

Trampolining, jumping on a trampoline, is one of the most effective exercise for the whole body. It has all the benefits of cardiovascular exercises and strengthening (improved circulation, balance develops coordination, increased capacity for respiration, etc..) Exercise is safe because there is no impact on hard surface, no mikrotramautisation, while providing increased G-force, due to the significantly enhances skeletal muscle. In addition to the benefits to other body organs and systems. Increases lymphatic circulation, improving the efficiency of the immune system. Reduces low-density lipoprotein levels, increased high-density lipoprotein, thereby preventing the occurrence of coronary heart disease. Trampoline can help to relax, improve sleep, eliminate fatigue. Exercising on a trampoline is suitable for both children and adults, including seniors. Trampolines can be used for prevention for healthy individuals, and subsequent rehabilitation for patients with physical and mental disabilities.