

Mini trampoline workouts are a low-impact, high-reward way to improve your strength, cardio, and coordination without stressing your joints. I've used rebounder trampoline exercises for ...

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Jump on it! Jump on it! Jump on a trampoline, that is, if you want some serious health benefits disguised within a very fun, bouncy workout that's good for your heart, muscles and more.

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A trampoline workout doesn't just have to train your legs! Get into a plank position in the center of the trampoline, with your forearms on the mat and your feet back in a push-up position.

Trampoline exercises can boost cardiovascular health and improve endurance. We've got instructions for how to do 12 exercises on a big trampoline and mini trampoline.

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