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# BEST EXERCISES FOR WOMEN & MEN - REBOUNDED ON A MINI TRAMPOLINE & SLOW MOTION WEIGHT TRAINING - TWO BOOK COMBO - 2016 EDITION - HOW TO VIDEO LINKS INSIDE (HOW TO BOOK & GUIDE FOR SMART DUMMIES 10)



## Synopsis

GET IN SHAPE & LOSE WEIGHT WITH THE TWO BEST EXERCISES YOU NEVER KNEW ...  
READ ONBy INTERNATIONAL BEST SELLING and #1 BEST SELLING AUTHORCHRISTOPHER  
DAVID ALLENÂ REBOUNING ON A MINI TRAMPOLINE:NASA | “The most  
efficient and effective exercise yet devised by man”  
“68% more efficient  
than jogging”  
• Stimulates and strengthens all 75 trillion cells in the body  
Flexes and tones all  
638 muscles in your body  
Burns 9 times more calories than walking, 5 times more than swimming, 3  
times more than jogging  
Cleanses lymphatic system and strengthens immune system for disease  
prevention  
Builds bone density  
Low impact to avoid injury  
Improves balance  
Slows aging  
|  
MORE!  
Â SLOW MOTION WEIGHT TRAINING:Twice the muscle gain over conventional strength  
training in less time  
Full body workout (9 exercises) every 3 to 7 days (based on age) in under 30  
minutes  
Lift somewhat heavier weights for four to six repetitions with | No additional sets  
Lift  
in slow motion to eliminate injury  
Increases calorie burning 24/7/365  
Trains 4 types of muscle fiber  
rather than one  
Improves bone density without drugs  
Get a cardio workout doing  
Slow-Motion  
Improves circulation, blood sugar & pressure, cholesterol, and  
triglycerides  
Â WOMEN:Muscles for the curves men adore  
Gain physical strength  
Reverse  
osteoporosis after menopause  
Plastic surgery can never equal the results  
Get sexy and lift with the  
men ... They’ll think it’s HOT!  
Â Men:Defined bigger muscles and overall athletic  
appearance  
Muscular arms and legs, broad shoulders, V-shaped chiseled torso, and 6-pack abs.  
Let  
those muscles show | Women adore | Other men envy!  
Â Scroll Up And Click The  
“BUY” Button To Get Your Super Hot Body  
Â Tags: Rebounding, Mini  
Trampoline, Rebound Exercise, Rebounding Exercise, Rebounding, Rebounding for Better Health,  
Rebounding and Your Immune System, Rebounder Book, Rebounder Trampoline, Trampoline, Mini  
Trampoline For Adults, Trampoline Outdoor, Jumping For Health, Jumping Rope, Jumping Rope  
For Exercise, Exercise, Exercise and Fitness, Exercise Workout Routine, Exercise for Seniors,  
Exercise Physiology, Exercise and Fitness Books, Exercise and Fitness Over 50, Pilates, Pilates  
Books, Pilates Exercises, Pilates for Women, Pilates for Men, Pilates for golf, Pilates for Children,  
Pilates for Dummies, Yoga, Yoga Books, Yoga for Beginners, Yoga for Women, Yoga for Men,  
Yoga for Fitness, Yoga for Life, Yoga for Back Pain, Yoga for Dummies, Fitness Books, Fitness  
After 40, Health and Fitness, Healthy Living, Health and Wellness, Optimum Health, Workout,  
Workout Books, Workout Routines, Workout Plan, Fitness, Fitness Books, Fitness After 40, Fitness  
for Men, Fitness for Women, Fitness for Beginners, Fitness for Seniors, Fitness for Dummies,  
Weight Training, Training and Conditioning, Urban Rebounder, Bellicon, Cellerciser, Build Muscle,

Get Stronger, Quick Workouts, Men's Health, Women's Health, Gain Mass, Build Size, Gym, Weight Lifting, Weight Training, Weight Training For Dummies, Weight Training For Women, Weight Training For Weight Loss, Personal Health, Training, strength training, bodybuilding, muscle & fitness, muscle building, build muscle, health fitness & dieting, sports & outdoors, barbell, dumbbell, diet, wellness, muscle, strength, bigger leaner stronger thinner, fat loss

## Book Information

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## Customer Reviews

I loved this book. I've been wasting my exercise time on cardio and now I know better. The two forms of exercise in this two book combo make so much sense. Check it out at a bargain price for two books. Very highly recommended

Now I'm informed and feel so much better for having found this wonderful two book combo. You're probably doing all the wrong things too so you need this book. Exercise smart and get better results

with this exercise tour de force. Cardio is so wrong and so is conventional weight training. If you too have been disappointed with your past exercise results then you too need to read this combo.

Fabulous

Appreciate the facts about why rebounding is healthy alternative to jogging and the slow motion exercises have been proven to be effective as well

Rebound to Goodwill.

I am 68 and try to spend an hour a day cycling or hiking. I was looking for something to do indoors during inclement weather and thought I might get a stationary bike. Somehow while doing my internet searches I came upon mini trampolines and discovered this whole world of rebounding. I overcame my sticker shock and bought a Bellicon. I now spend 15 minutes to a few hours, when watching a football game, a day on the rebounder doing everything from the health bounce to jumping jacks and running in place. I can get my heart rate up to the 130s but that can feel much more strenuous than biking where I can get it up to 165 on a good hill. This book validates using the rebounder and the free weight training for seniors. I only use the light weights while on the rebounder so far but I believe the author is on the right track and my next investment might be in those graduated weights.

Open your eyes to an entirely new form of exercise that is virtually free from injury risk and loads of fun! Rebounding is the wave of the now. It's better for your body than cardio and Christopher David Allen explains all the benefits of this wonderful method in his informative book. This is definitely recommended for anyone looking to up the ante on their fitness routine. Allen explains exactly why rebounding works and why it's better for the body than cardio. For example, rebounding on a trampoline causes much less stress on the joints and can be performed by men and women at any age. Download a copy and start off your new routine today!

I really liked this book because the exercises are effective but low impact. You don't have to worry about running around or doing a lot of strain on your joints. The rebound (mini trampoline) part is actually enjoyable! Good exercises that you can fit in to your lifestyle.

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