



## DAVID FAIRLAMB THE FIT FACTOR

**I**BELIEVE the mini trampoline is a hugely under-rated piece of gym and home exercise equipment. Finding a routine that can be completed at home with limited space that is cheap, fun, cardio based, targeting your legs, bum, abs and is joint friendly is not that easy, but the trampoline covers all these areas.

They were popular a few years ago but they are making a welcome return, with classes popping up around the country.

Why should you buy a mini trampoline?

**Convenience** - rather than skipping the gym due to lack of time, you can do the workout to the intensity you wish on a trampoline without stepping out of your living room.

**Weight loss** - if you are looking to find a piece of equipment to help you lose weight, look no further. Work out correctly and the trampoline is an ideal piece of equipment to use both at the gym or home.

**Joint Friendly** - the sprung effect means using the trampoline is easy on your joints; indeed it is often used in lower limb injury rehabilitation.

**Suits all ages** - the trampoline can be used by the whole family and is fun for kids to use and keeps them active.

**Warm up/cool down** - if you are going for a training run from home and want an easy warm-up before running or an easy cool-down when you return, a trampoline ticks all boxes.

**Tough/easy workouts** - repeated short, sharp intervals of high knees, low knees or double knee lifts can make the workout as tough as you wish.

Longer intervals or shorter rests between can be used for progression.

Alternatively you can jog or walk slowly for general mobility or injury rehabilitation. This proves the trampoline is very versatile.

**Cost** - for what the trampoline potentially offers for training, it's very cheap and can be bought for around £20.

**Speed work** - powering away with short sharp sessions will help build speed work into your training schedule, plus adding high knees helps improve your range of movement.

If you are not sure how much pressure the springs take off your joints, try running on the trampoline then immediately try to run on the spot on a hard surface; the change is dramatic.

### Motivational quote of the day

*You will never have this day again so make it count*

### NUTRITION CORNER

It's pancake Tuesday next week - here is a healthy recipe:  
3 organic egg whites beaten, 1 banana, 20 blueberries, teaspoon of almond butter and half a teaspoon of cinnamon.



Don't miss David's tips every Saturday in your Journal



### FITNESS TIP

Try running or walking quickly without using your arms, then bring them in. You will be surprised how important to speed and balance they are. Next time you start to struggle on a run - think about driving your arms harder, but keep your neck relaxed.



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