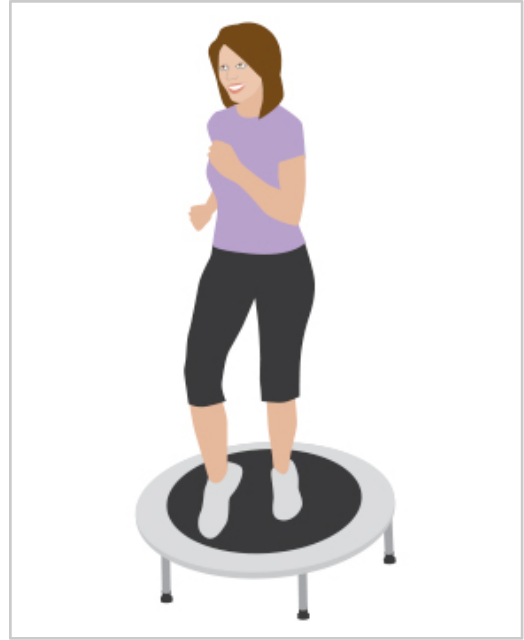


### **Trampoline Warm Up (All Levels)**

1. Warm up for at least 5 minutes before you start your routine.
2. Sit with hands on the metal edge of the trampoline and legs hanging off.
3. Begin bouncing.
4. Add arms and allow them to move naturally.
5. Bounce for 1 minute.
6. Stand on the trampoline with feet at least shoulder width apart and knees slightly bent. Come up on the toes and then drop the heels. Do this for 30 seconds.
7. Progress to a full jump allowing feet to come up and do this for 1 minute.
8. Transition to a scissor movement with the feet by bringing one foot slightly forward as you jump.
9. Do this for 1 minute.
10. Add arm circles forward and backward for 1 minute.
11. Do jumping jacks for 30 seconds.
12. Perform butt kicks for 30 seconds.
13. Jog half time for 30 seconds.

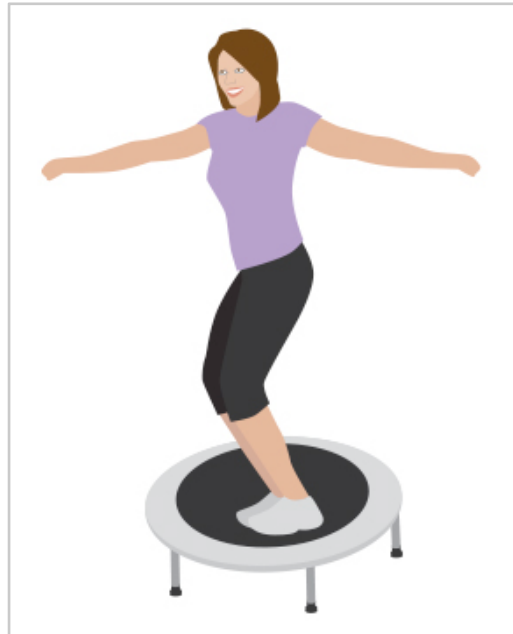


### **Basic Aerobic Trampoline Workout (Beginner)**

1. Stand with feet shoulder width apart and knees slightly bent.
2. Bounce (roll up to the toes and then let the heels drop), keeping hands at the hips.
3. Do this 30 times.
4. Jump about 6 inches off the trampoline, extend arms from the shoulders for balance.
5. Do this 20-30 times.
6. Twist with arms extended from the shoulders.
7. Do this 20-30 times.
8. Jump, bringing one knee up at a time (alternate) and pump arms.
9. Do this 20-30 times.
10. Jump forward and backward.
11. Repeat 20-30 times.
12. Jump side to side with the feet together.
13. Do this 20-30 times.
14. Jog with high knees.
15. Do this 20-30 times.
16. Repeat all exercises in sequence 3x.

### **Trampoline Warm Up (All Levels)**

1. Warm up for at least 5 minutes before you start your routine.
2. Sit with hands on the metal edge of the trampoline and legs hanging off.
3. Begin bouncing.
4. Add arms and allow them to move naturally.
5. Bounce for 1 minute.
6. Stand on the trampoline with feet at least shoulder width apart and knees slightly bent. Come up on the toes and then drop the heels. Do this for 30 seconds.
7. Progress to a full jump allowing feet to come up and do this for 1 minute.
8. Transition to a scissor movement with the feet by bringing one foot slightly forward as you jump.
9. Do this for 1 minute.
10. Add arm circles forward and backward for 1 minute.
11. Do jumping jacks for 30 seconds.
12. Perform butt kicks for 30 seconds.
13. Jog half time for 30 seconds.

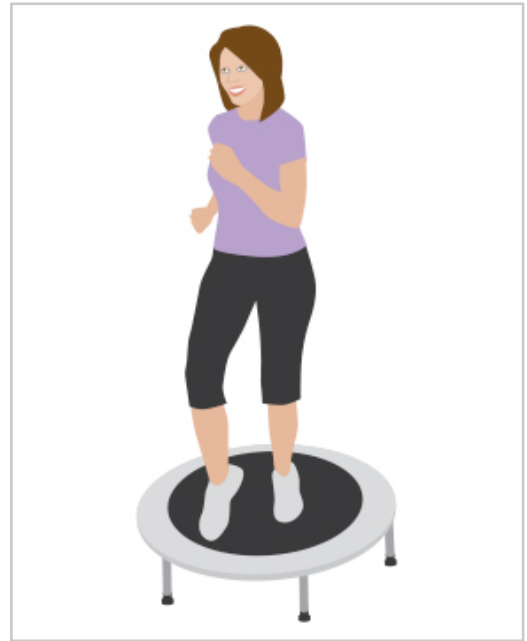


### **10-20-30 High Intensity Interval Training Routine (Advanced)**

1. Do this routine five times for a total of five minutes, then rest for two minutes.
2. Air jack (jumping jacks wherein you rebound as high as you can) + knee tuck (while in the air, draw your knees quickly in towards your chest)
3. Cross country ski
4. 45 degree jump squat turns (squat, jump and turn 45 degrees)
5. High knee jog (jog and bring the knees up as high as you can)
6. Sprint in place
7. Quick feet (take a wide, ready stance and tap feet as fast as possible)

### **Trampoline Warm Up (All Levels)**

- 1.** Warm up for at least 5 minutes before you start your routine.
- 2.** Sit with hands on the metal edge of the trampoline and legs hanging off.
- 3.** Begin bouncing.
- 4.** Add arms and allow them to move naturally.
- 5.** Bounce for 1 minute.
- 6.** Stand on the trampoline with feet at least shoulder width apart and knees slightly bent. Come up on the toes and then drop the heels. Do this for 30 seconds.
- 7.** Progress to a full jump allowing feet to come up and do this for 1 minute.
- 8.** Transition to a scissor movement with the feet by bringing one foot slightly forward as you jump.
- 9.** Do this for 1 minute.
- 10.** Add arm circles forward and backward for 1 minute.
- 11.** Do jumping jacks for 30 seconds.
- 12.** Perform butt kicks for 30 seconds.
- 13.** Jog half time for 30 seconds.



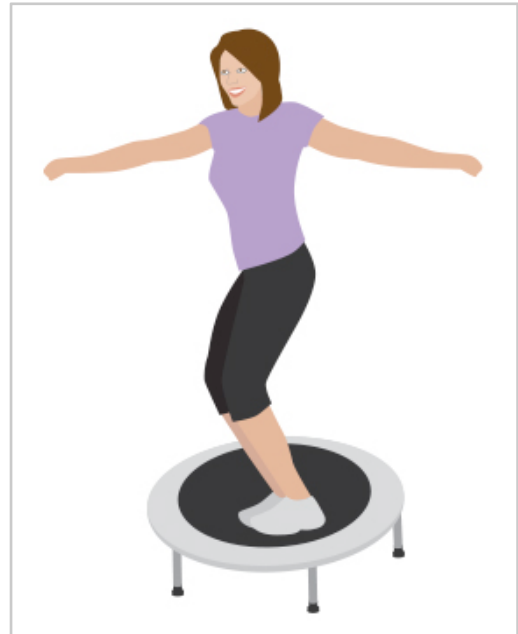
### **Plyometric Trampoline Workout (Advanced)**

This workout has a progression of easy to more challenging exercises. Go through this routine eight times.

- 1.** Step on and off the trampoline slowly.
- 2.** Hop on with both feet, then step off one foot at a time.
- 3.** Change lead leg.
- 4.** Hop on with both feet, do a 180 degree hop turn and step off.
- 5.** Hop on with your right foot, hold for a few seconds, then step off.
- 6.** Hop on with your left foot, hold for a few seconds, then step off.

### **Trampoline Warm Up (All Levels)**

1. Warm up for at least 5 minutes before you start your routine.
2. Sit with hands on the metal edge of the trampoline and legs hanging off.
3. Begin bouncing.
4. Add arms and allow them to move naturally.
5. Bounce for 1 minute.
6. Stand on the trampoline with feet at least shoulder width apart and knees slightly bent. Come up on the toes and then drop the heels. Do this for 30 seconds.
7. Progress to a full jump allowing feet to come up and do this for 1 minute.
8. Transition to a scissor movement with the feet by bringing one foot slightly forward as you jump.
9. Do this for 1 minute.
10. Add arm circles forward and backward for 1 minute.
11. Do jumping jacks for 30 seconds.
12. Perform butt kicks for 30 seconds.
13. Jog half time for 30 seconds.



### **Core and Balance Trampoline Routine (all levels)**

1. Stand on your toes , look left and right with your eyes 10x (without turning your head).
2. Stand with one foot a few inches in front of the other and bring arms over head. Drop the right arm to shoulder level. Slowly lean to the right. Return to the upright position and drop the right arm forward. Then lean forward from the hips and then slowly lean back. Repeat 4x.
3. Stand with feet hip width apart and lift the left knee until it is flexed with thigh parallel to the ground. Bring the right hand to the left knee and turn your torso to the left, raising the chin slightly. Repeat 4x on each side.
4. Move toward the back of your trampoline and do a reverse lunge on the floor. Hold for 10 seconds. Repeat 4x before doing the other leg.
5. From the edge of your trampoline, lower into a squat and return to the upright position while performing a leg lift. Repeat 8x on each leg.
6. Do push-ups with palms touching the floor and legs and feet on the trampoline surface. Repeat 10x