



Trampoline Trimilin Sport 102cm



Trimilin Sport trampoline allows high running frequency and fast, dynamic movements. Recommended for endurance training and aerobics. The joint-friendly alternative to running training and workouts on hard ground. Ideal for high running frequency and fast, dynamic movements. Also used in competitive sports for warm-up, conditioning and cardio training on the trampoline, such as football, tennis, skiing or athletics. The Trimilin Sport has a diameter of 102cm and is equipped with 36 elastic steel springs.

CHF 189.00

Training on the mini trampoline

- helps to increase the fat burning process
- enables a gentle start to losing weight
- helps to increase the personal fitness and condition individually
- for noticeable and visible success with gentle training
- offers motivation through the fun of swinging
- improves coordination and balance
- in the space-saving "mini home gym"

Healthy fat burning through gentle exercise

Exercise is an important factor in the treatment of overweight and obesity. Obesity is defined as an increase in body fat above normal levels. According to a 2012 study by the Robert Koch Institute, about 67% of men and 53% of women in Germany are overweight or obese. Obesity has increased worldwide over the past two decades, especially among men and young adults. Increasing physical activity is an important item in the energy balance. In particular, endurance exercise - done consistently over months and years - serves to reduce weight.

Trampoline with particularly joint-gentle suspension

Gentle swinging on the Trimilin trampoline is also used in osteoporosis prevention and to alleviate arthritis. The special suspension is gentle but not too soft and therefore provides the necessary safety



and stability for all therapeutic applications. This mini trampoline is ideally suited for use in physiotherapy, rehabilitation and physical therapy. It serves to stabilize ankle, knee and hip joints and supports the targeted development of atrophied muscles after operations.

And by the way: anti-aging on the mini-trampoline

A welcome side effect of training on the mini-trampoline is fat reduction and body shaping. The stimulation of cells, lymph and metabolism while swinging and jumping (rebounding) on the mini trampoline has a rejuvenating effect on skin and appearance. The tissue tightens. The general posture improves due to the strengthening of the basic and supporting muscles. Especially on the legs this effect is quickly noticeable, even cellulite can be reduced.

Balance and coordination through regular trampoline swinging

Trampoline training on the Trimilin-med also trains the sense of balance and gently increases mobility. Every cell is stimulated by the ups and downs on the elastic jumping mat, the entire metabolism, lymph and heart circulation are stimulated. Swinging on the mini trampoline sets the whole body in harmonic vibration and helps the organism to dissolve blockages.

Increase cardio fitness with the trampoline

Gentle cardio and fitness training on the trampoline helps to support the venous pump and relieve the heart. Varicose veins also respond successfully to the operation of the venous pump. Especially for older people, trampoline swinging provides relief from joint stiffness, digestive problems, vascular and cardiac problems, too low or too high blood pressure.

Exercise on the trampoline - simple but effective

Gentle or athletic - exercise on the mini trampoline is possible at any age and is very effective. The increased muscle tone improves one's body awareness and physical and mental agility. A few minutes of Trimilin training every day will have an effect on fitness and charisma in a short time.

- for endurance training and aerobics
- running training that is easy on the joints
- fast, dynamic movements
- high running frequency
- strength and jump training
- cardio training

Short info steel springs:

- higher load
- longer life
- normal-fast movement rhythm. Ideal for: jogging, walking, ski gymnastics, dynamic cardio training
- relatively stable surface favorable for untrained supporting muscles and for rehabilitation of foot, knee and hip joints
- special plastic eyelets prevent the hard spring steel from notching into the frame

Advantages of springs:

They can be loaded more and have a longer life. They provide a very dynamic springback. This allows an oscillation

frequency that corresponds to our normal movement rhythm, as we know it from jogging, walking and



from ski gymnastics. For sport - dynamic and dance exercises, also for endurance training, jogging etc. this suspension is 1st choice.

The jumping mat provides more support. Therefore recommended for balance problems and for untrained or atrophied supporting muscles. Avoids overuse and premature fatigue of the muscles and associated risks of injury, such as twisting the ankle. Therefore also indicated for rehabilitation of foot, knee and hip joints.

- 36 elastic springs made of high quality piano wire
- with screwable legs
- diameter 102cm
- diameter jumping mat 76cm
- recommended up to a body weight of approx. 125kg - optimal jumping 50-125kg
- leg length 20cm
- small distance to the ground of approx. 24cm
- available with grab handle
- degree of softness 1
- weight 12kg
- jumping mat: black
- border cover: silver - other colors for the outer border available for an extra charge
- recommended price CHF 199.--