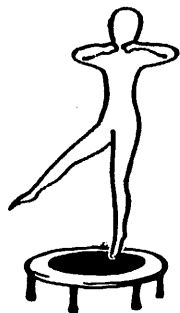


## ADVANCED EXERCISES



### Upright Row Front Kick

Pull fists to chin with elbows high, as you kick right leg to front. Bounce feet together as you lower arms. Alternate with left leg. Arms can be used alternately.



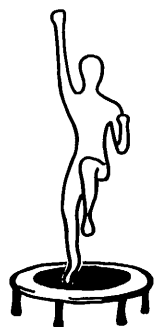
### Slalom

Keeping feet together, bounce alternately from left to right, swinging your hips and landing with your feet and lower body facing the centre. For ski training, bend knees more.



### Touch Toe

Kick right leg forward, simultaneously swing left arm forward to touch your toe. Bounce both feet together then alternate with left leg and right arm.



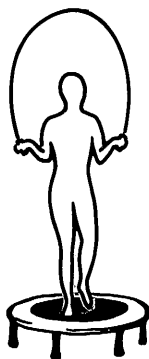
### Hornpipe

High knee raising, arms punching high overhead. Additionally, punching sideways or punching forward or any combination.



### Windmills

Run and swing arms in complete circles.



### Skipping

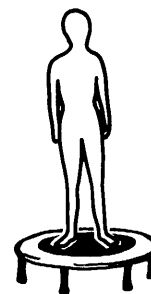
Use a rope to skip from one foot to another or both feet at once.

**Tone and tighten the muscles, aid balance, co-ordination, rhythm, timing dexterity and kinesthetic awareness.**

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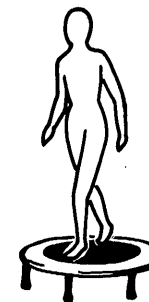
Turn on your favourite music, remove your shoes and sox and step on to your Rainbow Lymphaciser. Remember to breathe in rhythm with your bouncing. (Refer to Lymphacising Guide).

## 'BASIC SIX' EXERCISES



### Health Bounce

With feet apart, bounce gently, keeping the soles of your feet on the mat.



### Shuffle

Alternate your feet back and forth with each bounce, keeping close to the mat.



### Soft Walk

In place, leave toes on mat.



### Jog

Change weight from one foot to another in a gentle jog.



### Dance

Try free-form dancing to your favourite music. Vary your steps and body movements. Sing along if you wish.



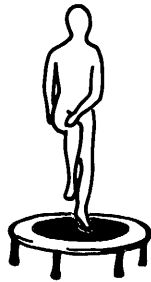
### Sitting Bounce

Sit on the mat with your feet on the floor and use your hands on the rim to gently bounce your body.

## CROSS-CRAWL EXERCISES

Cross-crawling helps you to achieve and maintain body balance by activating the co-ordination centre of the brain.

A cross-crawl exercise is achieved by simultaneously moving right arm and left leg and then alternating to left arm and right leg. It is recommended to end your rebounding workout with a gentle cross-crawl exercise.



### Hand to Knee

Jog easily, alternately tapping right knee with left hand and left knee with right hand.



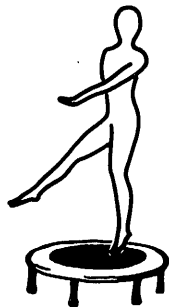
### Elbow to Knee

Bring right knee up to meet with left elbow then bounce both feet on the mat before alternating left knee with right elbow.



### Hand to Heel

Kick right heel out behind and tap with left hand. Alternate with left heel and right hand.



### Forward Stretches

Kick left foot forward, simultaneously with right hand. Alternate with right foot and left hand forward.



### Side Stretches

Raise right arm 45 degrees and point the left leg out to the side 45 degrees to create a diagonal line. Then alternate as you bounce.

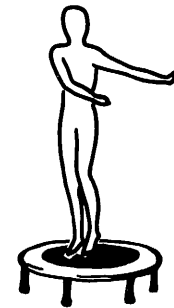


### Pelvic Pulls

Simultaneously raise right knee and left elbow forward with one bounce then turn them out to the side with the next bounce, returning both feet to the mat on the third bounce. Then alternate with left knee and right elbow.

## EXERCISES FOR STOMACH, HIPS AND THIGHS

It is recommended that you start these exercises very gently, only when you are able to Lymphacise as suggested.



### Twister

Twist upper body and arms to one side while turning hips and feet to the opposite side. Alternate with each bounce.



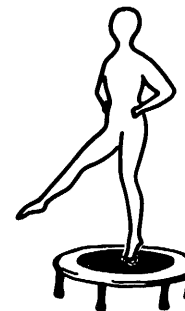
### Cheek to Cheek

Sit in the middle of the rebounder with outsides of feet on the floor. Bounce from cheek to cheek swinging arms above the head.



### Knee High Sprints

Jog at a brisk pace, lifting your knees high and drive hard with arms.



### Clock

With hands on hips, kick left leg forward, turn slightly right and kick right leg forward. Continue kicking to complete the circle.



### Hopscotch

Start with hands out to sides at shoulder level, hop on left foot, touch left hand to right foot behind you. Simultaneously extend right arm overhead. Return to standing bounce with arms out to sides at shoulder level. Alternate with right hand touching left foot.



### Knee-up Arm Curls

Swing both hands over left shoulder while bringing left knee up across body towards right shoulder. Bounce both feet together and then swing both hands over right shoulder, bringing right knee up.

## Optimum Performance

In every form of physical activity, be it work, play or recreation, there is one basic essential for maximum energy output; and that is MAXIMUM OXYGEN UTILISATION resulting from properly controlled, deep, rhythmic breathing. No more shallow, short breathing! Instead, acquire the habit of taking long, slow, deep breaths right down into the abdomen. Before long, and with conscious practice, this will become your normal breathing pattern – and you will be feeling so much the better for it: you'll see! And you should breathe in this way, whatever the activity of the moment – be it lymphacising, or merely walking. Be lively! Be ALIVE!

An excellent breathing pattern to co-ordinate with your Rebound Lymphacising is as follows: Inhale-Exhale: Inhale-Exhale: Inhale- Exhale-Exhale-Exhale . . .really emptying the lungs at the end of each Out-Out-Out-Out cycle. An alternative routine is: Inhale- Inhale-Inhale-Inhale: Exhale-Exhale-Exhale-Exhale. The more you do these exercises the better you'll feel – and the better you feel, the more you can do it.

## Looking Good, Feeling Great

Rebound Lymphacising is good for you in so many ways, and we urge you to re-read our introductory brochure from time to time to remind you of the many benefits of Lymphacising. We used to call it Rebounding, but that is an understatement. Lymphacising means so much more as it will improve your well-being and strengthen your immunity to sickness and disease. All you have to do is bounce gently without your feet even leaving the mat, breathe deeply (as described above) and follow the Lymphacising Chart. With regular Lymphacising you will benefit by feeling great, and so, you will look good too. With your improved feeling of wellness and increased energy, we suggest that you introduce your friends to the Lymphaciser (the Rebounder that works).

## Suggested Exercise Programme

This programme is for people who may be away from their Rainbow Lymphaciser during the day. However, if you can rebound 30 minutes before lunch, repeat column B. (Based on a 5 day week).

	<b>A</b>	<b>B</b>	<b>C</b>	Daily Totals
<b>WEEK 1</b>	30 mins prior to breakfast	30 mins prior to dinner	Before retiring	
	1 min warmup	1 min warmup	3 min health bounce	8 min day
	1 min workout	2 min workout		40 min week
	2 min total	3 min total		
<b>WEEK 2</b>	2 min warmup	1 min warmup	5 min health bounce or shuffle	12 min day
	2 min workout	3 min workout		60 min week
	4 min total	4 min total		
<b>WEEK 3</b>	1 min warmup	1 min warmup	5 min health bounce shuffle or dance	17 min day
	4 min workout	4 min workout		85 min week
	1 min cool down	1 min cool down		
	6 min total	6 min total		
<b>WEEK 4</b>	2 min warmup	2 min warmup	6 min health bounce shuffle or dance	26 min day
	6 min workout	8 min workout		130 min week
	1 min cool down	1 min cool down		
	9 min total	11 min total		
<b>WEEK 5</b>	2 min warmup	2 min warmup	7 min health bounce shuffle or dance	31 min day
	9 min workout	9 min workout		155 min week
	1 min cool down	1 min cool down		
	12 min total	12 min total		

## Understanding your body

Rebound exercise is easy and it is fun, but it has a concentrated effect, so do not underestimate the impact of rebound exercise on your body — do not attempt to make up for 'lost time'. Avoid doing too much exercise too soon. Do not attempt to compete with other people. You are an individual. You need to become aware of your current physical capabilities, so that you can gradually, safely and comfortably extend your personal level of fitness.

Start gently because Lymphacising will help your body to release toxins (poisons) that may have been accumulating for years. At all times feel comfortable, straining or stressing the body will cause toxic build up and sore muscles. Continue to Lymphacise and build endurance before attempting to exercise. Expect all organs to eliminate more often than you are accustomed to — this is a good sign, and drinking more water will help to cleanse your body. Immunity to sickness and disease is reliant on an efficient Lymphatic system. Lymphacise 15 minutes a day, 5 days a week and feel the benefit.

Listed below are some initial difficulties which will be avoided if you Lymphacise (a gentle form of exercise) before attempting other exercises.

**Sore calf muscles:** You are probably doing the Health Bounce on your toes instead of on the soles of your feet. Or you may be simply overdoing it.

**Sore back and/or neck:** Gently bouncing with an upright position, chest out and looking down, about 5 metres ahead, will assist. Refer to the Lymphacising chart on posture.

**Headache:** If this occurs, stop rebounding, start again 30 minutes after headache has gone. Headaches may also be related to posture (see 'sore back and/or neck' above) or mucous forming foods. Also see Lymphacising chart, Upper Tension.

**Incontinence:** These muscles normally strengthen within the first 10–14 days of rebound exercise. Most people are more comfortable if they empty their bladder before rebound exercise (see exercise sheet and practice 'Pelvic Pulls').

**Panting:** Most common among shallow breathers. Breathe more deeply in rhythm with your movements. Refer to the paragraph on the front page under Optimum Performance. There should be an improvement within a few days.

**Excessive increased heart rate:** Your heart rate will naturally increase with exercise. To ensure that the heart is not overstressed, you should be able to carry on a conversation while exercising.

**Discharge:** Discharges are the body's natural cleansing processes which will increase when the lymphatic system is stimulated by rebounding. A runny nose means your body is throwing off excess mucous. The greatest percentage of body toxins are eliminated from the lungs — breathe deeply.

## ... Before you hit the mat

### Music — the missing link between exercise and fun

People experienced in rebound exercise rarely rebound without music. They agree that it is the addition of rhythmical music that transforms 'business into pleasure' and 'work into play'. You will soon have your own favourite numbers.

### Which exercises?

We have enclosed an illustrated Lymphacising chart and an Exercise Card. Start by Lymphacising, without your feet even leaving the mat. Continue to Lymphacise without stress or strain to build up endurance. When you are able to Lymphacise for 20 minutes, you are ready to start the exercises. Continue to Lymphacise as well as exercise and then go on to other exercises as you feel ready. Page 3 is a special section of exercises to help stomach, hips and thighs.

### Warm-up and Cool-down

Remember to warm up each time you exercise, starting with gentle Health Bounces. Similarly, it is important to cool down with gentle bounces. This is the correct time to do any stretching or flexibility exercises.

### Suggested exercise programme

On the back page is a suggested exercise programme. Gradual exercise is the key to the programme. If you are not used to exercise, then do not exceed the suggested times. However, if you are already fit you may amend the suggested programme accordingly — or make up your own! If at any stage you do not feel ready to increase the amount of rebound exercise you are doing, then DON'T. At all times, let your body be your guide.

### Special notes

Feeling tired? Don't really feel like exercise? NOW is the time to use your Rainbow Lymphaciser. You will be amazed how much better you feel.

Want to lose weight? Rebound exercise 30 minutes prior to meals will assist with weight loss as it helps to suppress the appetite.

Sleep problems? Gentle health bounces before retiring will assist sound sleep. If you can not sleep, have a drink of water and Lymphacise gently.

Clothing. No special clothing is required, with the possible exception of a jogging bra. Remove your shoes before rebounding.

### Like to know more?

Informative books are available.

### Accessories

Video, Bounceaerobics Charts, soft exercise weights and skipping rope.

### One final word

Your Rainbow Lymphaciser is now a part of your life. Keep it in your living area. USE IT DAILY, and you are on your way to maintaining a fit and healthy body.