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**TRAMPOLINE STATION®**  
By Motion Fitness®

**A heavy-duty Trampoline for Jumping and Rebounding**

**Description:**

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.



From kids, who love to jump, through older adults, who need a low-impact workout, the Trampoline Station is an ideal exercise product.



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

The sturdy base of the Trampoline Station 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)

## **Benefits:**

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.

The Trampoline Station is available for purchase through [www.motionfitness.com](http://www.motionfitness.com) for \$495

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Contact us for images and additional information

## **Specifications:**

The Heavy-Duty Trampoline Station 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
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- Trampoline Size: 30" diameter
  - Size: Height: 51", Handlebar width: 38", Frame Width 40"
  - Adjustable angles: 30<sup>0</sup>, 37.5<sup>0</sup>, 45<sup>0</sup>
  - Unit Weight: 105 lbs.
  - Weight Capacity: 400 lbs.
  - Warranty: 5 years residential  
1 year Commercial



## **Applications:**

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

**Some of the over 20 exercises performed on the Trampoline Station.**

- Stationary Jog
- High Knees
- 3 Dot Drill
- Scissor Jump
- Health Bounces
- Aerobic Bounces
- Strength Bounces
- Basic Jump
- Squat Jump
- Jumping Jack I and II
- Corner Cross Jumps
- Washing Machine (Twists)
- Stationary Skip
- Step Up Jumps
- Upper Body Jumps
- Corner Cross Jumps

Med Ball Throw:

- Med Ball Rotational Throw
- Med Ball Overhand Throw
- Variations: perform seated, underhand throw



**Trampoline Station©**  
Additional Information

Web Page:

<http://www.motionfitness.com/trampolineStation.html>

Printable Flyer:

<http://www.motionfitness.com/pdf/TrampolineFlyer.pdf>

Benefits of Rebounding:

<http://www.motionfitness.com/pdf/TS-Exercises.pdf>

**Trampoline Station©**  
Related Products

**Jump Zone**

<http://www.motionfitness.com/jumpZone.html>

Jump Zone is a fun and energetic way to achieve overall fitness.

The Jump Zone program consists of Six (6) Trampoline Stations grouped together along with suggested exercise programs. By adding more Stations you can keep large groups engaged in a class format. The Trampoline Stations can be used separately as part of a circuit training format.