

REBOUNDER PROTOCOL

A simple daily structure to get the most out of your rebounder

Daily Session Structure

A full session is about 20–30 minutes, broken into five short phases. You can do the whole thing, or just phases 1, 2 and 5 on lower-energy days.

Phase	Duration	What it looks like
1. Warm-up bounce	2–3 min	Feet stay on the mat. Small, gentle, soft bounce. Just get moving and loosen up.
2. Lymphatic bounce	3–5 min	Still gentle, feet barely leaving the mat if at all. Slow and rhythmic. Breathe slowly and deeply through the nose during this phase.
3. Main bounce	10–15 min	Feet leave the mat. Steady, comfortable rhythm you could sustain while having a conversation. This is the main working phase.
4. Optional intervals	2–3 min	Only if energy allows. Short 20–30 second bursts of faster bouncing, with rest in between. Skip entirely on low-energy days.
5. Cool-down bounce	2–3 min	Back to slow, gentle, feet-on-the-mat bouncing. Lets your heart rate settle and finishes with another lymphatic flush.

Timing & Frequency

- Best time: morning, before eating, if that's comfortable for you.
- Twice a day works well if you have the energy: a fuller session in the morning, a shorter one (10 minutes) in the afternoon or early evening.
- Once a day, every day, is the priority. Consistency matters more than session length.
- Minimum useful dose: 10 minutes. Doing 10 minutes daily is better than 45 minutes twice a week.
- Low-energy or post-treatment days: 3–5 minutes of the gentle lymphatic bounce (Phase 2 only) is still worthwhile. Never skip entirely if you can manage a few minutes.

Technique Pointers

1. Stand centered on the mat, feet hip-width apart, knees soft (slightly bent, never locked).
2. Keep your core gently engaged and posture tall — avoid sagging at the waist.
3. Let the rebounder do the work. Don't force height by jumping hard; let it bounce you back up.

4. Breathe through your nose, slow and steady, especially during the gentle phases.
5. Hold a wall, sturdy chair back, or stability bar nearby if you have any balance concerns — many rebounders have an optional handlebar attachment, which is worth getting if balance is a concern.
6. Wear supportive shoes or go barefoot/socks — avoid loose slippers.
7. Stop or scale back immediately if you feel dizzy, short of breath beyond comfortable, or any joint pain.

Ways to Get More Out of Each Session

- Hydrate with a glass of water 10–15 minutes before starting.
- Do it outdoors or by an open window when weather allows.
- Hold light dumbbells (1–2 kg) or a resistance band and add arm raises/presses during Phase 3 — this brings the upper body and underarm area into the movement too.
- If you have access to a sauna or any heat therapy, doing your rebounder session beforehand can make that session feel more effective.
- Pair Phase 2 (gentle lymphatic bounce) with a few slow diaphragmatic breaths — inhale 4 counts, exhale 6 counts.
- Keep a simple log: date, total minutes, and an energy rating (1–10) before and after. Patterns become clear after 2–3 weeks.

Weekly Progression

- Week 1: Phases 1, 2, and 5 only (gentle bounce throughout). Aim for 10 minutes total, once daily. Goal is simply building the habit.
- Week 2–3: Add Phase 3 (main bounce). Build up to the full 20–25 minute session once daily.
- Week 4 onward: Add the second daily session if energy allows. Introduce Phase 4 (optional intervals) only on your better-energy days.
- Reduce back down a stage any time fatigue, treatment side effects, or illness call for it — this is not a program to push through discomfort.

When to Skip or Modify

- Skip rebounding on days with fever, active infection, dizziness, or new/unexplained pain — rest instead.
- If you have a port, stoma, recent surgical site, or significant bone involvement, check with your care team before starting and ask specifically about safe intensity and any movement restrictions for your situation.
- If balance is a concern, the seated or handlebar-supported version of rebounding still provides benefit — gentle seated bouncing or supported standing bounce is a reasonable substitute for Phases 1, 2, and 5.

Quick reference: Warm up gentle → lymphatic bounce + breathe → main bounce 10–15 min → optional intervals if energy allows → cool down gentle. Daily. 10 minutes minimum.