Tip Top Sports Fgura
Tel : (+356) 2248 3000
Email: web@tiptopsports.com
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ENJOY PLAY TRAMPOLINE 32"

SKU: TT16163
~~**50.00 €**~~ **39.99 €**

Stock: In stock
Categories: Outdoor Play & Nursery Equipment, Special Offers, Trampoline, Trampolines

PRODUCT DETAILS

The ENP 32-inch trampoline is a compact-sized, round-shaped trampoline designed primarily for indoor use. It typically consists of a durable, weather-resistant jumping mat attached to a robust metal frame with sturdy legs for stability. The frame is covered with padding to protect users from accidental contact with the springs. These trampolines are smaller than outdoor models, making them ideal for indoor spaces like playrooms, gyms, or recreational areas. They are also commonly used for fitness and exercise purposes in homes and fitness centers.

Exercise Benefits of a 32-Inch Trampoline:

- **Cardiovascular Workout:** Jumping on a trampoline is an effective way to get your heart rate up, providing a cardiovascular workout that improves heart health and circulation.Full-Body Exercise: Trampolining engages various muscle groups, including legs, core, arms, and back, helping to tone and strengthen the entire body.Low Impact: Compared to

activities like running or jumping on hard surfaces, trampolining offers a low-impact workout, reducing stress on joints while still improving bone density and overall strength.

- **Balance and Coordination:** Bouncing on a trampoline requires coordination and balance, helping to enhance proprioception and stability.

- **Lymphatic System Stimulation:** The up-and-down motion of trampolining supports the lymphatic system, aiding in detoxification and boosting the immune system. Weight Management: Regular trampoline exercises can contribute to weight management efforts by burning calories and increasing metabolism.

- **Stress Reduction:** Physical activity on a trampoline can promote the release of endorphins, leading to reduced stress levels and improved mood. Fun and Motivating: Trampolining is a fun and enjoyable activity, making it easier for individuals to stay consistent with their exercise routines.

Exercises for a 32-Inch Trampoline:

Basic Bouncing: Start with gentle, controlled jumps, keeping your feet close together and using your arms to maintain balance.

Jumping Jacks: Perform jumping jacks on the trampoline, jumping out with your legs wide and arms overhead, and then returning to the starting position.

High Knees: Lift your knees as high as possible while bouncing on the trampoline, engaging your core for stability.

Twists: Rotate your upper body from side to side while bouncing, engaging your obliques.

Seat Drops: Sit on the trampoline and, using your leg muscles, push yourself up into a standing position.

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Toe Touches: While bouncing, extend your legs straight out in front of you and reach for your toes with your hands.

Running in Place: Run with a jog-like motion while staying on the trampoline surface.

Squat Jumps: Perform deep squats and explode upwards into a jump as you rise.

BRAND

ENJOY PLAY

Maximum User Weight	80 Kg
Other Details	Diameter : 32 inches