



TRAMPOLINE PARK EQUIPMENT

by **FUN SPOT®**

TRAMPOLINE FITNESS

CASHIER & SERVICES MANUAL

TABLE OF CONTENTS

SUBJECT	PAGE
FITNESS AT A TRAMPOLINE PARK	3
REQUIREMENTS FOR AN INSTRUCTOR	3
BEFORE A CLASS BEGINS	4
STARTING A CLASS	4
THE ANATOMY OF A CLASS	6
HYBRID	6
ARMS / UPPER BODY	7
CHEST & CORE	8
LEGS	10
CARDIO	11
PROPERLY ENDING A CLASS	13
EXAMPLE CLASSES	14
CONCLUSION	16

FITNESS ON A TRAMPOLINE COURT

There is one common problem with most of the fitness fads that are continually arising in gyms: they can be done at home and don't need the monthly membership that the gyms portray they do. Fitness on a trampoline court, however, is unique in that many of the exercises can only be done in a trampoline gym. In addition to the exclusive exercises a trampoline court offers, basic exercises are no longer ordinary. Experienced trainers and fitness fanatics alike would agree that teaching a trampoline fitness session has many more options than the average group fitness class. The goal of each class on a trampoline court is to take advantage of that unique fitness experience by helping customers of all skill levels burn hundreds of calories just by having fun! There really is no exercise quite like it!

REQUIREMENTS FOR AN INSTRUCTOR

Because a waiver is part of the standard of a trampoline park, a trampoline fitness class instructor doesn't need a certification in personal training or group fitness. Though it is a great entry-level position for those passionate about fitness, there are a few necessary traits an instructor needs. These traits include:

- **CPR CERTIFICATION** - An instructor needs to go through basic CPR training as well as have knowledge on how to use a defibrillator.
- **THE ABILITY TO PROJECT THEIR VOICE** - An instructor's voice will often be competing with background music and background noise. Therefore, anyone teaching a fitness class needs to be able to be loud and clear throughout the entire class.
- **AN OUTGOING PERSONALITY** - The teacher of a fitness session needs to be vibrant and friendly since they will be interacting with many customers. They need to be able to speak in front of large groups with a positive charisma!
- **UNDERSTANDING CORRECT FORM AND POSTURE** - While providing an enjoyable class by varying selections of exercises, the instructor needs to be able to give clear direction on proper form for every movement to ensure there are no unnecessary injuries.
- **ABOVE-AVERAGE FITNESS LEVEL** - The instructor of a class needs to be able to lead the class, therefore it's necessary for them to be at least one-level above the majority of the customers attending. It is also important to remember that physical prowess in a gym is not the same as ability on a trampoline. An instructor must be skillful in every area of a trampoline fitness class.

BEFORE A CLASS BEGINS

As an instructor prepares for their class, there are multiple points an instructor should complete to make certain there is a fluid and enjoyable session for every customer:

1. If applicable, check in with the court monitors so the court is ready for the class
2. Make a thorough inspection of the court, making certain there is no trash, debris, tears, or loose pads
3. If any additional exercise equipment will be used (See Arms / Upper Body Section on page 7), make sure the sufficient amount of tools are in good condition
4. Check each customer for appropriate exercise attire
5. Ask each class attendee if they have their waiver properly filled out and turned in and approved by a cashier
6. Make sure each customer taking the class has a jump pass (when applicable)
7. Play music conducive for exercising at an appropriate volume level

STARTING A CLASS

THE WARM-UP!

Because of the intensity of physical exertion in any sort of hybrid workout (combining cardio and strength training), a proper warm-up time reduces the risk of injury. One of the best ways to let the class attendees warm up is by letting them bounce in their own area so they can get used to the resistance of the trampoline and jumping over pads. A few minutes of light bouncing will help the instructor also see the skill level of each customer.

INFORMATIVE OPENING SPEECH

As everyone is jumping during the warm-up, it is important to inform each class attendant about the flow and the goal of the class, helpful facts, and how everyone can make the most of their hour on the court. Some points that are beneficial to include are:

- You can burn up to 1,000 calories in an hour during a trampoline fitness class.
- The exercise is low-impact on joints and spine.
- Because of the trampoline's resistance, you work 30% harder than on solid ground.

STARTING A CLASS

- If someone can't do a particular move, they can just jump in their area and continue to burn the calories.
- Lymphasizing is an additional benefit to trampoline fitness. It is the natural effect in the body while jumping on a trampoline. With the jumping motion, the lymphatic system cleanses itself and strengthens the immune system.
- Combining strength training is important in burning calories since cardio will only spike a metabolism. Adding strength training exercises will keep a metabolism peaking throughout the day as the body focuses on rebuilding the muscle.
- When finishing a long series of cardio exercises, don't suddenly stop movement. Bring the exercising down to a light bounce on the trampoline so the heart rate has time to adjust.

An example of a thorough, but brief, opening speech may sound like this:

"Hi everyone! My name is Tiffany, and I will be your instructor for this class. Please continue to jump in your area as we warm up. While you are jumping, I want to inform you of some important matters to keep in mind during today's session. Depending on how hard you push yourself today, you can burn up to 1,000 calories during this hour. You will be working 30% harder on a trampoline, but with less impact, so you won't feel it in your joints tomorrow! As I push you to go hard, you still need to listen to what your body is saying. If you can't do a particular move, just stay in your square and jump. Keep burning those calories! The more limbs you use when jumping the more you burn - just don't do any sudden stops, as it is not good for your heart. Keep in mind you are also cleansing your lymphatic system with every jump, so you will leave today healthier than when you came in! Ok, let's get ready to stretch!"

During those initial minutes of a warm-up, you have plenty of time to prepare each person for the training time. It's OK to be thorough and redundant! The important details must be understood by everyone taking the class.

PRE-CLASS STRETCHING

Because of the consistent motion that a trampoline fitness class entails, a particular type of stretching should be used to prepare the body correctly. Static, or still, stretching is not appropriate for this type of workout. Active stretching should be applied instead. Examples of active stretching are:

- Taking a wide stance and stretching the inner thigh by rolling your body weight from one heel to the other
- Rotating the knees and ankles in clockwise and counter-clockwise motions
- In a slow and controlled manner, rolling the shoulders and swinging the arms forward (to stretch the back) and then backwards (to stretch the chest)
- Taking a hip-wide stance, squat down and rise slowly to stretch the hamstrings (repeat for about 30 seconds)

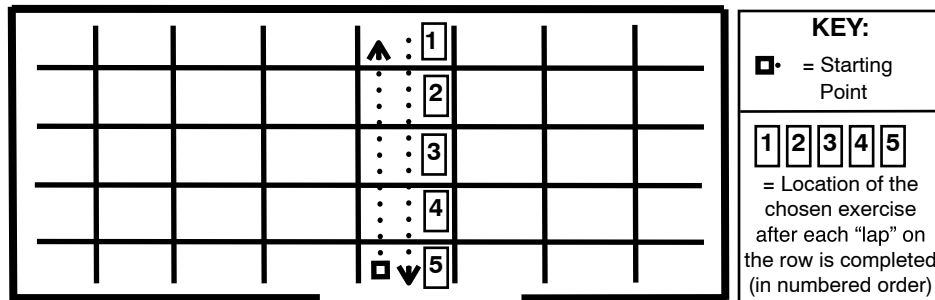
THE ANATOMY OF A CLASS

Most trainers and group fitness instructors had to learn quickly how to map out a thorough class. Depending on how many customers come on a regular basis, and how many classes a particular instructor teaches, the different muscle groups should be strategically targeted for a balanced workout. ! Taking warm-up, stretching, and brief water-breaks into consideration, the bulk of the exercise in any given class will probably be around 40-45 minutes. In the next few sections, we will look at six different categories of exercises to blend into a seamless and thorough workout!!

HYBRID

One of the greatest benefits of a trampoline court is the versatility of exercises that can be done in one location. Alternating between a low-impact, high-intensity cardio session to a muscle building interval is quick and easy. One of the best ways to utilize the trampolines is frequently employing "hybrid" sessions. ! A hybrid is a combination of cardio and muscle-building exercises in one particular interval. Hybrids are the best of both worlds, but also the most intense aspect of a trampoline gym's fitness class. Here are some clear examples of hybrid work-outs:

- **"BRING IT HOME" (ALSO CALLED "SUICIDES")** - Starting at one end of a court, jump down a row of trampolines. Once you reach the end of the row, perform any particular exercise, such as "Donkey Kicks" (see Chest section on page 8), "Skyjacks" (see Cardio section on page 11), or any other workout that can be done within a single trampoline. After completing the established amount of reps, jump back to the starting trampoline. Once you reach the starting point, jump back to the end of the row, then perform that previous exercise one trampoline away from the end. When that set of reps is completed, head back to the starting point. Jump down to the end of the row again, and then complete the exercise in the trampoline two away from the end. Complete the series of "laps" until the exercise has been completed in every trampoline within your row (the last time the exercise will be performed will be in the starting trampoline). Below is a diagram example of what it will look like:



HYBRID

- **"TAG TEAM"** - Partner each class attendant with another, and set up two stations. One will work on a muscle group off the court, while the partner completes a cardio circuit such as a lap or "zig zag" (see Cardio section on page 11). When the cardio circuit is done, they switch places with their partner. Repeat these steps for a determined time or number of circuits.
- **STATIONS** - Separate the class into groups (at least three). Each group will take a particular station working a different muscle group. After a designated time, the groups rotate to a different station. It is beneficial to have at least two groups completing a cardio exercise at any given time.
- **BALL TOSS** - Group the class into partners, and give each pair a dodgeball. Each class attendant will get in their own trampoline. In neighboring trampolines, each pair of partners will toss the dodgeball back and forth while jumping. Their goal is to catch it each time, not letting the dodgeball touch a trampoline or pad. This will strengthen core muscles and increase hand/eye coordination.
- **FITNESS DODGEBALL** - Separate the class into two equal teams. Determine a length of time for the game to last, and make sure there are enough dodgeballs in the court. During the determined length of time, play a continual round of dodgeball. Anyone who gets hit has to leave the court or play area and complete a certain amount of reps of a particular exercise, then return to the game. For example, everyone who is hit by a ball must complete 10 pushups before they can rejoin the game. Game continues until time limit is reached.

ARMS / UPPER BODY

The arms and upper body are two areas that often require additional tools for complete conditioning. Tools such as resistance bands, weighted balls, and ropes are great for targeting the parts of the body that a trampoline can't work enough. These tools can be implemented into the cycles of exercise to give the class a break from intense times of cardio, or as part of a hybrid session. Below are familiar examples of basic exercises to employ independently or in the midst of a circuit (For more advanced versions of each exercise, perform in a lunge position and alternate the feet positions with each rep - i.e. switch the leading foot each time one rep is performed):

- **BICEP CURL (BICEP)** - Secure the middle of the band under a foot or at the bottom of a railing. With elbows kept close to the ribs, keep the hand positioning together, directly in front of elbows, or wide. Facing the palms up or down changes the primary muscles worked in the arm.

ARMS / UPPER BODY

- **DELTOID FLIES (SHOULDERS)** - While holding the ends of the band in each hand, secure the middle of the band underfoot or at the bottom of a railing. With core muscles engaged to mitigate stress on the spine, the arms should be slightly bent and raised to the height of the shoulders. The hands should be directly out to the side or directly in front.
- **TREE-HUGGER (BACK AND REAR SHOULDERS)** - Employ a railing as the mechanism that secures the resistance band. Make sure the length of the band from one hand to the railing is congruent with the other. While facing the railing, pull your elbows back and out to the sides. Extend hands directly out to the sides, then slowly bring the hands together with arms still extended out and elbows bent (when you return to the starting position, it should look like you are hugging an invisible tree). Keep the elbows slightly bent during the entire movement.
- **TRICEP EXTENSION (TRICEP)** - Use a railing to secure the band when working both arms at once. Otherwise, use the idle hand to hold the band for resistance.
- **UPRIGHT ROW (SHOULDERS)** - Place the resistance band underneath your feet, making sure the handles have equal distance band from each foot. This exercise can be done on or off the court.
- **ROWS (BICEPS AND BACK)** - In a bent-over, kneeling or sitting position, face a railing and use it to anchor the band. The farther the distance from the railing, the more resistance there will be. Movements should be always be slow and steady.
- **SHOULDER PRESS (SHOULDERS AND TRICEPS)** - In a kneeling position, secure the band under the knees with equal distance from each knee to the handles. A railing can also be used, though emphasis should always be on keeping the torso static by engaging abdominal muscles through the entire motion.

Depending on the facility courts and nearby railings, almost any exercise that can be done in a sports gym can be done with resistance bands, ropes, or weighted balls by (or on) a trampoline court. Creativity for implementing upper-body exercises is encouraged!

CHEST & CORE

The chest and abdominal muscles are two areas that can be worked on a trampoline in completely unique ways. Push-ups, crunches, and other typical exercises for these muscle groups, can be taken to a whole other level. With a trampoline's resistance, these muscle groups can be targeted in a new and dynamic way. Below are some examples of how to utilize the trampoline for optimal muscle gain:

- **PUSH-UP (CHEST)** - Take your hands to the center of the trampoline, with your feet on an adjacent pad. For added difficulty, raise a leg each time the chest is brought down to the trampoline.
- **AROUND THE WORLD (CHEST AND CORE)** - Start in a push-up position with your feet in the center of the trampoline and your hands on the pads. Keeping your body in a straight line and feet centered in the trampoline, walk your hands on the pads around the perimeter of the trampoline. Make sure the elbows are always bent, and never locked. Once you've completed a full circle, go back in the other direction. To add more abdominal work, reverse the positioning by putting your hands in the center of the trampoline and walking your feet around the trampoline on the pads.
- **CHESTBURNER (CHEST AND CORE)** - Get in a push-up position with hands in the center of the trampoline and feet on the pads. Keeping your body in a straight line, push the trampoline away from you quickly and repeatedly. Unlike a pushup, the chest is not meant to be brought down to the trampoline.
- The trampoline is being pushed away in quick, consistent bursts.
- **CHEST SQUEEZE (CHEST)** - Take a wide stance and slightly drop into a squat position. Raise your hands in front of you with a dodgeball in between your palms. Squeeze the ball by pressing your palms together. Continue to squeeze for 30 seconds, then rest for 10. Repeat.
- **PLANK BURNER (CHEST AND CORE)** - Just like the Chestburner, keep your feet on the pads with upper body over the center of the trampoline. Bring your forearms down on to the trampoline with your fists pointing in the same direction as your head. The forearms should be parallel with each other. Quickly and repeatedly push the trampoline away as you keep your torso and lower body in a straight plank position.
- **REACH & CURL (CHEST, OBLIQUES, AND CORE)** - In a plank position, turn your torso as you hold a ball in one hand. As your torso turns, reach up towards the ceiling with the hand holding the ball (Side plank position), then curl that same arm underneath the side stabilizing you. Continue to reach up, then curl under as the other arm holds the half-plank position. Switch sides.
- **DONKEY KICK (CHEST AND CORE)** - In a push-up position, push your feet up into the air and kick them out. This can be done with hands on pads or in the center of the trampoline.

CHEST & CORE

- **TWIST PLANK (CHEST, OBLIQUES, AND CORE)** - In a plank position (with forearms on the pads and feet on the trampoline), jump your feet to your right side, then back into a plank, then to the left, and then back into a plank. Use the trampoline's bounce to keep a steady rhythm.
- **POPCORN (CORE)** - With your back on the trampoline, begin to "pop" your legs and feet up, creating a light bounce. Keeping the abdominals tightened, the back will slightly leave the trampoline each time the feet and legs kick out.
- **PLANK (CHEST AND CORE)** - With hands (or forearms) on the pads or in the center of the trampoline, keep your body in a straight horizontal line. Hold that position while taking deep breaths.
- **"V" SIT-UPS (CORE)** - With your back on the trampoline, slowly raise your feet and head/shoulders at the same time. Legs should remain straight. As your shoulders leave the trampoline, reach with both hands to touch your feet. Your torso and legs form a "V" at the peak. Slowly lower yourself back to the lying position.
- **ROLL-UPS (CORE)** - In a lying position, keep your hands behind your head to support your neck. Bring your knees up close to your chest, and roll your torso up, and off of, the trampoline. As you roll up, keep your abdominal muscles engaged to hold your legs stationary. The soles of your feet will touch the trampoline, and then you roll back into the starting position (legs still stationary, and knees close to your chest).
- **JUMPING KNEE-UPS (CORE)** - Begin lightly bouncing on the trampoline. Focus on speed, rather than height. Once a good, quick rhythm has been established, bring hands directly out from your shoulders and hold your arms in a straight line. As you hold your arms out, focus on the jump for the sole purpose of bringing your knees up to your chest. The jump should be about speed, not height. Widening your stance or changing the position of your arms in the midst of a circuit, adds variation to a long set.
- **BOUNCY SCISSOR KICKS (CORE)** - With your back on the trampoline, raise your legs one at a time, holding them as a straight line. Keep your arms directly beside you, with your palms facing down. As your legs alternate coming up and down, they must be steady and timed to maintain a light bounce on the trampoline. Your back will never leave the trampoline, however the motion will cause the trampoline to dip and rise with the rhythm of your legs.

LEGS

Almost every exercise in a trampoline fitness class works the leg muscles. However, there are a few ways to add reps on the tail-end of a cardio circuit or in a hybrid session to blow out the muscles in the legs. Here are some examples of ways to take the leg muscles to another level:

- **JUMPING LUNGES (CALVES AND HAMSTRINGS)** - Keeping your hands on your hips, get into a lunge position. The front leg will bear the weight in the heel, and the rear leg will bear the weight in the ball of the foot. While keeping the torso straight, jump lightly and alternate leg positions. When you land, the leg that was formerly the front leg will now be the rear. Keep a steady rhythm for at least a minute.
- **QUADBURNER (QUADRICEPS)** - Hold yourself in a low squat position in the center of a trampoline. Quickly and repeatedly press the trampoline down with your heels, pushing against the trampoline's resistance. The goal is to keep your torso and upper body unmoved while the legs quickly press the trampoline away.
- **LUNGBURNER (HAMSTRINGS)** - Hold yourself in a lunge position in the center of a trampoline. Keep the rear leg stationary as you quickly and repeatedly press the heel of the front leg down against the trampoline's resistance.
- **BRIDGEBURNER (HAMSTRINGS AND CORE)** - With your back on the trampoline, keep your hands by your side and your palms facing down. Slowly raise your pelvis, keep your abdominal muscles engaged to prevent strain on the back. With your shoulders still on the trampoline and pelvis raised, quickly and repeatedly press your heels down like in the Quadburner or Lungeburner. Use your arms and hands to steady yourself as you hold the "bridge" position with your body.
- **CALFBURNER (CALVES)** - Keeping your feet about hip-width apart in the center of a trampoline, quickly and repeatedly press down the balls of your feet. Your torso should be kept straight, and your knees should be only slightly bent.

CARDIO

Cardio is the area of fitness that a trampoline park really shines. Because of the truly unique experience that a trampoline cardio session offers, it is best to focus on this particular area during a group fitness class. An instructor can get really creative with trampoline cardio, so here are some examples of exercises to use and adapt within a class:

CARDIO

- **LAPS** - The class does laps around the perimeter of the court, jumping from trampoline to trampoline. It's wise to keep at least one trampoline in between each person. If someone doesn't feel comfortable with their speed jumping from trampoline, they can use an inner row to jump down. If the court is large enough, then an inner perimeter can be established for more than one person.
- **SNAKE / ZIG-ZAG** - Starting in a far corner on the court, the class will jump down a perimeter row, then come back down the neighboring row. This is repeated until everyone has "zig-zagged" down every row on the court.
- **FREE JUMP** - Give the class a few minutes to do whatever they want in their own area - but they need to keep moving!
- **TOE TOUCHES** - Jump up and touch your toes - either doing a split in the air or bringing your knees up close to your chest.
- **SKYJACKS** - Skyjacks are a variation of jumping jacks. When you jump off the trampoline, your feet spread out, then come back together as you land. Every time you land, your feet will be together, and every time you are in the air your feet will be apart. Make sure you move your arms with the same motion as your legs (hands up when feet are apart, hands down to your sides when feet are together).
- **LOW JACKS** - Holding a low squat position, do regular jumping jacks. This will focus more on the Quadriceps, and will require the arm movements to be led by the elbows rather than the hands.
- **SLOW JACKS (REGULAR JUMPING JACKS)** - Because of the resistance and bounce of a trampoline, basic jumping jacks on a trampoline require a slow and steady rhythm.
- **LANE JUMP** - In a smaller class, get everyone into their own lane/row of trampolines. Start at one end of the row and jump from trampoline to trampoline. Once you reach the end of the row, turn around and jump back.
- **RUN IN PLACE** - You can run in place at a medium or fast pace (beginners can do a fast walk instead of run). The goal is to not bounce, but push against the trampoline's resistance. To add some variation, you can run around the perimeter of the trampoline, run forwards and backwards, or run side to side. The closer to the center of the trampoline, the more difficult it is to keep from bouncing, and therefore requiring more exertion and control.
- **SIDE-TO-SIDE** - Starting in the center of the trampoline, stay low and quickly shuffle from one side of the trampoline to the other as you continue to face forward. Since there is more distance from corner to corner, taller people (longer legs and a wider stance) should go diagonally instead of side to side. To add more difficulty, tap the pad as you reach each side.

CARDIO

- **MOUNTAIN CLIMBERS** - Get into a position similar to a push-up: hands on the trampoline (or pad), elbows slightly bent, and torso straight. Quickly bring a knee up toward your chest, then switch leg positions. One knee should be close to your chest, and the other leg should be straight back. Continue to hold your torso and shoulders straight as you quickly alternate leg positions.
- **TOE TAPS** - Stand on the edge of the trampoline facing a pad. Staying on your toes, begin to quickly tap the pad with alternating feet. One foot will be on the trampoline and one will be on the pad at all times. Once a good rhythm is set, move the toe taps sideways around the perimeter of the trampoline. Once you have completed a full circle doing the toe taps, go back the opposite way.
- **STRADDLE TAPS** - Stand on a pad in between two trampolines, facing down the length of the pad. Drop your right foot down off the pad onto the trampoline and jump back up. In the upward motion, bring the right foot back over the pad and drop the left foot down on to the trampoline to your left. Continue to straddle the pad as you jump with alternating feet. To add more of a challenge, bend over each time a foot goes down on a neighboring trampoline, and touch the pad with the opposite hand.
- **BOXING BOUNCE** - This particular exercise can vary by the instructor. The goal is to combine kickboxing with trampoline cardio. It's easy to create five-minute circuits with varying maneuvers. It's important to utilize the trampoline's full potential for resistance and bounce.
- **HIGH JUMP** - Jump as high as you can on a trampoline for as long as you can. A two-minute time frame is average, because this move requires more energy exertion than regular jumping. A long and consistent effort to jump at a peak height will increase stamina and endurance!

PROPERLY ENDING A CLASS

One of the most important issues to take into consideration as you plan a class, is a sufficient amount of time for a cool down. Lowering the heart rate over a matter of minutes, and not abruptly, is crucial before a final stretch time can be started. ! Unlike the beginning of a class, stretching does not need to be active. The time of static stretching should be sufficient for all muscle groups to be targeted. Here are some suggestions on what you can supplement during a stretching time:

PROPERLY ENDING A CLASS

- If you had upbeat music during the class, make sure the mix has some slower songs at the end to accommodate bringing the body back into a state of rest
- Take this time to be really affirming and encouraging to the class. Congratulate them for all of the work they just did. Sometimes it's easy to be discouraged for new attendants - they may feel they weren't able to keep up or were as skillful as they had hoped. Talk to the class as they stretch with you, using only positive comments.
- Wear a calorie-counter during the class - sometimes a tangible number helps encourage customers to come back. Announcing how many calories were burned during the class gives everyone the awareness they accomplished something, even if they don't see results right away.
- Encourage everyone in the class to consume some sort of protein once they leave. It is important that, as instructors, the customer understands how to avoid injury not only during class, but after. If they work their muscles hard, they must feed their bodies proper fuel to rebuild!
- Since an instructor is representing the trampoline park, it is important to be available after a class to talk with the customers. Sometimes all it takes to land a monthly customer is an instructor that engages the people before and after a class.
- As the class ends, it's the perfect time to announce monthly membership rates, specials, and class schedules.

A trampoline fitness instructor is an employee of the trampoline park. Their roles are focused solely on the courts. Therefore, they must be trained to understand the courts as the Court Monitors/Attendants do. Knowing what is acceptable on the courts is a non-negotiable for all instructors. In addition to the court rules, the fitness instructors should also be aware of how to properly inspect a court. If during a class a teacher finds a tear in a trampoline, a gap between pads, or anything of that sort, they should know the level of danger it may provide and what should be addressed immediately. Minor issues should still be reported to a court monitor, Court Manager, or Service Crew at the end of the class.

EXAMPLE CLASSES

To see how a class may be organized, below are some examples on how to strategize the flow of a class.

EXAMPLE CLASSES

EXAMPLE CLASS 1 (BEGINNER / EASY)

:00 - Warm up (Light Bouncing)
:07 - Static Stretching
:10 - Free Jump
:11 - Sky jacks
:12 - Lane Jumps (with 5 Knee Ups in each trampoline)
:15 - Low Jacks
:16 - Plank
:17 - Roll Ups
:18 - Water break
:20 - Laps
:25 - Stations (#1 Straddle Taps / #2 Rows / #3 Side-To-Side)
:30 - Water break
:32 - Ball Toss
:35 - Bring It Home/Suicides (exercise: 5 Pushups)
:40 - Water Break
:42 - Fitness Dodgeball
:50 - Water break
:51 - Bicep Curl
:52 - Deltoid Flies
:53 - Toe Touches
:54 - Closing Stretch

EXAMPLE CLASS 2 (MODERATE)

:00 - Warm up (Light Bouncing)
:07 - Static Stretching
:10 - Laps
:15 - Toe taps
:16 - Quadburner
:17 - Water break
:19 - Light bounce
:20 - Bring it Home/Suicides (Exercise: 10 Pushups)
:25 - Run in Place

EXAMPLE CLASSES

EXAMPLE CLASS 2 (MODERATE)

:26 - Water break
:27 - Around the World
:28 - Plank
:30 - Tree Hugger
:31 - Bicep Curls
:32 - Upright Rows
:33 - Water break
:34 - Lane Jump
:39 - Boxing Bounce
:44 - Water break
:45 - Pushups
:46 - Roll ups
:47 - Tricep Dips
:48 - Bicep Curls
:49 - Deltoid Flies
:50 - Water break
:51 - Quadburner
:52 - Bridgeburner
:53 - High Jump
:54 - Closing stretch

EXAMPLE CLASS 2 (ADVANCED)

:00 - Warm Up
:07 - Static Stretch
:10 - Bring It Home/Suicides - (exercise: 8 Donkey Kicks)
:15 - Knee Ups
:16 - Water break
:17 - Rows
:18 - Shoulder Press
:19 - V-Situps

EXAMPLE CLASSES

EXAMPLE CLASS 2 (ADVANCED)

:20 - Reach and Curl
:21 - Laps
:26 - Free Jump
:28 - Slow Jacks
:29 - Water break
:30 - Lungeburner
:31 - Calfburner
:32 - Straddle Taps
:33 - Stations (#1 Zig Zag / #2 Side To Side / #3 Bicep Curl)
:39 - Water break
:40 - Chestburner
:41 - Roll Ups
:42 - Popcorn
:43 - Plankburner
:44 - Mountain Climbers
:45 - Lane Jumps (with 2 Toe Touches in each trampoline)
:47 - Laps
:51 - Low Jacks
:52 - Light Bounce
:53 - Water break
:54 - Closing Stretch

CONCLUSION

Teaching a trampoline fitness class requires understanding, care, and preparation - but it is one of the most rewarding roles in a trampoline park. Making a recreational activity more than just fun, but productive, is an immeasurable perk. To best serve the customers, the Court Monitor manual should also be read, as well as understanding the owner's and managers' desires for each class. It is also important to ask the customers what their preferences are, so each class can be crafted to serve the majority, creating a unique fitness experience that no local gym can rival!