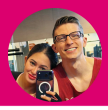
ABRAM'S Kaizen Program

Rebounder Workout Program



Gentle. Progressive. Built for your metabolism.

Do this 3–5 days per week · Always 3 rounds

6-Week Workout Schedule

WEEK 1
Getting Started

15 min total

- **March 3 min**
  Lift knees gently, stay tall
- **Rest 2 min**
  Step off if needed

3 Rounds

WEEK 2
Add Light Hops

18 min total

- **March 3 min**
  Steady rhythm
- **Light hop 30 sec**
  Tiny bounces, no high jumping
- **Rest 2 min**

3 Rounds

WEEK 3
Longer Hops

21 min total

- **March 3 min**
- **Light hop 1 min**
  Keep knees soft
- **Rest 2 min**

3 Rounds

WEEK 4
Add Squats

30 min total

- **March 4 min**
- **Light hop 1 min**
- **5 small squats**
  Controlled, chest up
- **Rest 3 min**

3 Rounds

WEEK 5
More Squats

36 min total

- **March 4 min**
- **Light hop 1–2 min**
- **6 small squats**
  Deeper than week 4
- **Rest 3 min**

3 Rounds

WEEK 6
Full Session

45 min total

- **March 5 min**
- **Light hop 2 min**
- **8 small squats**
  Strong and controlled
- **Rest 4 min**

3 Rounds

How to Stay Safe

- **Hold support if needed**
  Chair, wall, or rebounder handle
- **Keep bounce gentle**
  No high jumping — small, soft bounces only
- **Knees soft, never locked**
  Slight bend absorbs impact safely
- **Squat small and controlled**
  Only go as low as feels comfortable
- **Stand tall, look forward**
  Keep chest up and gaze level
- **Stop if dizzy or uncomfortable**
  Rest and try again another day

Why It Works

- **Marching + hopping = muscle contractions**
  Muscles use more glucose → better insulin sensitivity
- **Bouncing moves lymph fluid**
  Helps reduce inflammation and swelling
- **More time each week**
  Better circulation → supports healing and metabolism
- **Squats activate core & pelvic muscles**
  Stimulates intestines → improves constipation
- **Progressive overload, low joint stress**
  Improves fitness safely without stressing joints

Key Idea: Gentle bouncing + small increases = better metabolism, less inflammation & improved digestion

ABRAM'S
Kaizen Program

Exercise Guide

How to perform each movement correctly

Keep bounce gentle · Knees always soft

YOUR 4 MOVEMENTS — WEEKS 1 THROUGH 6

Calf Raise Tip

All Weeks
Every Session

Only your heels lift
Toes stay down
Rise slowly & controlled

Cushion Landing

All Weeks
Every Bounce

Land with knees bent
Never lock knees
Absorb each bounce softly

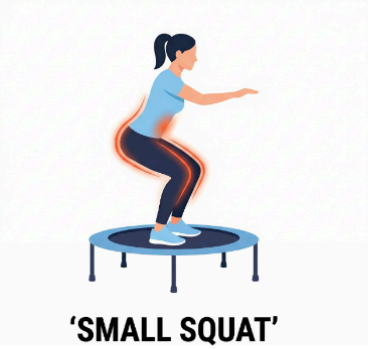
March in Place

Weeks 1–6
Main Exercise

Lift knees gently
Stay tall & look forward
Steady rhythm

Small Squat

Weeks 4–6
Added Movement



Sit down slightly
Chest up
Core tight
Go only as low as comfortable