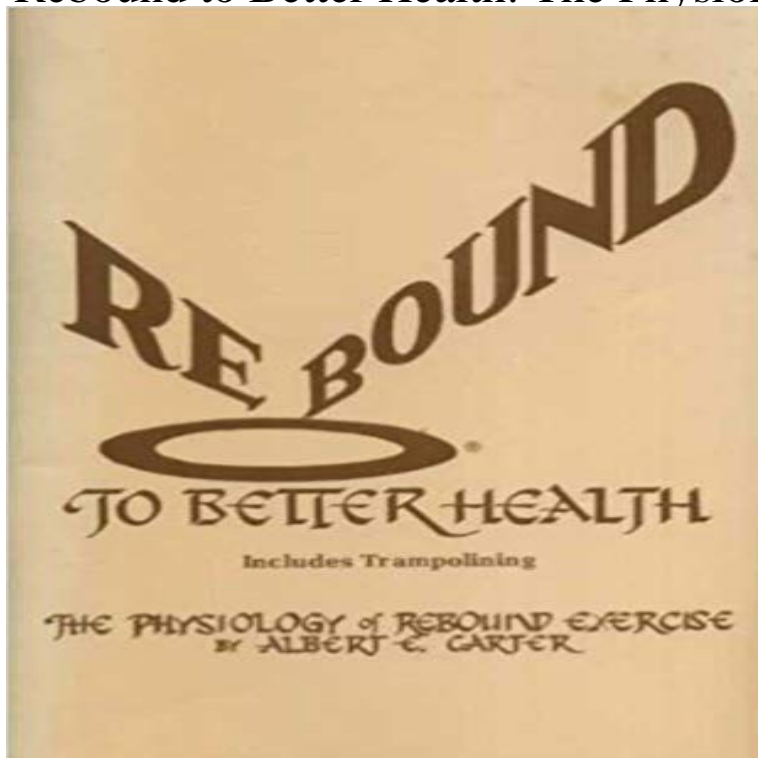


# Rebound to Better Health: The Physiology of Rebound Exercise



The statement that stands out clearer than any other was when Bill Stallings, my trampoline coach, made the astounding claim, Rebound exercise is the most effective, efficient form of exercise yet devised by man. I made up my mind at that time to find out for myself if this was true. This book is being written to introduce you, the reader, to a form of exercise that will literally put bounce back into your life, a sparkle in your eye, and a spring into your step. You will feel better and look better! The concepts are true. The exercises are simple!

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