

Trampoline Workout For Everyone!

Bench dips



Bench dips 1

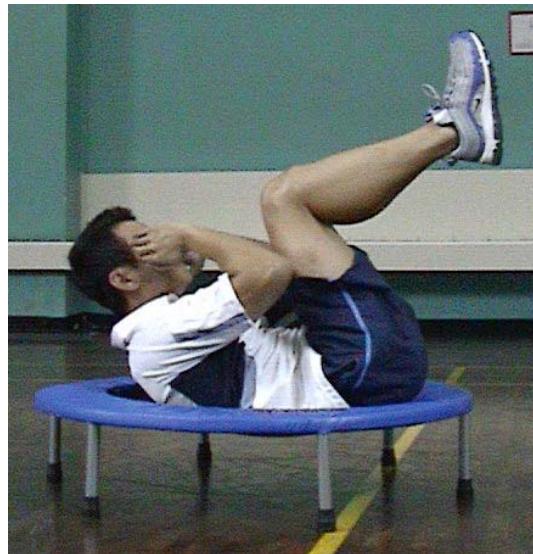


Bench dips 2

Crunches

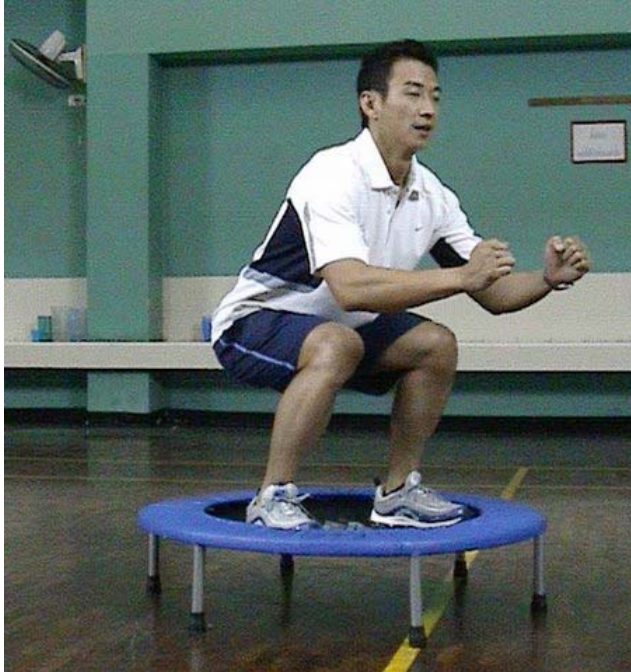


Crunches 1

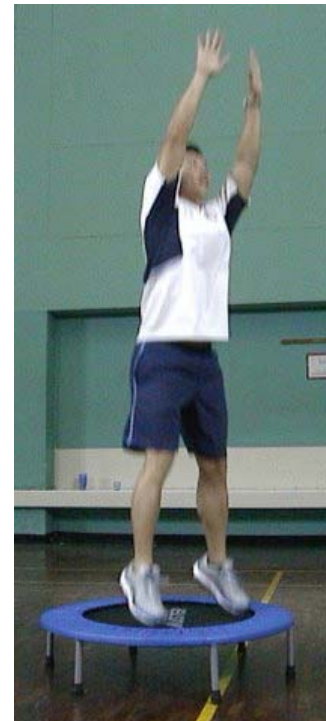


Crunches 2

Jumping Squat on Trampoline



Jumping Squat 1

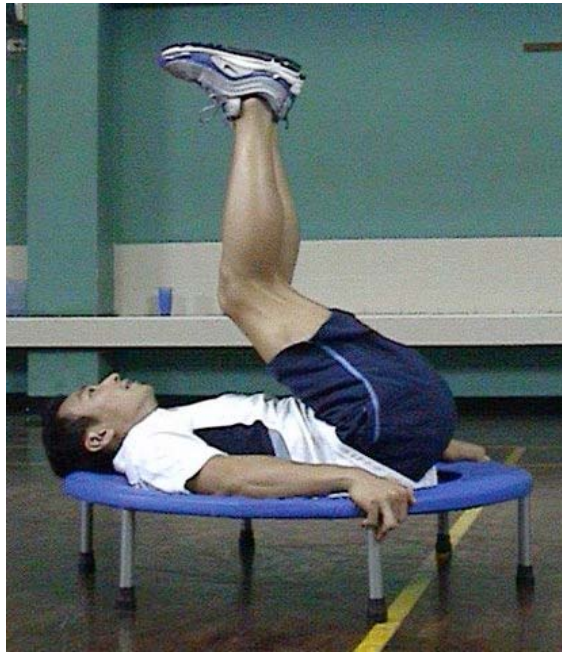


Jumping Squat 2

Leg Raise

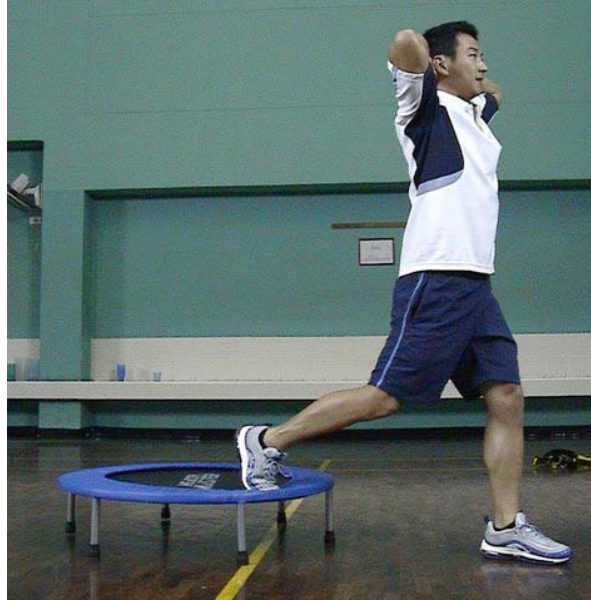


Leg Raise 1



Leg Raise 2

Lunge



Lunge 1



Lunge 2

Push ups



Push ups 1



Push ups 2



Push ups 3

Single Leg Squat



Single Leg Squat 1



Single Leg Squat 2