

Bouncercise

Your Way to Health
with

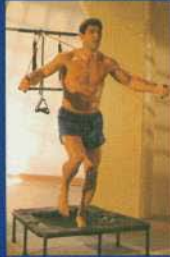
**The Freedom
Spring** System



Aerobics

Strength Training

Cell Detoxification



Bouncercise

The dynamic combination of rebounding with an overhead resistance system. **Bouncercise** produces a rhythmic movement that facilitates rehabilitation and strengthening on a cellular level, which is most effective in cell detoxification and total-body muscle toning.

“One of the hottest fitness trends for 2002”
-American Council on Exercise

-The Benefits of Rebounding -

“Rebounding is 68% more effective and efficient than jogging and other high impact exercises”

- NASA Research

- Aerobics
- Low Impact Resistance Training
- Improve Balance, Coordination & Flexibility
- Decrease Muscle Soreness
- Recommended for Rehabilitation
- Tones and supports the Glandular System
- Increases White and Red Blood Cells
- Strengthens the Immune System
- Lymphatic Stimulation
- Lowers Cholesterol
- Moderates Appetite
- Increases Metabolism
- Increases Circulation

One of the unique benefits of rebounding will be increased lymphatic circulation. The up and down rhythmic moving of rebounding causes all of the one-way valves to open and close at the same time, increasing lymph flow as much as fifteen times. This is important because the lymphatic system is connected to every organ of the body. The lymphatic system functions as a cleanser for the body. This is why **Bouncercise** with **The Freedom Spring System** has been called a cellular exercise.



The Freedom Spring System Includes:

Our Specially Engineered Trapezoidal Bouncerciser

- 42 Springs, designed for a cushioned bounce
- More Jumping Area than circular rebounders
- Attractive Leatheroid, fitted spring cover
- High-Quality Mat with double reinforced trim
- Collapsible, spring-loaded legs
- Rubber Floor protectors on legs
- Folding Model Available



Doorway System

The Original Freedom Spring Overhead Resistance System

- Easy-to-install Stationary Bar, fits in any conventional doorway (25" - 40")
- OR*
- Wall Mounted Stationary Bar, requires only one wall stud for installation

PLUS

- The Freedom Bar that attaches to the stationary bar with adjustable straps.
- Three pairs of resistance cords of varying strengths, which may be attached to the stationary bar, the Freedom Bar or to the Freedom Spring Bouncerciser.
- The resistance system may be set up to accommodate your individual needs.
- 24-page user manual and Hanging Bouncercise Instruction Card



Wall Mount System



The Secret of the Soft Bounce is in the Engineering & Quality of the Spring.

The Patented Freedom Spring System

Fun For All Ages!



While *Bouncercising* on the Freedom Spring, every cell in your body is being stimulated and exercised. The featured movements will accentuate various groups of muscles. It is not necessary to make these moves rapidly, but we encourage slow movement. Focus on feeling the various muscle groups being stimulated and exercised by the massaging bounce offered by the Freedom Spring System.

PERSONS WITH DISABILITIES AND THE ELDERLY

that normally have difficulty in engaging in exercise to increase their heart rate - The Freedom Spring is the safest method of using a rebounder because of the stability provided by our Overhead Resistance System.

Freedom Spring Users Get Results!



I'm fifteen years old, and I'm a dancer, and I have danced for about four years. I try and dance every day. I started using the Freedom Spring because I had chronic knee pains. The Freedom Spring has helped me to become more flexible and strengthen my upper body, and it also has helped strengthen the area around my knees, so I am able to dance more now.

- Emma R., Age 15

I like the idea that I can get both my cardiovascular workout and my resistance training at the same time. I found that my muscles wouldn't be sore like they would be after I was lifting weights. Also, the movement of the up and down resistance produced tremendous results.



Harreson M., Age 40



I can't tell you how much I enjoy the Freedom Spring. I've exercised most of my life, but this is such fun, such fun. I had a recent problem with my inner ear and lost my balance completely. This has helped me in two months to regain my balance. I can walk now. I don't fall down. I recommend it to everybody!

- Elinor K., Age 84

I have been using the Freedom Spring System for 7 months and I've lost 70 pounds! I have battled weight all my life. This is the healthiest approach to weight loss I have ever taken. I put on some music and have a lot of fun with it. My body says, Thank you, Thank You, Thank You!



- Dori F., Age 42



It's the first experience since I had a stroke (16 years ago) of being able to do some kind of exercise that would get my heart rate up. I am unable to walk fast enough to get any kind of perspiration. It's easy for me to get on, even though I have a disability - a left-side paralysis. Now I get 30 minutes of aerobics every day.

- Norma W.

My Toxic Burnout

Dr. Rota's Story



As a practicing dentist for 40 years, I have been in contact with many chemicals and drugs that we now know may affect our body health. Not only did I develop leg and back disorders from my physical work with patients, but also the biggest hazard of my profession was my contact with mercury, the second most deadly metal on the face of the earth, next to radioactive plutonium. Twenty years ago, I was diagnosed with Chronic Fatigue Syndrome, burn out, depression, Epstein-Barr Syndrome, to mention a few. My muscles ached, my short-term memory was affected, I had ringing in my ears, and I could not sleep. The doctors prescribed more drugs but they only temporarily dealt with the symptoms, not the cause. Also, the drugs had undesirable after effects.

Mercury in My Body

I was at my end and did not think I could continue practicing dentistry. I had always been physically fit and included an exercise program consisting of weight training and jogging, but I became too tired to continue. I got sicker and sicker. Finally, I came in contact with a physician who diagnosed me with mercury toxicity. He said that this might have been a major cause for many of the symptoms that I had been experiencing. He suggested a program that no longer just treated the symptoms but began to deal with the cause. Thus began my investigation and health practices, which included proper diet, cleansing therapies, and the use of the Freedom Spring, which facilitated the release of the poisons from my body.

For more than twenty years, I have studied both the natural method using certain foods along with substances, known as chelating agents, to detoxify the body. I discovered that mercury, as an example, is very difficult to diagnose and treat because it resides in the cells of certain tissues and is not ordinarily found

in blood or urine, which are the common laboratory tests prescribed by most physicians.

Also, mercury has a thirty-year half-life in the body, so the mercury that I had absorbed thirty years ago was still half present. Much of the toxins will reside or pass through the lymphatic system. This system has no pump so it relies on body movement to transport the toxins out of the cells and bring the nutrients into the cells. Thus, I found that of all the exercises, bouncing or jumping on a mini trampoline, greatly facilitated this circulation.

Recovery

Slowly, after months of dieting and cleansing the body, which included the rebounder, I began to get better. A special laboratory test administered by my physician showed that I was losing those life-threatening toxins. I was feeling better each day, and I also knew that when I did not bounce on the rebounder, I did not feel as well. I could only take so much time out during the day, so I modified the circular rebounder and changed it to a trapezoidal shape, adding more jumping surface area and flexibility to my program. I added a bar in my closet doorway so that I could exercise, develop and relieve tension in my upper body while I bounced on the rebounder. I further modified the system, and behold, the birth of the Freedom Spring System!

Many of my patients noticed the transformation and questioned the reason for my success. I shared my program with them and they, too, began to use it and improve their health. Now, at the age of 70, I feel the healthiest and most energetic I have ever been! I take great pleasure in sharing my good fortune with you.

So, get started on your proactive road to Health in Body, Mind, and Spirit!

Sincerely Yours, In a Better Way to Health,

James E. Rota, DDS
Developer of the Freedom Spring System



Bouncercise

All in One

Aerobics

Strength Training

Cell Detoxification



***FUN
For All Ages!***

***The Freedom
Spring***



System

Developed and Distributed by
American Bio-Compatible Health Systems, Inc.

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www.FreedomSpring.com