

30-Day Rebounding Calendar • Week 1

FIND TODAY → CHOOSE ONE WORKOUT → CLICK THE COLORED CARD

JOIN PATREON

REBOUNDER QUIZ

	TUESDAY • SEP 1	WEDNESDAY • SEP 2	THURSDAY • SEP 3	FRIDAY • SEP 4
NEW BEGINNER Gentle all month	Absolute Beginner Bounce 11 min New Beginner • Rebounder	Tai Chi Rebounder Flow 12 min New Beginner • Rebounder	Power Walk + Toning 12 min New Beginner • Rebounder	Five Must-Know Moves 11 min New Beginner • Rebounder
SHORT About 10–15 min	10-Min Cardio HIIT 13 min Intermediate • Rebounder	Absolute Beginner Bounce 11 min Beginner • Rebounder	Full-Body Stretch & Mobility 12 min Beginner • Rebounder	Standing Core + Cardio 12 min All Levels • Rebounder + toning balls
MEDIUM About 20–40 min	Cardio + Core 23 min All Levels • Rebounder	Full-Body Cardio + Dumbbells 38 min Intermediate • Rebounder + dumbbells	Light-Weights Sculpt & Burn 36 min All Levels • Rebounder + light weights	Cardio Sculpt Party 31 min Intermediate • Rebounder + optional ve
EXTENDED 60 min or livestream	Full-Body HIIT + Strength 60 min Advanced • Rebounder + weights	Full-Body Cardio + Mobility 60 min Intermediate • Rebounder	Full-Body Cardio + Sculpt 60 min Intermediate • Rebounder + weights + h	Light-Weight Cardio + Sculpt 60 min Intermediate • Rebounder + light weight

WEEKEND

SATURDAY: FLEX 20-Min Health Bounce, Stretch & Mobility • 23 min	SATURDAY: STRETCH Gentle Rebounding Stretch & Recovery • 3 min	SATURDAY: WALK Comfortable indoor or outdoor walk.	SATURDAY: HIKE Choose a safe trail and pace.	SUNDAY: REST Recover and enjoy your day.
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30-Day Rebounding Calendar • Week 2

FIND TODAY → CHOOSE ONE WORKOUT → CLICK THE COLORED CARD

JOIN PATREON

REBOUNDER QUIZ

	MONDAY • SEP 7	TUESDAY • SEP 8	WEDNESDAY • SEP 9	THURSDAY • SEP 10	FRIDAY • SEP 11
NEW BEGINNER Gentle all month	1,000-Step Beginner Bounce 11 min New Beginner • Rebounder	Low-Impact Beginner Cardio 11 min New Beginner • Rebounder	Beginner Balance & Core 12 min New Beginner • Rebounder	Beginner Legs & Glutes 12 min New Beginner • Rebounder	Beginner Full-Body Cardio 11 min New Beginner • Rebounder
SHORT About 10–15 min	Lower-Body Pilates Sculpt 11 min Intermediate • Rebounder + a low weight	Upper-Body Pilates Sculpt 12 min All Levels • Rebounder + light weights	Light Weights + Booty Band 13 min Intermediate • Rebounder + weights	Feel-Good Cardio 12 min All Levels • Rebounder	Cardio + Ropeless Jump Rope 13 min Intermediate • Rebounder + ropeless rope
MEDIUM About 20–40 min	Cardio + Strength for 40+ 40 min All Levels • Rebounder + weights	Cardio, Core & Balance 34 min All Levels • Rebounder	Arms, Core + Balance 33 min Beginner • Rebounder + light weights	Cardio + Strength Circuit 31 min Intermediate • Rebounder	Weight-Loss Cardio + Core 35 min All Levels • Rebounder
EXTENDED 60 min or livestream	Low-Impact Cardio + Strength + Balance 60 min TRUE 60 All Levels • Rebounder + weights	Heart Health + Bone Density Choose a class CHOOSE 1 CLASS Intermediate • Rebounder + weights	Cardio, Core + Mobility Choose a class CHOOSE 1 CLASS All Levels • Rebounder	Strength + Endurance Choose a class CHOOSE 1 CLASS Intermediate • Rebounder + weights	Weight-Loss Cardio + Sculpt Choose a class CHOOSE 1 CLASS Intermediate • Rebounder + light weights

WEEKEND

SATURDAY: FLEX Rebounding Yoga & Stretch • 21 min	SATURDAY: STRETCH Full-Body Rebounding Stretch & Recovery • 12 min	SATURDAY: WALK Comfortable indoor or outdoor walk.	SATURDAY: HIKE Choose a safe trail and pace.	SUNDAY: REST Recover and enjoy your day.
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30-Day Rebounding Calendar • Week 3

FIND TODAY → CHOOSE ONE WORKOUT → CLICK THE COLORED CARD

JOIN PATREON

REBOUNDER QUIZ

MONDAY • SEP 14

TUESDAY • SEP 15

WEDNESDAY • SEP 16

THURSDAY • SEP 17

FRIDAY • SEP 18

NEW BEGINNER

Gentle all month

Absolute Beginner Bounce

11 min

New Beginner • Rebounder

Tai Chi Rebounder Flow

12 min

New Beginner • Rebounder

Power Walk + Toning

12 min

New Beginner • Rebounder

Five Must-Know Moves

11 min

New Beginner • Rebounder

1,000-Step Beginner Bounce

11 min

New Beginner • Rebounder

SHORT

About 10–15 min

Tai Chi Rebounder Flow

12 min

Beginner • Rebounder

Cardio + Bodyweight Sculpt

12 min

All Levels • Rebounder

Legs, Glutes & Core

12 min

All Levels • Rebounder + Pilates ball

Pilates Ring Cardio

12 min

All Levels • Rebounder + Pilates ring

Power Walk + Toning

12 min

Beginner • Rebounder

MEDIUM

About 20–40 min

Latin Cardio + Band Sculpt

22 min

Intermediate • Rebounder + resistance band

Cardio Bounce + Sculpt

31 min

Intermediate • Rebounder

Cardio + Strength for 40+

35 min

All Levels • Rebounder + weights

Cardio + Sculpt Circuit

19 min

All Levels • Rebounder

Latin Dance Cardio + Sculpt

21 min

Intermediate • Rebounder

EXTENDED

60 min or livestream

PHA Cardio + Weights

Choose a CLASS

Choose 1 CLASS

Advanced • Rebounder + weights

Stability Ball + BOSU

Choose a CLASS

Choose 1 CLASS

Advanced • Rebounder + ball + BOSU

World Music Cardio + Core

Choose a CLASS

Choose 1 CLASS

Intermediate • Rebounder + ball + BOSU

Cardio + Upper-Body Sculpt

Choose a CLASS

Choose 1 CLASS

Intermediate • Rebounder + light weights

HIIT, Strength + Balance

Choose a CLASS

Choose 1 CLASS

Advanced • Rebounder + weights

WEEKEND

SATURDAY: FLEX

Rebounding Stretch for Improved Mobility • 8 min

SATURDAY: STRETCH

5-Min Beginner Rebounding Stretch • 6 min

SATURDAY: WALK

Comfortable indoor or outdoor walk.

SATURDAY: HIKE

Choose a safe trail and pace.

SUNDAY: REST

Recover and enjoy your day.

30-Day Rebounding Calendar • Week 4

FIND TODAY → CHOOSE ONE WORKOUT → CLICK THE COLORED CARD

JOIN PATREON

REBOUNDER QUIZ

	MONDAY • SEP 21	TUESDAY • SEP 22	WEDNESDAY • SEP 23	THURSDAY • SEP 24	FRIDAY • SEP 25
NEW BEGINNER Gentle all month	Low-Impact Beginner Cardio 11 min New Beginner • Rebounder	Beginner Balance & Core 12 min New Beginner • Rebounder	Beginner Legs & Glutes 12 min New Beginner • Rebounder	Beginner Full-Body Cardio 11 min New Beginner • Rebounder	Absolute Beginner Bounce 11 min New Beginner • Rebounder
SHORT About 10–15 min	Five Must-Know Moves 11 min Beginner • Rebounder	1,000-Step Beginner Bounce 11 min Beginner • Rebounder	Low-Impact Beginner Cardio 11 min Beginner • Rebounder	Beginner Balance & Core 12 min Beginner • Rebounder	Beginner Legs & Glutes 12 min Beginner • Rebounder
MEDIUM About 20–40 min	Lower Body + Core 20 min Intermediate • Rebounder	Advanced Cardio Circuit 22 min Advanced • Rebounder	Boxing + Light-Weight Sculpt 21 min Intermediate • Rebounder + light weights	Boxing + Strength 20 min Intermediate • Rebounder + weights	Beginner Cardio + Sculpt 15 min Beginner • Rebounder + light weights
EXTENDED 60 min or livestream	Total Body + Lymphatic Bonus Choose a CLASS CHOOSE 1 CLASS Intermediate • Rebounder + weights	Feel-Good Fitness Party Choose a CLASS CHOOSE 1 CLASS All Levels • Rebounder	Latin Cardio Dance Choose a CLASS CHOOSE 1 CLASS Intermediate • Rebounder	HIIT + One-Dumbbell Sculpt Choose a CLASS CHOOSE 1 CLASS Advanced • Rebounder + one dumbbell	Low-Impact Cardio + Core Choose a CLASS CHOOSE 1 CLASS All Levels • Rebounder + weights

WEEKEND

SATURDAY: FLEX 20-Min Health Bounce, Stretch & Mobility • 23 min	SATURDAY: STRETCH Gentle Rebounding Stretch & Recovery • 3 min	SATURDAY: WALK Comfortable indoor or outdoor walk.	SATURDAY: HIKE Choose a safe trail and pace.	SUNDAY: REST Recover and enjoy your day.
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30-Day Rebounding Calendar • Week 5

FIND TODAY → CHOOSE ONE WORKOUT → CLICK THE COLORED CARD

JOIN PATREON

REBOUNDER QUIZ

	MONDAY • SEP 28	TUESDAY • SEP 29	WEDNESDAY • SEP 30
NEW BEGINNER Gentle all month	Tai Chi Rebounder Flow 12 min New Beginner • Rebounder	Power Walk + Toning 12 min New Beginner • Rebounder	Five Must-Know Moves 11 min New Beginner • Rebounder
SHORT About 10–15 min	Beginner Full-Body Cardio 11 min Beginner • Rebounder	10-Min Cardio HIIT 13 min Intermediate • Rebounder	Absolute Beginner Bounce 11 min Beginner • Rebounder
MEDIUM About 20–40 min	Beginner Low-Impact Cardio 15 min Beginner • Rebounder + light weights	Cardio + Core 23 min All Levels • Rebounder	Full-Body Cardio + Dumbbells 38 min Intermediate • Rebounder + dumbbells + a...
EXTENDED 60 min or livestream	Dance + Belly Dance Fusion Choose a class CHOOSE 1 CLASS Intermediate • Rebounder + multiple props	Full-Body HIIT + Strength 60 min TRUE 60 Advanced • Rebounder + weights	Full-Body Cardio + Mobility 60 min TRUE 60 Intermediate • Rebounder