

fitness

Bouncing Is Back

Intense cardio that's nice to your knees? Meet mini-trampoline workouts, your new best friend.

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Photographed by Ted and
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STYLING: MEGUMI EMOTO/ANDERSON HOPKINS

One look at the Instagram stories of Busy Philipps, Demi Lovato, or Julianne Hough is all it takes to understand that mini-trampoline workouts are in again. But if you prefer to get your fitness forecast from somewhere other than exercise-lovin' celebs, you should know that studios dedicated to the gravity-defying cardio classes are popping up everywhere, from LEKFit in Los Angeles to Bellicon Studio in Chicago to The Ness in New York. Even Crunch Fitness offers a class called Bar Hoppin'.

"We started teaching classes out of my garage, but they've become so popular that we're opening a 6,000-square-foot studio in Hollywood," says Lauren Kleban, founder of LEKFit. (Busy often snaps sweaty selfies at her current studio.)

What's more: JumpSport, a popular trampoline manufacturer that also produces workout videos, has seen a 30 percent increase per year over the past three years from studios nationwide wanting to stream its content, according to Steve Carver, the company's senior fitness advisor. Meanwhile, Kleban says subscriptions to LEKFit's digital platform have more than doubled every year since its launch in 2016. And the top mini-tramp workouts on YouTube have over a million views each.

What makes these 2.0 trampoline workouts worth all the hype?

For starters, it's not like jumping on a trampoline with friends when you

were a kid (more air! higher!). Instead, it's all about staying low and keeping your heart rate up, says Louis Coraggio, creator of TrampoLean in NYC. "The key is applying force into the tramp and stabilizing the body on the rebound," he explains. "That's where the work takes place—and by counteracting the force, everything you do on it becomes that much more challenging."

"It's a full-body workout," says certified trainer Simone De La Rue, founder of Body by Simone. (You may have seen her

trampoline workouts on E!'s *Revenge Body With Khloé Kardashian*.) What that means: You won't be jumping for 50 minutes straight. Typically, you'll spend a total of 20 to 25 minutes, broken up into intervals, doing intense cardio on the tramp; between intervals, you'll likely do stability moves, strength work with weights, and core conditioning, De La Rue says.

Okay, what's in it for me?

Despite its reputation as an activity for the 12-and-under set, trampolining provides the aerobic trifecta, says Steve Farrell, PhD, a senior investigator at the Cooper Institute and a fellow with the American College of Sports Medicine. "It uses

significant amounts of oxygen at the muscular level, engages large muscle groups, and can be sustained continuously."

In fact, it has a lot in common with another popular type of cardio: running. Bouncing on a mini trampoline is just as good for you as pounding the pavement, but it doesn't feel as hard or intense on the body, according to a study by the American Council on Exercise. That's because "the trampoline absorbs a lot of the impact that, on a harder surface, travels up your legs," Farrell says.

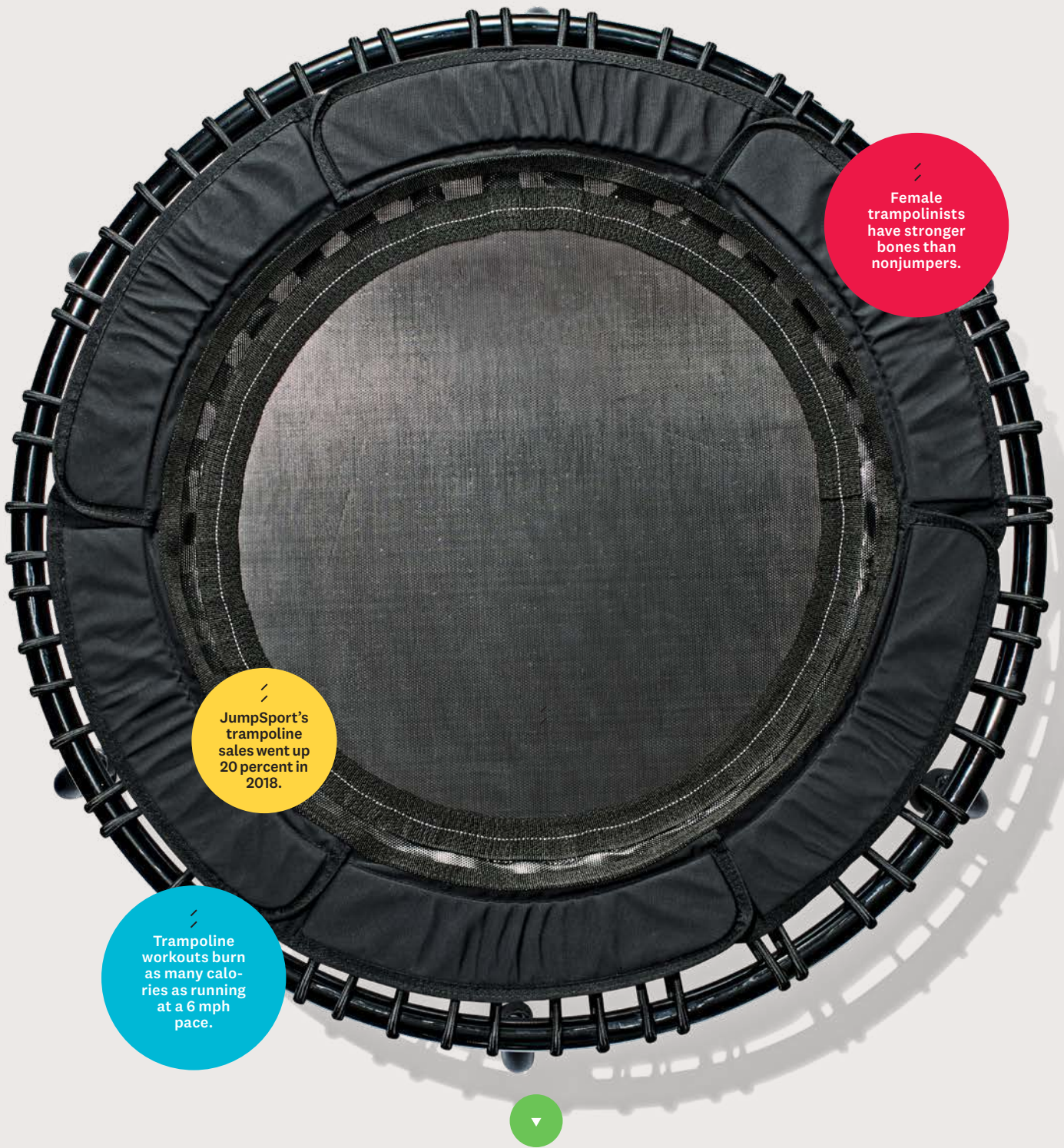
Yep, that means *allllll* the endorphins, none of the shin splints. Who's pumped to jump?

THREE STREAMING SERVICES BOUND TO MAKE YOU BREAK A SWEAT

Best Beginner Moves
LEKFit,
\$20/month,
lekfit.com

Best for Quick Cardio Bursts
Body by Simone, \$18/month,
bodysimone.com

Best Budget-Friendly Bounce Classes
Bellicon,
\$7/month,
bellicon.com



Female trampolinists have stronger bones than nonjumpers.

JumpSport's trampoline sales went up 20 percent in 2018.

Trampoline workouts burn as many calories as running at a 6 mph pace.

MAX OUT YOUR MINI-TRAMP TIME

1

Stay Centered

To get the most resistance from your trampoline session, avoid jumping near the bungee cords, hooks, or springs, says Kleban. Centering your bounce also lowers your risk of falling off or rolling an ankle, she adds. See? Nothing to fear here.

2

Align Yourself

"When you're jumping, always land with your knees bent and over your ankles," says De la Rue. Keep your chin lifted so you're looking straight ahead. "Imagine you have a tray of champagne on your head and you don't want it to spill."

3

No Heel-Striking

This will sound familiar to runners: Landing heel-first can cause shin splints, says Kleban. To avoid this, come down on the balls of your feet and push off with your whole foot instead. "If you put your heel down before you pop back, you'll relieve tension."

4

Go Barefoot

"This increases the muscle strength of your intrinsic foot muscles, which promotes better posture and mobility—if you lose mobility in your feet, it's going to travel up to your knees and hips eventually," putting you at risk for injuries, says Coraggio.

5

Release the Bar

Most models come with safety bars. "Hold on to the bar for support, but it should be more of a light touch than a death grip," says Farrell. "The more body weight you put on your hands, the fewer calories you burn," so ease off as you feel more comfortable.