

About Urban Rebounding

Youth Sports Trust Sports College Conference

10/11 February 2010, Telford International Centre

VISIT Urban Rebounding - Stand 808

Enter our draw to WIN

10 FREE Urban Rebounders and training for your school or college

Urban Rebounding - help you meet your Government targets

Call James on 07545705846 for appointment.

Youth Sport Trust Sports College Conference 2010

Wednesday 10 – Thursday 11 February 2010

The International Centre, Telford

The 2010 Sports Colleges Conference is themed A New Beginning and will focus on the journey to 2012 and beyond. We will celebrate the achievements of the 500 schools with a sport specialism at the heart of 450 School Sport Partnerships and showcase their best work. The conference will also provide both ideas and inspiration to maximise learning and achievement for young people, against the backdrop of the new education and sporting landscape. The conference will be held at the International Centre, Telford and is aimed at head teachers, directors of specialism and subject leaders in Sports Colleges and Academies with a sports-related specialism.

Delegates will see a range of inspirational keynote speakers from the worlds of education and sport and will also be able to experience fantastic networking and development opportunities.

DAME KELLY HOLMES

taking an URBAN REBOUNDING class

with KS4 GIRLS IN LEICESTER

What is Urban Rebounding?

The Urban Rebounding programme is a safe, effective style of aerobics that provides a surprisingly challenging cardiovascular workout without excess stress on the heart, muscles and joints. It uses familiar aerobics moves, sports specific conditioning moves and core stabilization techniques.

Urban Rebounding is an unique form of exercise that reduces your body fat and firms your legs, thighs, abdomen, arms and hips. The workout not only improves the participant's cardio-vascular fitness, but it continually challenges

balance, coordination and proprioception like no other activity can. An Urban Rebounding workout burns a tremendous amount of calories with minimal stress on the body.

It is performed entirely on a specially designed high quality, spring-enhanced mini-trampoline with a non-slip surface. The design is unique to Urban Rebounding. The exercise is accomplished by jumping only a few inches off the surface of the Urban Rebounder and is based around 8 "core moves" which work all of the muscles in the body.

There are over 20 different Urban Rebounding workouts to support all fitness levels, from beginners to advanced, and all age groups, from kids to seniors. Everybody can benefit from the Urban Rebounding programme.

The Urban Rebounding programme has been devised over the last 8 years. It is based on years of study, by some of the industry's most respected exercise kinesiologists, around the health and fitness benefits of "trapolining" and more specifically the Urban Rebounding workout.

