

Rebounder Routines for 50+ Beginners

Gentle, fun, and low-impact routines designed to help you get fit, build balance, and stay consistent using your Ancheer 48" Rebounder.

Routine 1: Ease In (10–15 Minutes)

Perfect for your first sessions — quick, gentle, and low-impact.

- 1 Warm-Up (2–3 minutes): Gentle march bounce, soft knees, light movement.
- 2 Main Moves (8–10 minutes): Basic Bounce, Heel Press, and Side-to-Side Bounce (1 minute each, rest 30 seconds).
- 3 Cool-Down (2 minutes): Light march bounce, heel lifts, and simple stretches.

Routine 2: Steady Progress (20–25 Minutes)

- 1 Warm-Up (3 minutes): Gentle bounce with arm reaches or side steps.
- 2 Main Moves (15–18 minutes): March Bounce, Squat Bounce, Twist Bounce, Side Step Bounce, Basic High Bounce (2 minutes each).
- 3 Cool-Down (2–3 minutes): Gentle bounce to lower heart rate, stretch calves, hamstrings, and shoulders.

Routine 3: Confidence Builder / Full Body (30 Minutes)

- 1 Warm-Up (5 minutes): Gentle bounce, add arm swings and side steps.
- 2 Main Moves (20 minutes): Jumping Jacks, Heel Taps, Cross-Punch Bounce, Balance Single-Leg Bounce, High Bounce with Arm Circles (2–3 minutes each).
- 3 Cool-Down (5 minutes): Light bounce to march bounce, step off and stretch (legs, hips, back, shoulders).

Safety & Success Tips

- 1 Check that your rebounder is stable and secure before each use.
- 2 Keep knees soft — avoid locking them when landing.
- 3 Use the handlebar or stable support until confident.
- 4 Stay consistent: 3–4 short sessions per week yield great results.
- 5 Stop if you feel dizzy or experience joint pain.
- 6 Combine with gentle strength and stretch exercises for overall fitness.