

Experience the Tumbling Fitness - Trampoline

By Richard Miller

Everyone is looking for a fun way to stay fit; doctors say that rebound exercise on your trampoline is one of the healthiest, safest kinds of exercise for your joints and heart. It's aerobic, it doesn't put the same stress on your joints and tendons that impact exercise like jogging does and definitely it's fun.

Trampolining is a recognized Olympic sport, and became one of the official gymnastics events of the 2000. Among the events that are held in official competitive trampolining and tumbling are Synchronized Trampoline in which two athletes perform identical routines on two trampolines, and the double mini-trampoline, in which one athlete performs on two mini-trampolines set at two different levels. Even if you've got no ambitions to become a tumbling superstar, though, the health and fun benefits of having a trampoline in yard/garden are clear.

To set up a trampoline, all you need is a backyard that should be clear of obstruction around the width and height of the trampoline and for about 15 feet beyond. This fitness equipment comes in many different sizes and styles to fit your space and your needs. Round, square, rectangular or octagonal, in sizes from 6 feet across to 30 - there's a trampoline out there that's perfect for your yard or garden space to yield you that perfect way of staying fit and have fun.

Rectangular trampolines are generally made of more durable materials than round ones because the design requires stronger materials. You can buy rectangular trampolines in sizes starting as small as 10 feet in length.

By contrast, round trampolines have springs positioned around the perimeter. If you move out of the center, the focus of the tension shifts, making it harder to maintain your balance. The frame needed is lighter, and can be made of less expensive materials, making them cheaper to buy than other shapes.

There are special considerations if you're buying a trampoline for the garden or yard for children to use. Pediatricians and children's safety experts warn against allowing children to use standard trampolines for a number of reasons. These include the possibility of little fingers getting caught in trampoline springs, children falling off the edge of trampolines and children injuring themselves attempting tricks that they aren't ready for. Because of those safety concerns, there are trampolines designed specifically for children that use a different style of spring, and accessories available to make trampolining safer for them. Among those are enclosure nets and non-slip surfaces.