Lagan Village Youth and Community Group

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**Bungee Fitness**

Bungee Fitness is a combination of resistance training and cardiovascular workout that has many benefits to those people with less mobility, very obese people, physical handicap and those with mental health issues.

1. A unique way of staying active

Bungee Fitness is one of the most unique workouts around. Although, its specialty not only lies in the unusual equipment but also the purpose to keep moving around as much as possible.

1. Muscle building and fat burning

Since the bungee cord helps carrying your weight, resistance movements aims that you are constantly on the move means that you are doing low-intensity exercises which activates the stored fat of your body and starts burning it, building muscles at the same time.

1. Improve mobility

Bungee Fitness trainings are also great to efficiently enhance your mobility. Owing to the cord that absorbs most of the impact on your joints, you are allowed to carry out movements which require more flexibility. You do not need to worry about tight muscles and joints anymore, because this type of training will be of major benefits to those whose lifestyles are less active than most.

1. Let’s have fun!

Being one of the most unique workouts, Bungee Fitness trainings also offer a huge amount of fun. Flying around the gym while you are attached to the ceiling makes you feel completely weightless and carefree, hence releasing endorphins in your body resulting a happy and joyful attitude.

1. Versatility

Thanks to the versatility, Bungee Fitness is ideal for everyone indeed, regardless of age, fitness level or physical condition.

**ALL ABOUT BUNGEE FITNESS - BENEFITS, HISTORY, WORKOUTS AND RIGGING**

Have you ever dreamed of flying, leaping, and dancing through the air? Do you aspire to work in harmony with the forces of nature to sculpt a fitter, leaner physique? If so, a bungee fitness routine could be your ideal path toward experiencing weightlessness in the air and achieving your ultimate fitness goals.

With a bungee workout, you can rock a challenging exercise routine, create impossible shapes both on and off the floor, and gracefully defy gravity, all while having the time of your life.

A bungee workout is a perfect alternative to the sometimes monotonous world of cardio fitness. Some people who carry extra pounds on their frame may struggle with working out because of the stress on their joints.

With bungee fitness, much of this can be alleviated. It's also an ideal approach for athletes who are coming back to their sport after injury. Those who have had knee replacements or sensitive knees will be sure to discover a world of movement on the bungee cord.

**WHAT IS BUNGEE FITNESS**

Bungee fitness is a relatively recent addition to the world of aerial fitness, and it's easy to see why it's so compelling. Tethered to an elastic bungee cord that's attached behind your back via a harness and carabiner, you can perform all kinds of tricks and aerobic exercises that tone, strengthen, and inspire. Now, many fitness studios around the world offer bungee workouts.

A bungee workout can enhance your coordination, boost your strength, and skyrocket your confidence. It's a cardiovascular workout minus the impact, so it’s gentler on the body's joints.

The bungee cord gives just enough resistance to keep your muscles working, along with an element of playfulness that keeps you interested and engaged.

As you experience the freedom of flight, a bungee workout can synthesize components of pilates, yoga, dance, circus, and good old-fashioned aerobics. With the bungee harness and cord as your apparatus, you can reimagine many mid-air moves and poses that may have been previously inaccessible, like handstands, forearm stands, side flips and more.

Our [bungee fitness equipment](https://upliftactive.com/products/bungee-fitness-equipment) is used by physical therapists in rehabilitation settings for individuals with weak legs, as the bungee is a supportive way to gain strength.

The exhilaration of bungee extends into many forms of movement. You can bounce, leap, and even flip around in the apparatus. A typical bungee workout is a full-body experience and might include things like squats, pushups, and lunges, among much more. The high-intensity, low-impact workout will increase your endurance and liberate you from your comfort zone.

Bungee cords can be attached at either hip or behind you at your sacrum. Using a dual bungee system can help you to stay more generally upright, while a single cord at your back can allow for the excitement of full 360-degree rotation.