



**It is better to exercise more often during the day, than too long in one go.**

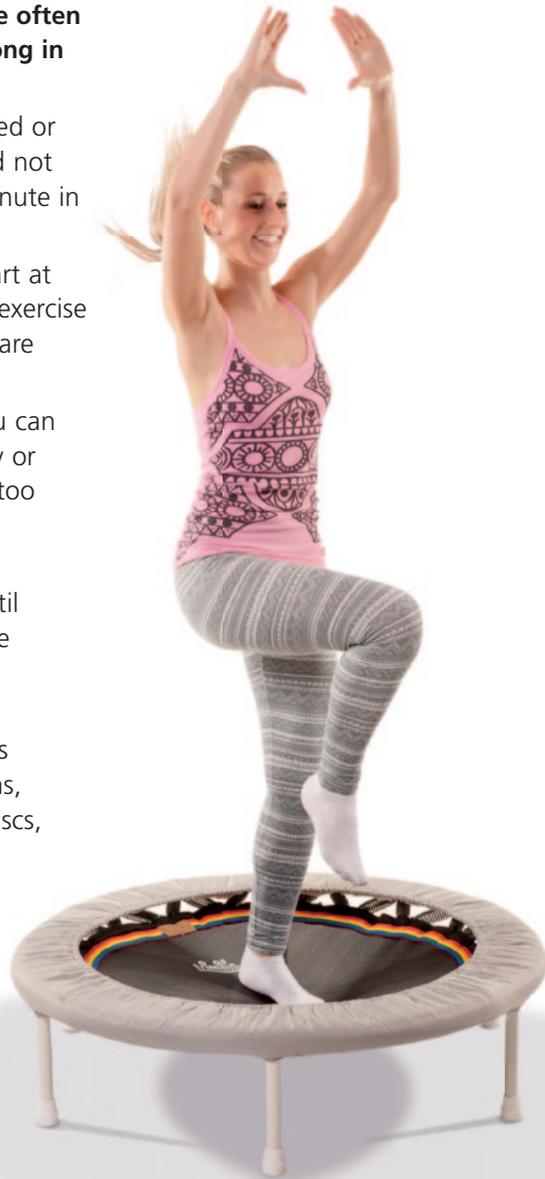
If you are physically untrained or very overweight, you should not exercise for more than 1 minute in one go at the beginning.

Physically trained people start at 2-3 minutes. If you already exercise regularly, then 4-5 minutes are recommended.

If you want to do more, you can work out 3 or 5 times a day or once every hour instead of too long at a time.

Increase your workload by 30 seconds every 2 days until you can train for 15 or more minutes in one go without discomfort.

If you suffer from limitations (e.g. cardiovascular problems, knee problems, damaged discs, etc.) you should only train on the trampoline after consulting your doctor.



[www.trimilin.com](http://www.trimilin.com)

**Heymans**

**trimilin**



## How to Start

### Training on the mini trampoline

#### Exercise on the mini trampoline:

- activates the lymphatic system
- stimulates the metabolism
- strengthens muscles and connective tissue
- spares joints and spine
- promotes fat burning
- supports the immune system
- prevents osteoporosis

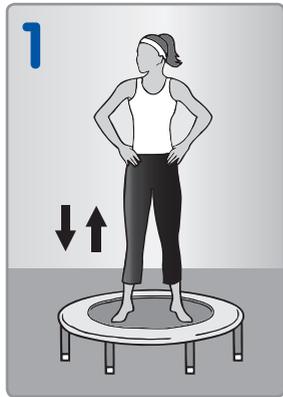


Effective whole body training for all ages! It's real fun and so easy to do.

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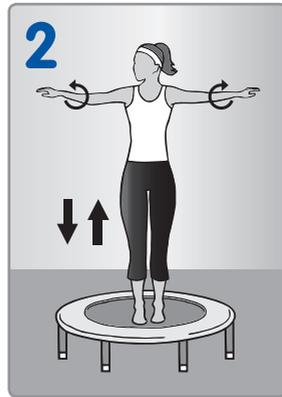


# Basic Exercises On The Trimilin



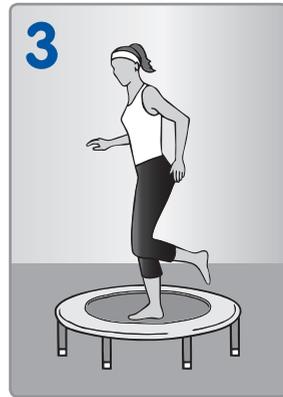
**1**  
**Health Bounce**  
15 to 30 sec.

With feet about hip-wide apart, bounce gently keeping the soles of your feet on the mat. Swing your arms and shoulders easily and exhale completely.



**2**  
**Health Bounce With Arm Circles**  
15 to 30 sec.

With feet about hip-wide apart, bounce gently. Keep your feet in touch with the mat. Extend your arms to the side. Make small circles first, then larger ones. This trains your neck and shoulder muscles. Be sure to breathe out deeply.



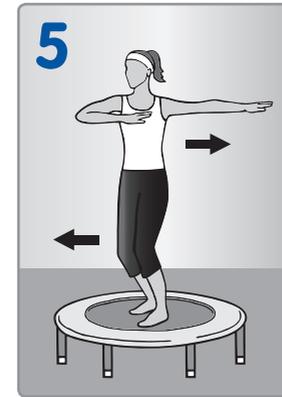
**3**  
**Jog**  
1 min. to 2 min.

Change weight from one foot to another in a gentle jog.



**4**  
**Shuffle**  
15 to 30 sec.

Alternate your feet back and forth with each bounce.



**5**  
**Twist Bounce**  
30 sec. to 1 min.

Turn your legs into the opposite direction of the rest of your body. Trains abdominal muscles (Attention: no twist movements if you are suffering from intervertebral disc problems!)



**6**  
**Sitting Bounce**  
15 to 30 sec.

While sitting on the mat, support yourself by holding onto the frame bar. Try to lift your legs off the ground while leaning back slightly and performing a light bounce and pushing your body rhythmically onto the mat.

Very good training for your abdominal muscles.

**TRAINING TIP**  
Remember to inhale and exhale completely for better oxygen supply!

**!** After training, please always step down slowly from your Trimilin. Do not jump off!

## How to do it right!

Start by gently bouncing up and down. Do not perform acrobatic exercises such as somersaults, high jumps, etc. Keep both feet, ball of your foot and heel, in contact with the mat.

Keep your shoulders and arms very relaxed. Your body with all its muscles and organs will swing along. Listen to yourself and feel how your facial muscles, neck and shoulder muscles, abdomen and internal organs resonate.

With this exercise alone you can relax completely and at the same time perfectly activate your circulation. But don't be fooled by the lightness and simplicity of the movements. Training on the Trimilin will set many things in motion in your organism.

The whole body will be trained with an intensity that you will hardly experience in any other kind of exercise. For example, the metabolism is stimulated directly and at once.

There may also be noticeable and visible reactions, e.g. of the skin, lymph nodes or mucous membranes. These will usually soon disappear by themselves if you continue training at a reduced level. However, if you experience severe pain or if the signs of changes become more and more pronounced, stop and only start again when the pain has subsided.

On your restart, reduce the time interval and lower the intensity at which you bounce into the mat.