



## Trampoline Trimilin Med 102cm



The trampoline with the highly elastic, soft special suspension. The Trimilin-Med mini trampoline is ideally suited for intensive fitness, running and endurance training. Aerobics and workout on the Trimilin trampoline promotes fat loss, circulation and lymphatic circulation. Joint-gentle running training and walking on the mini trampoline for competitive sports, cardio and fitness training. The very dynamic rebounding is also suitable for rehabilitation and physiotherapy. The special suspension is gentle but not too soft and therefore provides the necessary safety and stability for all therapeutic applications. The Trimilin-Med mini trampoline is ideally suited for use in physiotherapy, rehabilitation and physical therapy. The Trimilin-Med has a diameter of 102cm and has a highly elastic, soft special suspension.

**CHF 269.00**

### **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"

### **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.

- Endurance and running training
- Gentle on joints and back
- Physiotherapy and rehabilitation
- Osteoporosis prevention
- Therapy for ADHD children
- Cystic fibrosis therapy
- Osteoarthritis therapy
- Fall prevention
- Cardio training

Advantages of springs:

They can be loaded more and have a longer life. They offer a very dynamic springback. This allows a swinging 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 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 highly elastic special springs - Trimilin steel springs are subjected to intensive long-term load tests on specially developed machines. Here, the stability, durability and vibration characteristics of the steel springs are continuously checked. The special shape of Trimilin springs makes them particularly elastic and easy on the joints. Trimilin springs are treated with a very special process that eliminates the need for galvanizing. It gives them their characteristic anthracite color surface
- with screwable legs
- diameter 102cm
- diameter jumping mat 76cm
- recommended up to a body weight of approx. 110kg - optimal jumping 40-110kg
- leg length 20cm
- small distance to the floor of approx. 24cm
- available with grab handle
- degree of softness 3
- weight 12kg
- jumping mat: black or blue
- border cover: silver - other colors for the outer border available for an extra charge