

REBOUNDER

 **DAY1**
FITNESS

100% SATISFACTION
GUARANTEED!



REBOUNDER

Ball rebounders are an excellent solo workout utilizing tossing exercises to aid in both strength and cardio. Use your favorite Day 1 Fitness exercise ball, whether it be a traditional medicine ball, slam ball (sanded with shifting weight) or larger diameter wall ball, each will offer a different version to the exercise.

SAFETY:

- 1 Before using your rebounder it is best to become acquainted with the balls reaction off the rebounder. Start off lightly and adjust from there. Stand in front of the rebounder with your feet about shoulder-width apart. Using both hands throw the ball at the rebounder. Start off lightly and adjust your throws according to how quickly the ball springs back to you. The higher you raise the rebounder, the faster the ball will return.

EXERCISES:

CHEST THROW

- 1 With rebounder in mid position, stand facing the rebounder with one foot forward. Start by holding the medicine ball with both hands against chest. Bend just enough so ball can be efficiently caught and immediately thrown. Aim for center of rebounder by forcefully extending both arms forward like you are doing chest passes in basketball. Catch rebounded ball in front of chest with both hands, bring ball to chest, and repeat.

STANDARD OVERHEAD THROW

- 1 With rebounder in mid position, hold the ball with both hands and raise it over your head. engage your abdominals as you bend your trunk slightly forward while simultaneously using your arms to throw the ball against the rebounder. Catch the ball over your head and quickly throw it back again. Complete three sets of 10 repetitions. Adjust your distance as you work through this exercise.

MED BALL OBLIQUE TWIST TOSS

- 1 With rebounder in mid position, stand with your feet slightly wider than your shoulders and hold the ball with both hands at waist level. Bend your hips and knees as if starting a squat position and maintain this position throughout this exercise. With ball in hands, twist to your left side, turn back forward as you throw the ball against the rebounder; catch the ball on your right side as you twist your body to the right. Quickly turn forward, throwing the ball against the rebounder then catch the ball on your left side. Continue to alternate sides for 10 reps per side. Complete two more sets of 10 repetitions, strengthening your oblique abdominal muscles.

SIT UP TOSS

- 1 Adjust the level on the rebounder to the highest position. Sitting in front of the rebounder, lay all the way back, arms extended overhead, with both hands on the ball. With abs engaged, raise to a sitting position while driving the ball overhead and tossing at the rebounder, trying to keep your arms as straight as possible. Catch the ball and slowly lower back down, extending the ball overhead and repeat. Adjust distance to ability level

KNEE TUCK TOSS

- 1 Adjust the level of the rebounder to the highest position. Sitting in front of the rebounder with ball in both hands, raise your knees with feet off the ground. Engage your abs and hold your body steady as you toss the ball overhead at the rebounder. Repeat throws in succession at the rebounder. This exercise requires you to be closer to the rebounder than doing a sit up as you will not have the same momentum to toss.



RUSSIAN TWIST

- 1 Place your rebounder in the highest position. Seated, with left side towards the rebounder, knees raised and tucked. Ball in both hands, twist right, twist left, twist right and toss towards the rebounder. Repeat

OVERHEAD LUNGE TOSS

- 1 With rebounder in middle position, stand a few feet away from the rebounder giving you enough space to perform a lunge. With both hands on the ball, tossing from overhead, move forward into lunge position, with back leg forming a 90 degree angle to the floor and front leg forming a 90 degree angle at the knee while simultaneously tossing the ball at the rebounder. Repeat and adjust distance as needed for ability level.

ALTERNATING ONE HAND TOSS

- 1 With rebounder in middle position, stand a few feet away from the rebounder. Feet should be hip- width apart, ball in right hand. With an overhead toss, throw the ball with right hand at middle of rebounder. Catch with the left hand and repeat toss. Continue alternating tosses with throw originating from overhead. Steady and controlled but in succession.

LATERAL SHUFFLE CHEST PASS

- 1 With rebounder in mid position, ball in both hands, standing a few feet from the rebounder off to left side. Toss the ball from your chest like a basketball pass, towards the rebounder and shuffle quickly to the right to catch the ball. Toss it at the rebounder and then shuffle left to catch the ball. Aim for center of rebounder as you are tossing the ball from an angle, the ball will come off at an angle. This adds great cardio work to your exercise.

KNEELING OBLIQUE BOUNCE

- 1 Set the rebounder in the highest position. Kneeling with knee closest to the rebounder up, and knee away from rebounder on the floor. Face your side towards the rebounder, ball in both hands. From your waist twist away from rebounder. Twist back towards the rebounder and toss the ball at the center of rebounder. Repeat in succession.