

Start with this **Beginner Program** created by
Karol Kuhn Truman from her book *Looking Good Feeling Great*:

First Day: Bounce for 1 minute, 2–5 times in the day, with both feet in contact with the mat.

Second Day: Bounce for 1 ½ minutes, 2–5 times in the day.

Third Day: Bounce for 1 ½ minutes, allowing your feet to occasionally leave the mat, 2–5 times in the day, with an added 1-minute walk on your rebound unit after each session.

Fourth Day: Bounce for 1 ½ minutes, with an added 2–5 minute walk, twice in the day.

Fifth Day: Bounce for 1 ½ minutes, with an added 2–5 minute walk/jog, twice in the day.

Sixth Day: Bounce for 1 ½ minutes, with an added 5-minute jog (with slightly higher knees), twice in the day.

Seventh Day: Bounce for 1 ½ minutes, then jog for 6 minutes, then walk for 1 minute on your rebound unit.

Your goal is to gradually build up to rebounding for 10 minutes a day. Stick to this 10-minute limit until you feel comfortable increasing the duration, intensity, and variety of movements.

When you're ready, jump into our **Beginners Playlist** on I Jump Instead YouTube. These workouts will prime your body and get you ready for your beautiful lifelong jumping journey!