will increase your heart rate and provide you with a great workout."

Try these steps:

1. Stand on your rebounder, leaving six inches between your feet

2. Keep your hands on your hips and bend slightly at your knees, bounce from the balls of your feet and switch between raising your left and right knees to your hips.
3. Perform this exercise for ten to twenty minutes



Trampoline Squats - Great for your core muscles, Ahmad asserts that “you have to engage your core muscles to perform this move on an unstable surface.”

Here are the steps:

1. Stand on your rebounder trampoline with your feet together and leave your arms at your sides
2. For the next step, 1) jump 2) spread your feet slightly wider than shoulder width, and land in the squat position with your thighs parallel to the jump surface and knees bent. Pretend you are preparing to sit in a chair. Keep your arms straight in front of you
3. Bounce back to your initial position.
4. Try performing this exercise for ten to twenty minutes.



Julianne Hough and Amanda Bynes Prefer Rebounding in Public!

Julianne Hough and Amanda Bynes have both been spotted rebounding at Sky Zone Indoor Trampoline Parks.

Check out Julianne's acrobatic moves:



Megan Fox Worked out on a Rebounder for Teenage Mutant Ninja Turtles

For prep for her role as April O'Neil in the Teenage Mutant Ninja Turtles movie, Megan has been spotted working out in her rebounding class.



Demi Lovato Rebounds on a Trampoline to Add Variety to her Workouts

Demi is a workout enthusiast. She once said, "I don't like running. It's bad for my joints. I feel empowered when I go to the gym."

When asked about her rebounding workout class, "I go with my assistants and my team and I make it an event!"



There you have it. Thirteen celebrities who have used rebounding to jumpstart their journey to optimal health. Rebound exercise can help lead you to a healthier life, too!

Take that small first step and find the perfect rebounder trampoline for you. Your ideal health awaits you.

Sources

- 1. [Workout of the Week \(W.O.W\) - Bounce your way to a healthier you](#)
- 2. [Demi Lovato Reveals her Workout Secrets - Pop Sugar](#)

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