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Rebound exercise is the most efficient, Jump for Joy, James R. White, Ph.D. (1984), pp. 2, 6. Journal of Applied Physiology 49(5): 881-887, 1980.

### **What is rebound exercise? - irebounder - rebounder**

Rebound Exercise is a cellular exercise because of the combined forces of acceleration, Jump for Joy, published, 1981, CA, James R. White,

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Mar 21, 2011 Reboundair, a different way to shape up your body.

### **Education - irebounder.com**

The Miracles of Rebound Exercise, Jump for Joy, published, 1981, UCSD Press, La Jolla, CA, James R. White, PhD.

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