



## Trampoline Trimilin Miniswing 102cm



Miniswing trampoline is the ideal rebounder for daily training session for people with lower body weight. Whether jogging or walking, to improve balance, coordination and fitness - this trampoline is especially suitable for light adults and small children. The Trimilin-Miniswing also offers a wide range of training and therapy possibilities in prevention and physiotherapy. Trimilin-Miniswing, the little brother of the mini trampoline Trimilin-Swing, with only 1m diameter instead of 1,20m. This makes the suspension a little tighter than the Trimilin-Swing and sufficiently fast to allow running training as well. The special rubber cable makes it a little softer in the final phase of the movement than the Trimilin-Med with steel springs.

**CHF 299.00**

### **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-friendly 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 fitness training
- Physiotherapy and rehabilitation
- Especially for light persons
- Walking and running training possible
- Gentle on intervertebral discs and joints
- Gentle rebounding

Short info rubber cable:

- soft
- longer spring travel- slower rhythm
- for special sensitivity of spine and joints
- also suitable for very low body weight

Advantages of rubber cables:



Rubber is softer than steel. Therefore it has a longer spring travel and a slower oscillation frequency. This is particularly favorable for slow, finely dosed vibration. For example, if joints or spine are very sensitive to pain. The lower the body weight, the more recommended this type of suspension is. Especially for small children or light adults.

For Trimilin are used specially sheathed, particularly durable rubber ropes. High stretchability, elasticity and long durability are the outstanding quality features of Trimilin rubber cables. Conventional rubber rings are surrounded only with a thin textile layer. Each Trimilin rubber cable, on the other hand, is encased in a highly elastic synthetic fabric that extends its service life many times over. This ensures the superior jumping characteristics and the active-dynamic rebound typical of Trimilin with a particularly high fun factor.

- With elastic rubber cable
- with screwable legs
- diameter 102cm
- diameter jumping mat 85cm
- recommended up to a body weight of approx. 85kg - optimal jumping behavior 10-85kg
- leg length 20cm
- small distance to the ground of approx. 26cm
- available with grab handle
- degree of softness 4
- weight 8kg
- jumping mat: black or blue
- border cover: silver - other colors for the outer border available for an extra charge