

DON'T EXERCISE ... CELLERCISE!

By Rica E. Villalon



<http://cellercisephilippines.com/>

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Inside this e-book, you will find incredible information and ideas that will help you succeed in your journey towards health and fitness.

Enjoy!

Rica E. Villalon

<http://www.cellercisephilippines.com>

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About the Author



I am **Rica E. Villalon**. I am Filipino, living in my native country and married with two adult children. I am also an entrepreneur.

My passion about keeping myself fit has led me down the path of health and wellness. Since I have been successful with myself, I've also directed my passion and enlarged my sphere of influence to include helping others stay healthy. I do this by sharing what has worked for me with other people.

I attended T. Harv Eker's "Extreme Health" seminar in Los Angeles last year. There I discovered the most amazing exercise equipment ever! I also met its creator, David Hall.

David Hall's Cellerciser® presentation, coupled with the testimonials he offered onstage, had a profound effect on me. I was so greatly impressed that I immediately placed an order for the unit.

The [Cellerciser®](http://cellercisephilippines.com/) practically changed my life. After an incredible ten minutes a day on the machine, I receive far more benefits than I used to receive from my former regimen. The latter included thrice weekly weight training and aerobic workouts at the gym, one or two yoga classes a week, plus a weekly massage.

This is what excites me about sharing the wonderful world of cellercising® with you! I know for sure that you will reap unexpected benefits, just as I have.

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Disclaimer

The author of this book is not a medical practitioner. This book is not designed to diagnose, prescribe or treat diseases and/or medical conditions.

Any medical condition discussed in this book should only be treated under the direction of a medical professional. The information contained in this book is for educational purposes alone.

As with any form of exercise, it is important that you consult with your health care professional before beginning your Cellercise® program. Always seek medical advice about exercise safety.

The author accepts no responsibility whatsoever for outcomes resulting from decisions and actions taken as a result of reading this book.

We want you to have an enjoyable and a healthy experience! Should you have any questions, suggestions or comments, please feel free to email the author at rica@villalon.com.

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Is Jumping on a Trampoline a Good Exercise?



We all know that [trampolines](#) are a lot of fun, but do they count as good exercise?

The answer is a definite YES! Jumping on a trampoline, especially when it's done on a unit of premium quality, is not only good exercise — it is an *exceptional* form of exercise.

Here are five great reasons why ...

It is SAFE. Rebounding is gentle on the body — far gentler than walking or running on hard surfaces. The soft bounce is easy on the muscles, the joints and the cartilages. The absence of a jarring motion means there is no risk of injury, unlike most types of exercise.

It provides numerous HEALTH AND FITNESS BENEFITS. It improves blood circulation; lowers cholesterol and triglyceride levels; improves coordination and balance; increases energy and vitality; reduces stress and tension; boosts your immune system; eliminates wastes and toxins through good lymphatic circulation; firms and trims your abs, arms, legs, hips, thighs and waist. And if those weren't enough,

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it also relieves body aches and pains.

It works on a CELLULAR LEVEL. The up and down jumping movement massages and stimulates the 75 trillion cells of your body at close to a hundred times a minute — that's every single cell in every body part, organ and system undergoing exercise. This is just about the only workout that strengthens the body from inside out, cell by cell.

It is an excellent form of SPORTS WORKOUT. Training is essential, regardless of your choice of sport. Trampolining builds stamina, endurance, power, speed, balance, coordination and flexibility — all key ingredients for success in any fun event or competition. At the same time, rebounding is very useful in the rehabilitation of sports injuries.

It is a great form of CROSS-TRAINING. On a mini-trampoline, you can combine multiple types of physical activity in the same workout: aerobic, isometric, isotonic and calisthenic. Bouncing brings up your heart rate for an extended period of time, giving you a good cardiovascular workout. It sets up gravitational weight against the cells, consequently building muscle mass and strengthening bones. Moreover, rebounding develops balance and flexibility, and it helps you improve your overall fitness and performance.

So rest assured that jumping on a trampoline is indeed good for you. In just ten minutes a day, you get the benefits of walking, running, weight training, yoga and pilates combined.

Other Mini-Trampoline Exercises Besides Jumping



There are lots of [fun exercises](#) you can do on a mini-trampoline, aside from simply jumping up and down. Here are three you can try out.

The JUMPING JACK is a good cardio and strength training exercise. Its name comes from an old children's toy called Jack-in-the-box. It's done by jumping and landing in a position where your legs are about shoulder-width apart and your hands are touching overhead. This is followed by jumping and returning to a position where your feet are close together and your arms are back to your sides.

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Doing jumping jacks is a great way to elevate your heart rate for an extended period of time, thereby giving your heart the cardiovascular conditioning that it needs. It also tones and strengthens your shoulders, back, thighs and calves.

Next, the SITTING BOUNCE is an exercise that strengthens your core muscles. It is done by sitting at the center of the rebounder with your feet off the floor. Bounce up and down on your butt and use your arms and legs to lift yourself off the mat.

As you get stronger, put your legs up so that your torso and legs form a V-shape and only your butt touches the mat. Contract your stomach muscles as you bounce on your butt. Your mid-section will get a better workout than it normally would from doing sit-ups as your weight applies pressure to your core. The sitting bounce will tone your back, hips and legs as well.

Finally, the HIP TWIST is an excellent way to trim your hips and buttocks. As you jog lightly on the mini-trampoline, bend your right knee and bring it up in front of you over the opposite leg. Then bring down your right leg and do the same with your left knee. Continue the alternating motions and speed them up to raise the intensity level of your exercise.

The hip twist works on burning the collection of fatty deposits in the hips and buttocks while building muscle mass at the same time. It also allows the ligaments and the muscles along your vertebrae to stretch gently, relieving you of tightness in those areas.

Rebounding is simply a lot of fun. Depending on your goals and your specific areas of concern, you can design an enjoyable, customized program best suited to your individual needs.

Can One Lose Weight Through Trampoline Exercise?

Losing weight is a challenge that a large number of people face, be they young or old. The questions most often asked are:

1. What exercises should I do to make my butt, my thighs and my waist smaller?
2. What can I do to lose my flab?
3. How can I get rid of tummy fat?
4. How do I sculpt my abs into a hard six-pack?
5. How do I tone the muscles on my arms and thighs?
6. How long should I exercise to lose ten pounds?



Trendy diets may promise that counting carbs or eating a ton of grapefruit will make the pounds go away. When it comes to weight loss, however, it's the calories that count. Cutting 250 calories from your daily diet can help you lose half a pound a week (3,500 calories equals a pound of fat).

When you really think about it, weight control is actually a balancing act. Reducing your intake of extra calories from food and beverages and increasing the calories burned through physical activity result in weight loss.

Thus, your exercise goal should involve burning more calories. The more calories you burn, the easier it is to lose and manage your weight. The frequency, duration and intensity of your workout determine the amount of calories you will burn.

One of the best ways to lose body fat is through regular aerobic exercise. A high-intensity workout on a mini-trampoline for at least ten minutes, every day — when combined with a good and healthy diet — can effectively double your weight loss.

Rebounding helps you lose weight by building your muscle mass. An increase in muscle creates a corresponding increase in metabolism — the process of burning calories or fat for energy. This makes the loss of weight or the loss in inches much easier to achieve.

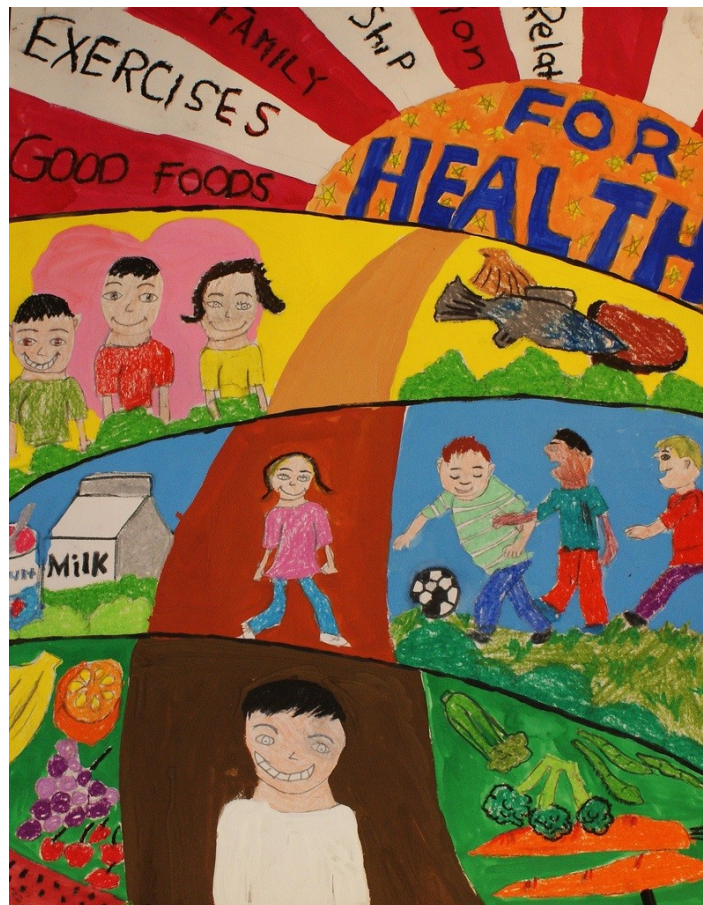
Here are a couple of exercises you can do on the rebounder to help you lose both inches and weight:

The *Fast Jog* is done by running in place. This is done as quickly as you possibly can to the count of one hundred. Raising your knees higher will increase the intensity of the exercise.

The *Jumbo Run* is done by first standing with your feet shoulder-width apart, your knees slightly bent and your back straight. From there, shift your weight from one foot to the other very rapidly, without lifting them off the mat. Thirty seconds of this in your daily workout will work wonders — over time, you will rid your thighs of that unsightly cellulite.

In closing, I leave you with this bit of advice: the key to successfully losing weight is in committing to making lasting changes in your lifestyle. Stick to good eating and exercise habits and the results will be worth your efforts.

Teen Health and the Mini-Trampoline



As children enter their teenage years, many of them leave their physical activities behind and become sedentary. Afternoons of play take a back seat to homework, TV and video games. This has led to a marked increase in childhood obesity.

The typical teen spends close to thirty hours a week sitting in front of the TV or the computer while munching on high-fat junk food. Both the sedentary lifestyle and the unhealthy diet are major factors in the

slowing down of their metabolism and ultimately, their weight gain.

Overweight teens often develop into overweight adults. Overweight adults have a greater pre-disposition towards heart disease, diabetes, gout and arthritis.

That is precisely why teens need exercise! As it is far easier for them to lose weight than adults, they have to get off those couches and live a healthy lifestyle. But where do they start?

Rebounding is one perfect "jump off point" for teens. There's a lot of fun and variety involved in an activity they would normally prefer not to engage in. For example, they can cross-train with a combination of cardiovascular exercises and resistance training — all with a single machine.

As a cardio exercise, rebounding helps the body use oxygen more efficiently. It strengthens the heart and the lungs and burns calories that would otherwise be stored as fat.

As a form of resistance training, rebounding builds, tones and strengthens the muscles. As muscles gain mass, the body becomes more efficient at burning calories. This leads to a faster metabolic rate. It's this faster metabolism that promotes weight loss through the burning of fat, resulting in a leaner, healthier physique.

Since rebounding does not require a lot of time — ten minutes a day, every day is sufficient — it doesn't get in the way of a teen's other activities. Neither does it require special clothing or shoes. The ultimate beauty of rebounding is that, for a reasonable amount of time, teens can experience a good exercise program that they can design for themselves.

Healing Injury and Pain with the Mini-Trampoline

An injury left untreated will only worsen. In time, these neglected injuries lead to a reduction in one's range of motion. This eventually results in the atrophy or the hardening of the injured body part. What once started as acute pain now becomes chronic pain, and the latter takes a longer time to heal.



Lack of physical activity causes your muscles, including your heart, to lose strength and to work less efficiently. Inactivity can increase fatigue, stress and anxiety levels, thereby making the pain worse. Being sedentary is a high-risk endeavor — think high blood pressure, diabetes and high cholesterol.

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When you're in pain, exercise is probably the last thing on your mind. While it may seem counterintuitive, engaging in physical activity is actually one of the best ways to alleviate chronic discomfort.

One great and natural way to get rid of pain is to practice rebounding. The exercise is as safe as it is effective if it's done on a mini-trampoline of premium construction and design. The rebounder provides a convenient, low impact exercise that is non-jarring to the musculoskeletal system.



Rebounding stimulates your body to release endorphins, the body's natural pain relievers. Endorphins have the capacity to provide the same pain relief that strong prescription drugs offer. They also ease the anxiety and depression brought about by pain.

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Rebounding also helps you increase your strength and flexibility. Stronger muscles ease the load off your bones and your cartilage, bringing you relief from the pain. At the same time, joints that are capable of the full range of motion are less likely to be weighed down with aches and pains.

What's more, rebounding boosts your energy levels, helps you sleep better, keeps your weight at a healthy level, gives you an overall sense of well-being and protects your heart and blood vessels — all of which are vital ingredients to coping with and alleviating chronic pain.

The up and down motion of rebounding massages and stimulates the cells. This action increases the circulation of oxygen, blood and nutrients to them, breaking up scar tissue and [healing pain](#).

I myself have been rebounding for a year now — that's ten minutes a day, every single day. The exercise has relieved me of acute pain from headaches, pulled muscles and pinched nerves. Likewise, I have also experienced relief from the chronic pain of wrist tendinitis, sciatica, recurring lower back spasms and on-and-off knee inflammation.

If you've decided to go for a rebounding exercise program, then good for you! Before you start, though, consult your doctor first. You'll need help in designing a program that meets your specific condition.

Start slowly — two minutes thrice a day is suggested — by bouncing gently without lifting your feet off the mat. Listen to your body and it will tell you when to take your exercise routine a notch up.

Rebounding for the Elderly and the Handicapped



People often ask me which kinds of people are best suited for rebounding. My answer is: almost anyone! Rebounding is fun, easy, safe and suitable for all ages and abilities, from the young and the fit to the elderly and the unfit.

As NASA has acknowledged, rebound exercise is the most efficient and effective form of exercise yet devised by man. What makes it stand out from other types of exercise is its ability to work on every single cell, muscle and organ in the body *simultaneously*. When used for a mere two or three minutes thrice a day, the results can be awesome. Ten minutes of bouncing is equivalent to thirty minutes of jogging.

Even wheelchair-bound folks and handicapped people can rebound in confidence. Rebounding is gentle enough for the musculoskeletal system, so they can engage in it safely. A balance bar can even be fitted to provide them with added support and stability.

Rebounding is a good form of exercise for people with debilitating

conditions such as cancer, multiple sclerosis, Parkinson's disease, arthritis, rheumatism, asthma, diabetes and heart disease. It is also good for those who are recovering from an accident or an injury or for those who are dealing with a physical problem.

It's relatively easy for the elderly and the handicapped to get into rebounding. In fact, many people over 90 are capable of rebounding ten minutes a day. All they have to do is to gently bounce up and down, without having to lift their feet off the mat. The continuous motion will aggressively clean their body's lymphatic system of waste matter and toxins.

The most significant benefits of [rebounding for the elderly and the handicapped](#) include the following:

- It promotes physical and mental efficiency by increasing oxygen levels and decreasing toxicity throughout the body.
- It stresses the muscles through acceleration, deceleration and gravitational forces, building bone mass in the process.
- It slows down the aging process by enhancing the performance of the heart and the lungs.
- It engages every cell in the human brain and the human body, stimulating both neural and physical functions and strengthening the body-mind connection.

All of these advantages make rebounding the perfect exercise for you.

What to Look for when Buying a Mini-Trampoline

Rebounders have evolved a lot over the last decade. Premium models employ a wider range of design and construction features that make them superior to sports and discount store models. Prices for mini-trampolines can range from as cheap as under \$40 to as expensive as over \$600.

The idea is that you get what you pay for. The cheapo units are so poorly made that they will not last; nor will they give you the exercise experience you are looking for. Over time, they may even cause injury to your ankles, your knees, your lower back and your entire nervous system.

Consider investing in a good rebounder as you would invest in a good pair of walking shoes, a camera or a bicycle. Look for a well-designed mini-trampoline — one that is sturdy and safe for long-term usage.



Just about the only rebounder in the market that I can confidently recommend is [David Hall's Cellerciser®](http://cellercisephilippines.com/), and I do so for its excellent design and construction features:

ALL-STEEL FRAME

This is construction at its finest. Composite frames come nowhere close to steel frames when strength and durability are at stake.

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PERMATRON® MAT

This is high quality space age material manufactured in the USA. It doesn't stretch out like other mats do. Instead, it supports the user and feels good under the feet. It's hard-wearing and may even be left outdoors in the rain, snow or wind.



JUMBO TRIPLE-TIERED SPRINGS

Hi-carbon steel wire springs adjust to the weight of the user, thereby giving the same gentle and non-jarring bounce for both the one hundred-pounder and the three hundred-pounder alike. This also holds true whether one bounces in the center of the mat or off to its sides. These patented springs make the Cellerciser® *the only rebounder of its kind.*

BALANCE BAR

The portable balance bar can be raised to three positions depending on the user's height. It's flexible enough to yield to one's movements, dramatically improving balance and eliminating any risk of injury. It's highly recommended for the elderly, the handicapped and for those doing more rigorous exercises.

Each Cellerciser® unit goes through meticulous performance testing before it passes quality control. This is why you are assured of a premium unit when you purchase one. Remember, ***there may be many rebounders or mini-trampolines out there, but there is only one Cellerciser®.***

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