

## TRAMPOLINE STATION



The Trampoline Station is a fun, safe and effective whole-body exercise product. By combining the proven exercise principles of rebounding, jumping and plyometric training in one product, the Trampoline Station offers tremendous value and health benefits.

The benefits of Jumping or Rebounding have been known for years, and include: aerobic exercise, balance training, improved circulation, strengthening of muscles and firming of the body.

The Trampoline Station is the only product of its kind that provides a safe and secure frame for people of all ages and any ability level to get the health benefits of rebounding. Perfect for nearly any application from a station in circuit training or as an independent exercise product.

The Trampoline Station can be used in Health Clubs, Medical Clinics, Circuit Training Clubs, Schools, Personal Training Centers, Home Exercise and more.

**BONUS:** The unique design of the Trampoline Station lets you easily convert it into an adjustable Medicine Ball Trainer (Plyometric Rebounder).

The sturdy base stays in place no matter how hard you throw against the rebounder. Adjustable angles provide 4 different positions for exercise variations. This complete system is great for general exercise, core exercises and power training. (Balls sold separately)



# TRAMPOLINE STATION



Rebounding is an exercise that reduces your body fat; firms your legs, thighs, abdomen, arms, and hips; increases your agility; improves your sense of balance; strengthens your muscles over all; provides an aerobic effect for your heart; rejuvenates your body when it's tired, and generally puts you in a state of health and fitness.



## **SPECIFICATIONS:**

The Heavy-Duty Trampoline provides a secure frame to hold on to while jumping.

- Tubular high grade steel construction
- Strong upright support for security
- Commercial grade Response Springs
- High-density foam handles for comfort
- Portable design with 2 transport wheels
- High-grade fabric material
- Trampoline Size: 30" diameter
- Size: 47"L x 46"W x 52"H,  
Handlebar Width: 32"
- Adjustable angles: 22.5°, 30°, 37.5°, 45°
- Unit Weight: 102 lbs.
- Box Size: 52"L x 29"W x 11"H
- Box Weight: 112 lbs.
- Weight Capacity: 350 lbs.
- Warranty: 5 years residential  
1 year commercial

## **APPLICATIONS:**

- Group Exercise
- Circuit Training
- Therapy
- Recreation
- Athletics
- Education

## **EXERCISES:**

- Stationary Jog
- High Knees
- 3 Dot Drill
- Scissor Jump
- Med Ball Rotational Throw
- Med Ball Overhand Throw
- Med Ball Training  
and plenty more

