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WE'LL BE HAPPY TO  
ADVISE YOU!

# EXERCISE

INVEST IN YOUR FUTURE  
AND REAP THE BENEFITS TODAY.

Do you like doing exercise? Are you determined to remain healthy, fit and slim? Or even to lose a few pounds? Are you sporty but haven't found time to exercise lately? Or do you have physical problems and you're not sure which kind of exercise is right for you? Then we can help you!

In this brochure we will advise and inform you, give you the motivation to overcome your weaker self and show you ways to exercise that everyone can follow, regardless of their fitness level and age. Exercise that can easily be integrated into the busiest of days. Once you've made a start, you will soon notice how much good it's doing you.

And it won't take long before you see results. Improved physical well-being and fitness, fewer physical complaints and the wonderful feeling that you've done something good for yourself.

BE INSPIRED BY BELLICON®.

## BELLICON® HELPS WITH

- Back problems
- Excess weight
- Osteoporosis
- Depression
- Dementia
- Diabetes
- Muscle wastage
- Pelvic floor problems
- Digestion problems
- Stress
- And much more...

## BELLICON® IS IDEAL FOR

- Cardiovascular system
- Muscle building
- Lymphatic system
- Strengthening of the joints
- Intervertebral discs
- Confidence when walking and standing
- Immune system
- Relaxation
- Concentration
- Balance
- More zest for life
- And much more...





# 02 HEALTH

## STAY ACTIVE. STAY WELL.

Staying healthy is most people's top priority. Is it yours too? But inactivity leads to immobility, especially as we get older. Be honest, do you use the car on short trips? Or prefer the escalator to the stairs? Then you're just like many other people nowadays...you don't get enough exercise. Become active – it's never too late! Find out how exercising on the bellicon® works and how to bounce your way back into shape!

### TRAINING WITH BELLICON® IS FUN AND IT WORKS

When you bounce on a bellicon®, every muscle in your body is activated, especially the stabilising skeletal muscles that keep you upright. At the same time, sinews, ligaments and joints are gently trained, without being put under too much pressure. However, it's not only the muscles but also the cardiovascular system and metabolism that are activated, leading to many positive effects throughout the body. bellicon® is good for your back, activates your metabolism, helps you to lose weight, makes you more flexible and gets your cardiovascular system going. Read below how training on the bellicon® benefits your body!

### STRENGTHEN YOUR BACK WITH BELLICON®

The cause of a lot of back trouble lies in postural problems and a lack of exercise. Undefined stomach and back muscles are the reason. By training on the bellicon® you can actively prevent back problems and pain, as bellicon® can help in more ways than one.

The up and down movement of the body on the flexible mat causes the muscles to continuously tense and relax. On the one hand this strengthens the muscles, whilst on the other the change in gravity eases and relaxes cramped muscles. Additionally, the so-called intrinsic muscles are strengthened almost without you even noticing. But training on the bellicon® is also good for your intervertebral discs. The gentle pushing and pulling as you bounce ensures that the intervertebral discs are well supplied with fluid and are once again able to act as buffers.

Based on the very effective but also gentle training, as well as the proven positive effects on the back muscles, spinal column and intervertebral discs, the initiative "Campaign for Healthier Backs" (AGR, Aktion Gesunder Rücken) awarded its seal of approval to the bellicon® rebounders.



### KEEP YOUR IMMUNE SYSTEM IN SHAPE WITH BELLICON®

When we say that bouncing on the bellicon® trains every cell in the body, which then activates the cardiovascular system, this also has a positive effect on your immune system. As we age, the speed and intensity of our cardiovascular system slowly decrease. Fortunately though, these processes can be accelerated again by gently bouncing on the bellicon®. Exercising also helps us to fight off alien and destructive micro-organisms better.



A man in a black long-sleeved athletic shirt with green accents and dark blue pants is jogging towards the camera, smiling broadly. In the background, a woman in a teal t-shirt and dark pants is also jogging, slightly out of focus. The setting is outdoors with green foliage and a bright sky.

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BECOME ACTIVE —  
IT'S NEVER TOO LATE.  
—





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WEIGHTLESSNESS EQUALS  
TOTAL RELAXATION.  
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### LOSE WEIGHT – AND KEEP IT OFF – WITH BELLICON®

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These days, excess weight is a huge topic. Methods are often promoted that seem to work in the short run, but can't be sustained long term. That said, the principle is quite simple. Your calorie intake must be lower than your calorie consumption. The key lies in eating a sufficient, balanced diet whilst simultaneously increasing the calories you burn through regular exercise. Unfortunately, for many people this is a big hurdle to overcome due to pain, motivation or time concerns. This is where bellicon® comes into play, as the metabolism of every cell is activated during bouncing instead of only that in certain muscle groups.

The result is increased oxygen conversion, without individual muscles and the cardiovascular system being overstressed. Many calories are burned, without you subjectively feeling that a lot of exertion is needed. Besides this, bouncing on the highly flexible, rubber-sprung bellicon® is also a lot of fun and easy to integrate into everyday life. The result is more sustained exercise and a better chance of continued success!

Our tip: the latest research confirms that 10 minutes of exercise in the morning is enough to increase your metabolism for the rest of the day. This means you burn more calories while you are exercising and when you are resting too!

### REGULATE YOUR BLOOD PRESSURE NATURALLY WITH BELLICON®

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There are other ways to treat high blood pressure, one of the most common health complaints, than with medication. Regular, moderate cardio training can quickly lower blood pressure levels and effectively support medication or, in the best case-scenario, replace it.

When you bounce up and down on the bellicon®, every muscle and cell in the body tenses and relaxes to the rhythm of the bounce. During the upwards movement (weightless phase) total relaxation occurs, and during the downwards motion (slowdown and braking into the mat) all muscles are tensed again. This ensures that you can't overexert yourself whilst bouncing on the bellicon®.

YOU WILL ONLY DO SOMETHING REGULARLY, IF YOU ENJOY IT. ALLOW YOURSELF TO BE MOTIVATED BY BELLICON®.



# WELL-BEING

SIMPLY TAKE OFF, THEN GENTLY LAND,  
AND REST IN BETWEEN.

When we ask our clients what they associate with bouncing on the bellicon®, they often say “weightlessness”. When asked what they mean by that, the answer is mostly that they can forget everything when they are on the bellicon®. In other words, bouncing on the bellicon® is relaxing for your mind, because bouncing and worrying about problems at the same

time is impossible. The physical component of “weightlessness” is the gentleness of the movement. The following chart clearly demonstrates the harmonious effect bouncing has on the body. The curve does not show any jarring or high impact levels, unlike the graphs for a steel-spring rebounder and jogging.

## THE BELLICON®

BOUNCING,  
JUMPING,  
RUNNING



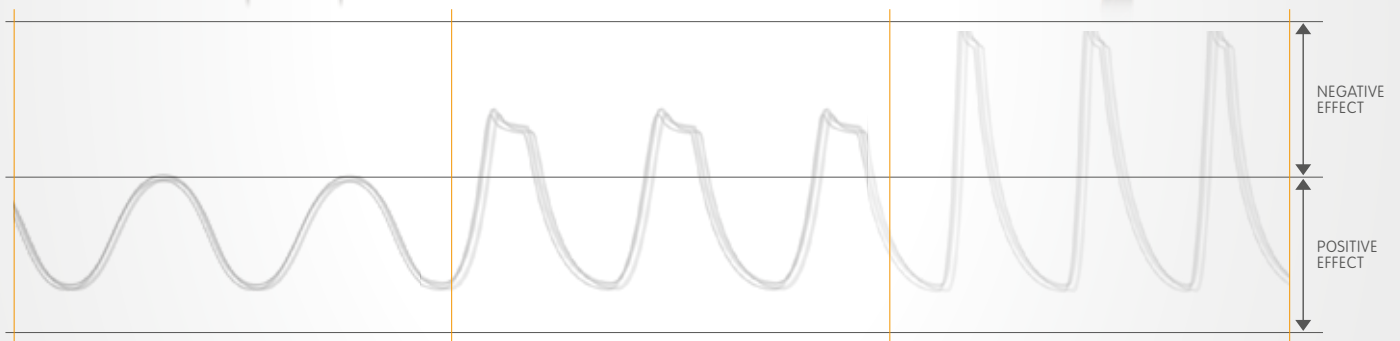
## STEEL-SPRING REBOUNDER

JUMPING,  
RUNNING



## HARD SURFACE

RUNNING



What does this mean for your body? On the one hand, of course, it shows that this kind of exercise is very gentle as ligaments and joints are exercised without the risk of being overstressed, and metabolism and circulation are gently activated. However, this training is highly effective as all the cells and muscles in your body are forced to join in. This means the whole cell structure is relaxed during the upwards movement, and effectively exerted whilst slowing down and braking. Regular training on the bellicon® therefore not only increases your fitness level, but also your sense of well-being. As well as training your muscles, exercising on the bellicon® has a positive effect on lymphatic flow, fat burning, intervertebral discs and body posture.

### POWER

Targeted muscle building and intensive fat burning.



### CARDIO

Effective cardiovascular training without pressure on the joints.



### FLEXIBILITY

Improved flexibility.



### BALANCE

Have fun whilst improving your coordination.



### RELAXATION

Complete relaxation at the end of your training session.



Exercising on the bellicon® is a comprehensive, full-body workout that covers all aspects of moderate health and fitness training.



But this is certainly not all that bellicon® can do. From gentle bouncing and effective cardio training to demanding strength and coordination exercises, the workouts can be individually enhanced and are also incredibly versatile. It's almost impossible for you to overstrain yourself, and you can put together your own exercises based on your aims and requirements.

The best thing about the bellicon® is that the workout can very easily be integrated into your everyday life. With gentle bouncing you don't even break into a

sweat, and you don't need to buy special sports gear. In the office, the kitchen, the lounge or the bedroom – you can do your exercise wherever you like, either at fixed times, continuously or only occasionally.

Perseverance is made easy – just see your bellicon® as an island of calm where you can let go and completely relax.

**THE BEST WAY TO RELAX IS BY MOVING. SIMPLY LET GO WITH BELLICON®.**

#### HAPPINESS

BOUNCING ON THE BELLICON® RELEASES THE BODY'S ENDORPHINS AND MAKES YOU FEEL HAPPY.



#### INCREASES MUSCLE ACTIVITY

Increases muscle activity and metabolism by means of gentle cell massage.

#### LYMPHATIC FLOW

Increases the pump function of the musculature, and accelerates lymphatic flow and the detoxification of the body.

#### FAT BURNING

Increases fat burning as all the muscles in the body have to work at the same time.

#### MASSAGES THE INTERVERTEBRAL DISCS

The gentle pushing and pulling action strengthens and massages the intervertebral discs and bones.

#### STIMULATES DIGESTION

Intensifies digestion by gently moving the gastrointestinal tract.

#### POSTURE

Lengthens and strengthens the muscles, and improves posture.

# BELLICON®

THE FITNESS STUDIO AT HOME,  
PERFECTLY COMPLEMENTED BY GREAT ACCESSORIES.

It is our aim to get you exercising, because we want you to be healthy. It doesn't matter how old, tall, heavy or light you are, whether you have a lot of space or a little. And because we don't know anything about you, we have designed our product in such a way that you can individually put it together to suit your own specifications. Whichever bellicon® you choose – the

high-quality, tough premium edition or the pure and simple black edition – you can rest assured that you have made the right decision. Every bellicon® is a quality product, manufactured in Germany, thoroughly tested and assembled by hand. This is the only way we can be sure that you are safe.

## BELLICON® BLACK EDITION

### MAT COLOUR

The following colours are available:

BLACK/GREY  
BLACK/ORANGE  
BLACK/PINK  
BLACK/LIME GREEN  
BLACK/BLUE

### SIZES

The bellicon® Black-Edition is available in the following sizes:

ø125 cm/49 in.  
ø112 cm/44 in.  
ø100 cm/39 in.

### BUNGEE LOOPS/ STRENGTHS

There are different strengths:

SOFT (SILVER CLIP)  
MEDIUM (BLUE CLIP)  
STRONG (YELLOW CLIP)  
EXTRA STRONG (RED CLIP)  
ULTRA STRONG (GREEN CLIP)

### LEGS

The bellicon® Black-Edition comes with folding or screw-on legs

### BUNGEE LOOPS/ COLOURS

The bungee loops are available in the following colours:

ORANGE  
PINK  
BLACK  
SILVER  
LIME GREEN  
BLUE

### FRAME

POWDER-COATED STEEL



All our devices therefore come with a stockist's guarantee that is much longer than legally required. It is true that a bellicon® doesn't come cheap, but you will acquire an extremely high-quality product that you will continue to enjoy and that will see you through your whole life. Do something worthwhile for yourself or a loved one. Treat yourself to a bellicon®, for the sake of your health.

Are you not sure? Do you still have questions? Our qualified team is always available to offer advice. Additionally, all devices are delivered with a comprehensive information pack containing brochures, an exercise DVD and a poster. You can also find important information and an ever-growing instruction and exercise programme on our website.

THERE IS A BELLICON® THAT IS PERFECT FOR YOU.  
SEE WHICH ONE BEST SUITS YOUR NEEDS.

## BELLICON® PREMIUM EDITION

### MAT COLOUR

The following colours are available:

BLACK/GREY  
BLACK/ORANGE  
BLACK/PINK  
BLACK/LIME GREEN  
BLACK/BLUE

### SIZES

The bellicon® Premium-Edition is available in the following sizes:

ø125 cm/49 in.  
ø112 cm/44 in.

### BUNGEE LOOPS/ STRENGTHS

There are different strengths:

SOFT (SILVER CLIP)  
MEDIUM (BLUE CLIP)  
STRONG (YELLOW CLIP)  
EXTRA STRONG (RED CLIP)  
ULTRA STRONG (GREEN CLIP)

### BUNGEE LOOPS/ COLOURS

The bungee loops are available in the following colours:

ORANGE  
PINK  
BLACK  
SILVER  
LIME GREEN  
BLUE

### LEGS

The bellicon® Premium-Edition comes with folding or screw-on legs

### FRAME

STAINLESS STEEL

Doesn't rust – can also stand outside





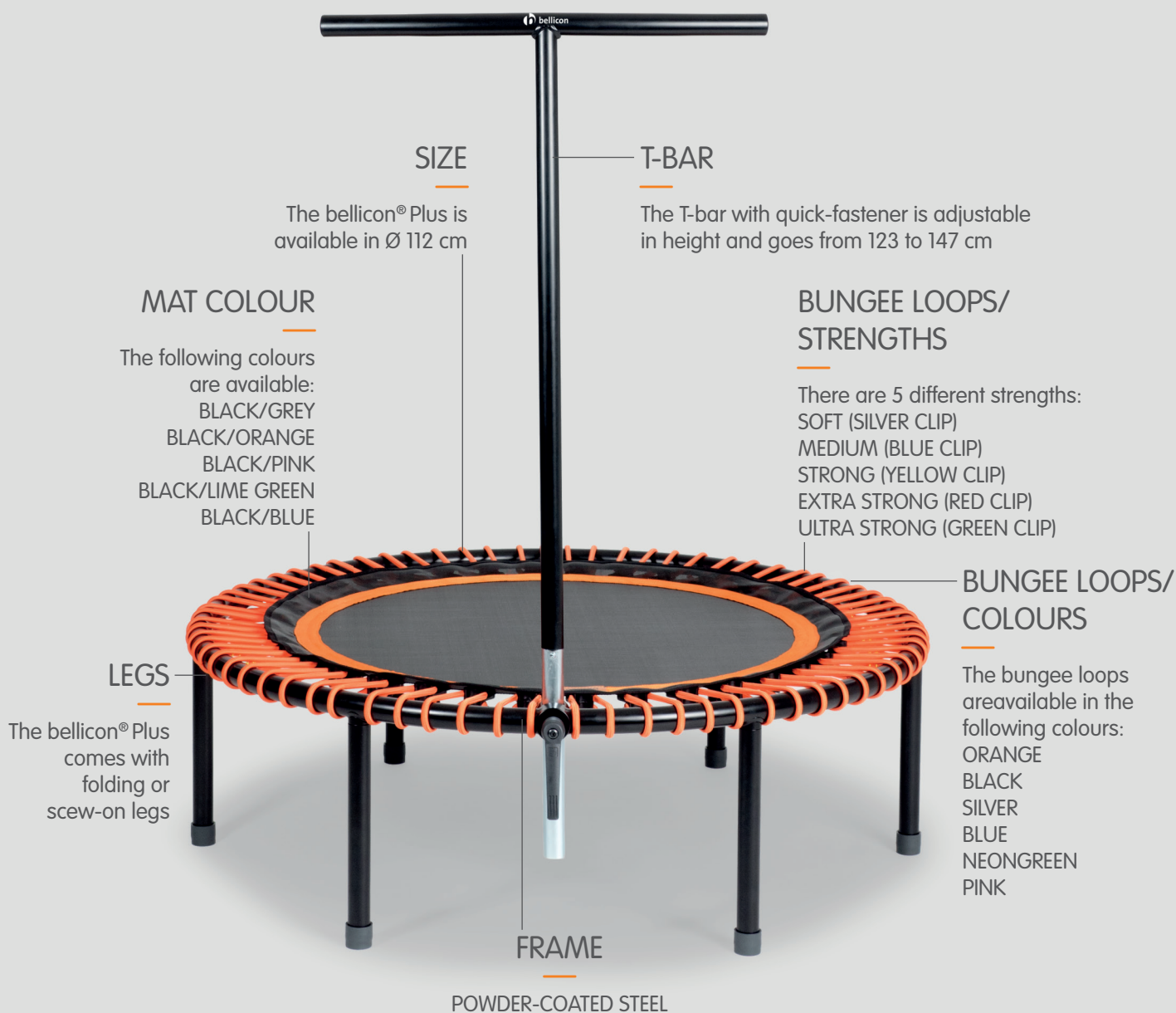
NEW AT  
BELLICON

# BELLICON® PLUS

MORE EXERCISES - MORE POSSIBILITIES  
MORE POWER WITH THE NEW BELLICON® PLUS

The bellicon® Plus combines the classic bellicon design with new training possibilities, thanks to the new T-bar. With the patent pending quick release fastener, the T-bar provides incomparable stability and can be fastened or removed within a few seconds.

The user's individual height can also be adjusted in a quick and simple way. The wide range of new training opportunities – from rehabilitation to power workout – make the bellicon® Plus our most varied model. It is the perfect workout tool for those wishing a joint-friendly training program.



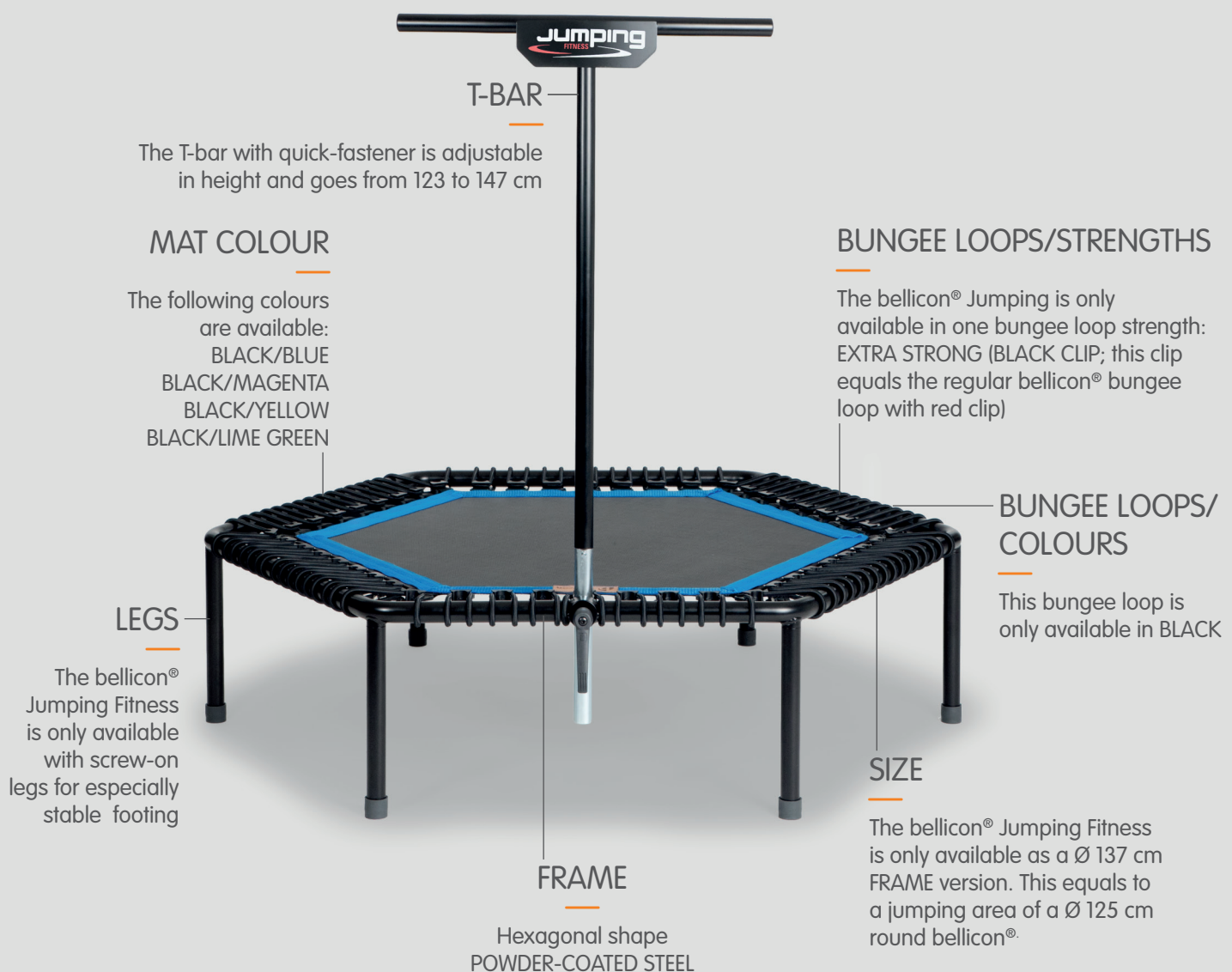
NEW AT  
BELLICON

# BELLICON® JUMPING FITNESS

OFTEN IMITATED, NEVER REACHED: THE BELLICON® TRAMPOLINE QUALITY  
COMBINED WITH THE POPULAR DESIGN OF JUMPING FITNESS®

Jumping Fitness® jumps into your home. The bellicon® Jumping Fitness is a special edition and corresponds to the new bellicon® studio equipment of the equally named label Jumping Fitness®. The T-bar in combination with the high quality bellicon bungee suspension makes the bellicon® Jumping Fitness an outstanding must-have for every fitness fan. With the screw-in legs and extra-strong black bungees, it is specially made for power training.

The bellicon® Jumping Fitness Pro with permanently attached legs is available exclusively for studio owners. The practical, polygonal design of the bellicon® Jumping Fitness Pro is very space-efficient, allowing it to stack up to 24 pieces on the base surface of one trampoline. The Pro version is available exclusively through Jumping Fitness.



# OPTIONS

A SOLUTION FOR EVERYONE.

Our product range has been assembled in such a way that it offers maximum flexibility to suit our clients' needs. This means you can choose the frame colour and size, leg options, and bungee loop colour and strength. If you're still not sure which of these options or bellicon® rebounders is the right one for you, you can find important information on these two pages.

## THE RIGHT FRAME SIZE FOR ME

As a general rule, the bigger the bellicon®, the better. This is simply because you will have more room to do your exercises, particularly those that have to be done lying down. But of course the choice of diameter also depends on the amount of space you have available. Most of our customers choose the medium size, which we consider a good compromise. The bellicon® with a 100 cm/39 in. diameter is normally chosen by those who don't have a lot of room in their home, or exercise on their bellicon® in more than one place.



### SUPPORT HAND BARS

Support hand bars assist you if you feel unsure whilst training on the bellicon®. Choose one or two support hand bars.



### CARRYING BAG (100 cm/39 in. and 112 cm/44 in.)

You can use your bellicon® anywhere you feel comfortable – not just at home. The practical carrying bag helps you to transport your bellicon® safely.

## CHOICE OF BUNGEE LOOP STRENGTH

The right bungee loop strength basically depends on two factors: the way you intend to train and the user's weight. There are five different bungee loop strengths to choose from, ranging from soft to ultra strong. The chart on the next page will give you a good indication as to which bungee loop strength is the correct one for you. We are often asked which bungee loop strength we recommend when several people want to use the same bellicon®. In that case, you should choose the bungee loop that is suitable for the heaviest user. Should your situation change, you can of course simply change the bungee loop at a later date.

## MATCHING ACCESSORIES

We are always trying to respond to your individual wishes and needs with the bellicon®. That is why we have developed a whole range of accessories that you can use together with your bellicon®.



### EDGE CUSHION

This snug-fitting, foam edge cushion offers even more safety, especially when children are jumping or bouncing on the bellicon®.



### REPLACEMENT BUNGEE LOOPS

The bungee loops are subject to wear and tear and should be replaced when they become worn. Thanks to the patented bungee loop suspension, this is very easy.



## EVEN MORE FUN TRAINING WITH YOUR FAVOURITE COLOURS



### OUR BUNGEE LOOP RECOMMENDATIONS DEPENDING ON WEIGHT AND INTENDED USE

APPLICATION AND USER WEIGHT	BEGINNERS	ADVANCED	PROFESSIONALS
	Gentle to intermediate fitness training, well-being and back training	Intensive exercise with high cardio-vascular impact	Very intensive aerobic and fitness training with very frequent bouncing
up to 60 kg/130 lb	soft (silver clip)	medium (blue clip)	strong (yellow clip)
up to 90 kg/200 lb	medium (blue clip)	strong (yellow clip)	extra strong (red clip)
up to 120 kg/260 lb	strong (yellow clip)	extra strong (red clip)	ultra strong (green clip)
up to 150 kg/330 lb	extra strong (red clip)	ultra strong (green clip)	not recommended
up to 200 kg/450 lb	ultra strong (green clip)	not recommended	not recommended

# CONVICTION

BE INSPIRED BY KNOWLEDGE  
AND MOTIVATED FOR SUCCESS.

We chose the title of our brochure "BELLICON® INSPIRES" quite intentionally. Because we believe in the bellicon® philosophy, because we are inspired by all the positive feedback we've received from our clients, and because we think bellicon® can be the answer to your specific problems. We are also proud of the encouragement we've received from professional partners, doctors, physiotherapists and fitness trainers. We want to continue to evolve, for you. That's why we still aim to improve. We want to inspire you! But we can only do this if we can convince you that bellicon® is truly unique!

## TRAINING ON THE BELLICON®:

RELAXES THE MIND AND SPIRIT

IS GREAT FUN

IS AN EFFECTIVE, VARIED AND INDIVIDUAL  
FULL-BODY WORKOUT

IS GENTLE TRAINING WITHOUT IMPACT  
ON LIGAMENTS AND JOINTS

IS EASY TO INTEGRATE INTO EVERYDAY LIFE

IS VERY QUIET – YOU CAN EVEN WATCH  
TELEVISION AT THE SAME TIME

PREVENTS ILLNESSES AND ALLEVIATES PAIN

THERE ARE MANY GOOD REASONS TO  
OWN A BELLICON®. TRY IT FOR YOURSELF.







YOUR  
**BELLICON®**  
CAN DO ALL THIS

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