



Trampoline Trimilin Pro Plus 102cm



Trimilin-Pro Plus **with retractable legs** is equipped with 48 strong special springs for high loads. Suitable for healthy weight loss, for cardio training, back and joint-friendly endurance and running training. Preventive for high blood pressure and diabetes. Especially for high body weight from approx. 100kg, the Trimilin-Pro with its stronger suspension (48 elastic special springs) has an ideal oscillation behavior.

CHF 399.00

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 sporty - exercise on the mini trampoline is possible at any age and very effective. The increased muscle tone improves the own body feeling and the physical and mental mobility. A few minutes of Trimilin training every day will have an effect on fitness and charisma in a short time.

- Physiotherapy
- Rehabilitation after operations
- back and joint friendly suspension
- regulate blood pressure
- Prevent diabetes
- Lose weight with fun
- Cardio, running and endurance training
- Sustainable muscle building
- Fat reduction

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 sporty - 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.

- 48 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 surface.

- **with foldable legs** for space-saving storage
- diameter 102cm
- diameter jumping mat 76cm
- recommended up to a body weight of approx. 170kg - optimal jumping 50-170kg
- leg length 20cm
- small distance to the ground of approx. 24cm
- available with grab handle
- degree of softness 2
- weight 12kg
- jumping mat: black or blue
- rim cover: silver - other colors for the outer rim available for an extra charge