

BASIC BRAIN TRAMPOLINE EXERCISES

Balance and Brain Integration Supports Academics, Thinking, Behavior, Processing, and Emotions

◆ Both Feet Together

Jump on mini trampoline.

Stay in the middle of the trampoline. Use the support bar if needed.

Jump as high as you can with control.

When you can successfully do this, with both feet hitting the mat at the same time, then do another kind of exercise.

◆ Feet Together and Apart

Jump on mini trampoline.

Jump with feet together, then with feet apart (to the sides of the mat).

Jump together in the middle of the mat, then to the sides with feet apart.

Continue jumping in this pattern until you are smooth and rhythmic.

Jump as high as you can.

◆ Feet Forward and Backward

Jump on mini trampoline.

Jump with feet together in the center of the mat, then move one foot forward while the other foot is going backward.

Then back to the center.

Continue this pattern jumping feet forward and backward, changing sometimes doing the right forward and sometimes the left forward.

Always back to the center and then out.

Continue this pattern until it is smooth and you can switch between left and right.

◆ Center Jump with Parallel Circles

Jump in the center of the trampoline.

When rhythm is established, then begin to do arm circles.

The pattern of arm circles is hands together; palms open as if you are washing a window.

Move them together in circles to the right.

Then, move them together in circles to the left.

They are moved in a parallel movement, hands wide open and flat as though they were pressing on a window, elbows bent and close to the body.

As the hands and arms move, making a circle to the right and then circles to the left, you are jumping in the middle of the trampoline.

When the hands are in the down position, you should be just touching the mat. As you come off the mat into the air, the arms are coming up to the center position, which should be in front of your face.

◆ Center Jump with Opposite Circles

Jump in the center of the trampoline.

When rhythm is established, then begin to do arm circles.

The pattern of arm circles is hands together; palms open as if you are washing a window.

Move them opposite, one to the right and one to the left

They are moved in a parallel movement, hands wide open and flat as though they were pressing on a window, elbows bent and close to the body.

As the hands and arms move, making opposite circles, you are jumping in the middle of the trampoline.

When the hands are in the down position, you should be just touching the mat. As you come off the mat into the air, the arms are coming up to the center position, which should be in front of your face.

Move the circles from center out (away from each other).

Then, move the circles from the outside in (towards each other). Still wide circles, elbows bent and hands like you are washing a window in front of the face.

◆ Both Feet Apart with Parallel Circles

Now, add jumping with feet going side to side and the parallel circles.

◆ Both Feet Forward and Backward with Parallel Circles

This is a combination of the feet movement and the circles. See directions for each one and put them together.

◆ Both Feet Apart with Opposite Circles

This exercise involves moving the feet side to side and the circles in opposite directions.

◆ Both Feet Forward and Backward with Opposite Circles

Then, switch the feet to forward and backward and the circles in opposite directions.

Note: using the wrong kind of trampoline can cause nerve damage and create problems with the muscles. Only use the celluliser trampoline.

To order call 866-81-Brain:

Trampoline, 40" - \$325.00 (includes shipping)

Trampoline, 40", with bar - \$365.00 (includes shipping)

The biggest thing in helping the individual who is jumping is to encourage them. Do not tell them they can't do it or they are never going to get it. Any little thing that they try you should praise highly and encourage genuinely. Make sure they are rested before doing the trampoline. To get more out of the brain exercises, be sure to drink a 8-12 oz glass of **Kangen ionized, structured water** and take MaxGXL. Take 3-6 MaxGXL before exercises and 3-6 after an hour or less of exercising.

For purchase of MaxGXL at wholesale, contact 866-81-Brain or brainadvance@gmail.com

For free Kangen ionized water, contact us to become involved in our National Water Sharing program so that you can use this amazing water to help your brain. There is no charge for this program.

