

NEEDAK FOLDING SOFT-BOUNCE REBOUNDER

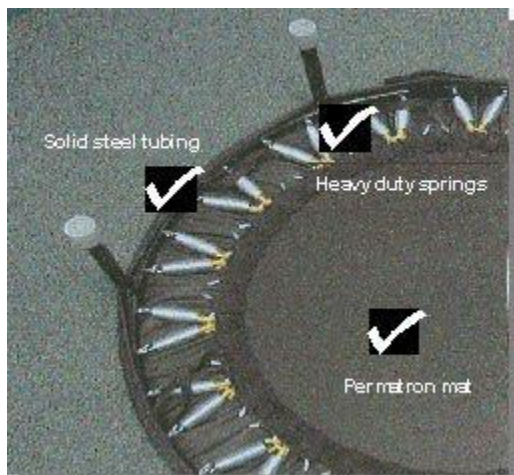
The best state-of-the-art scientifically designed and tested rebound unit on the market!

Folding Soft-Bounce Rebounder. 40" diameter frame, 10" tall and equipped with the Needak Soft-Bounce spring. Provides a portable rebounding platform for those with space concerns or the executive on the go. Comes with a carry bag.



Rebounder \$284.00 Quantity [add to cart](#)

- **INCLUDES FREE BOOK:** Rebounding to Better Health by Linda Brooks
- **1/2 FOLD TRAMPOLINE** designed for easy storage and portability. It comes with a heavy duty, black canvas carrying case with sturdy handles and is small enough to fit in your car's trunk or be checked as luggage.
- **36 TAPERED SPRINGS** are 4" long and extra heavy duty to protect knees and spine. They attach to pins, not the frame and come with a one-year guarantee.
- **WATER-RESISTANT MAT** is made of Permatron, the only fabric that does not stretch out of shape. The mat has a five-year guarantee.
- **SPECIALLY ENGINEERED FRAME** is solid steel tubing, 10" from the ground and sturdy enough so a 300-pound person can use it easily. Extra large pads on the legs protect your floors and add even more stability. The frame is guaranteed for ten years.



This simple activity stimulates and exercises every cell in the body. Not only that, it strengthens the cardiovascular system and it flushes the lymph system in ways no other exercises do. NASA cited rebounding as being 68% more efficient than regular running. It is especially healing for the

ankles, knees and low back, without the shock of regular exercise.

When you rebound lightly, you strengthen your body's immune system (the rebound action increases your white blood cell count temporarily), promote cellular repair, circulate more oxygen to the tissues, reduce arterial pressure, increase production of red blood cells, improve transmission of nerve impulses, obtain relief from headaches and neck and back pain, increase mental performance, slow aging...and much more.

The lymphatic fluid is a clear liquid that contains the body's T- and B-cells. The lymphatic system is the metabolic garbage can of the body. It rids you of toxins, such as dead and cancerous cells, nitrogenous wastes, fat, infectious viruses, heavy metals, and other material cast off by the cells. When you rebound, you are helping your cells metabolize, cleanse and renew, and you are helping your lymph system to pump and drain out the body's waste. Unlike the cardiovascular system, with the heart as a pump, the lymph system does not have a pump. The lymph is moved like a hydraulic pressure system. The lymph tubes are filled with one-way valves that only open up, or allow drainage toward the center of the body. When pressure below the valve is greater than above (as when you are moving downward on the rebounder) the valves are forced open so the fluid can flow." There are only three ways for the lymph system to "pump" and cleanse: exercise, which helps muscular contraction; massage (via movement) of the musculature or tissues it serves to get it to pump back into the pulmonary circulation; and gravitational pressure with its resultant internal massage. Rebounding provides all three ways of removing waste from the cells.

The joy of it all is that you don't even have to exert yourself to get these benefits. The eldest of the elderly can do this, as well as the handicapped person, and the arthritic.