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jeff howard
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TRAMP CAMP



In today's Rebounding session, we will be discovering new ways to incorporate rebounding into your classes as well as develop new ones. The low-impact nature of rebounding makes it an extremely accessible workout for a variety of people. Learn best practices when teaching rebounding classes and leave with a variety of new movements, patterns and ideas.

Learning objectives:

- ★ Identify audiences for rebounding
- ★ Understand safety for rebounding in a GF setting
- ★ Learn exercises as well as modifications for rebounding
- ★ Discover a variety of formats
- ★ Uncover the tools for teaching rebounding

Lecture

- Why Rebound?
- History of rebounding
- Audiences for rebounding
- Goals for rebounding

Formatting your workouts

- Cardio
- Choreography
- Interval cardio or chorey with strength
- HIIT
- Barre Bounce
- Balance training
- Boot camps
- Your ideas....

Fun & Functional Movement

- Sequencing ideas
- Progressions
- Modifications
- Teaching a hybrid class (off and on)
- Adding props

TRAMP CAMP



With our limited time for this workshop, we will be addressing a handful of exercises that best demonstrate best practices for rebounding. Additionally since many attendees may not have a trampoline to use at the time of training we will provide additional resources including sample classes to all attendees.

Questions are always welcome and we encourage feedback! Thank you for joining us today and we look forward to working out with you.

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