



Bouncing on a trampoline is a moderate intensity physical activity. It can be paced and adapted to everyone's ability, and still provides excellent results. By exercising in privacy, and making progress, users have the chance to enter the active world of exercise and sport, too often reserved for the fit and healthy people. This brings you **SELF-CONFIDENCE**.

TIME is precious, but HEALTH is even more precious! Using our Health Bounce Pod™ is not only a Fun way to exercise, it is an efficient way! Studied by NASA scientists, bouncing on a trampoline is 68% more effective than jogging and yet requires less effort! You can exercise in the comfort of your home or your office.

The main characteristic of bouncing on a trampoline is the **LOW IMPACT** on joints and low stress on tendons & ligaments. Exercising on a trampoline allows you to maintain a physical activity all over your body: when bouncing, not only the lower body muscles but also the upper body muscles are working.



NON-SPORTY PEOPLE & PEOPLE WITH A HEALTH CONDITION

YOUNG BUSY & HEALTHY PEOPLE

INJURED PEOPLE



WHO CAN BENEFIT FROM OUR HEALTH BOUNCE POD™?

The benefits of rebounding are obvious and acknowledge worldwide for decades: the B-POD™ is the safest and most practical way to practice rebounding.

ELDERLY PEOPLE

DISABLED PEOPLE

EVERYBODY!



In the manner that trampoline exercise is a possible activity for injured people, it allows older people, who can no longer jog, climb, run, etc... to keep active while sparing their body from the hard impact of regular exercise. Bouncing improves lung and cardiovascular efficiency. It increases the pulse rate and strengthens muscle groups essential for a healthy cardiovascular system.

Bouncing is extremely easy and fun. More than these, it strengthens your body muscles, ligaments and tendons, increases your heart rate and flexibility, improves your reflexes and body movement, develops your body balance and physical fitness. Most important bouncing can eradicate obesity and promotes good health, also reduce the risk of arthritis.

The fun that bouncing provides to kids & adult alike will be enjoyed by disabled people. This will have an extraordinary effect on their mood and their life. In addition to the obvious benefits of the physical exercise, this psychological effect is major in the improvement of any person limited in their movement. Bouncing is safely possible for people in wheelchairs, but also for blind and/or deaf people.