

Aloha Family and Friends! It is me Kamaha'o Geralyn Camarillo, welcome to the special unboxing of a very very special gift celebrating our 21<sup>st</sup> anniversary of being together for Arna and I! So Arna and I were talking about "oh my gosh we should do something really special to celebrate this HELLO 21 years of being together" right, so most of you know, family and friends, that Arna and I are all about keeping all the houses in our lives in balance and harmony. Meaning the quadrants right, recreational, love, family, and financial, and of course most especially health and wellness. So, you know when you have been together for 21 years, we know we made a commitment to each other and our relationship that we want to be together forever as we are lifetime after lifetime. So, this year we decided on a couple of actually special gifts that we wanted to get for ourselves to celebrate, and actually Arna surprised me with this particular one. And I was so blown away when she had purchased what I am ready to unbox for you! Yes, it's a box of wonder and life changing goodness. This part I am going to speed up because you don't need to see all the unboxing of the actual wrappings and stuff like that but, maybe I should lift this up. This thing is super-duper heavy, can you read that? Can you read that? Ok, if you can't then I am going to have to do some sort of close up for you. There it is! Wow! It is backwards, right now so you can't really see it. But I am going to lift this up and show to you what it is. This is where I would normally have an assistant for this because it is so heavy. That means that you know it is made of great quality. Ta-da! Oh! My goodness welcome to Hawaii Tri-fold Cellerciser by Dave Hall! That's right, I am so thrilled actually Arna and I are so thrilled about this particular investment in our health. Now, this is called a trifold Cellerciser. Now, what is a Cellerciser you ask? A Cellerciser is a very very well made, high quality, rebounder. Rebounder, so now you are asking "Oh my Gosh Geralyn, what is a rebounder?" A rebounder is basically a mini- trampoline that is made for fitness and high aerobic exercises. So, here is the crazy part everyone. This is actually our third Cellerciser. That is how much we believe in this product; it is our third Cellerciser. So, we decided, oh my gosh how neat would it be to have a tri-fold. What we have originally is called the bi-fold which folds right in half. So, I am going to get into that later, this video is primarily the unboxing of our newest family member, the tri-fold Cellerciser. So, join with me on these shenanigans as we bring together, bring out, and welcome this Cellerciser to our home. As you can see it comes in a carrying case, and yay, it has wheels. Wheels, Wheels, Wheels! Cuz you know me right, I am out and about and when I get hooked onto something that I truly believe in, a product, a service, I just want to shout from the beautiful mountain to share with everyone how you can get healthier, how you can be in homeostasis, how can you ramp up your wellness. And just pretty much just take responsibility for your life and your great health. So, this is, wow it fits so nicely in this, I wish Arna was here with me to see how this is totally folded up and so nicely compacted. I have to tell you this, Arna is actually making her own magical shenanigans right now. Side Note! Kahu Lahela is working on her amazing webinar so stay tuned for that! She too is always creating magic, my wonderful wife, so I let her know, you know what I am going to share this with the world, this wonderful gift that you have blessed us both with which was a total surprise. I had wanted one for a while and then she was like secretly buying things. So, here it is! Cellerciser, how compact. Now, guys this is a professional piece of workout equipment. Originally a while back Arna had wanted ... what's it called.. the treadmill. And we have this beautiful deck that we can now workout on, and we did some research and what we want in our lives is to kind of minimize things, you guys know what I am talking about minimize, simplicity. So thankfully, actually a couple years ago we stumbled upon rebounding and came across Dave Hall, and his amazing product the Cellerciser. So that is a total other story, but just know that we have had our Cellerciser since 2019. So, more on that later. But for now, continuing unboxing. So here it is, I am going to lift this out and try not to crush anything here. Have some tea leaves here, Hawaiian things, you know

how we love to bless our things. We love to bless our new equipment, anything that comes into our lives that will help us to grow and live with ease and grace. So, wow I lifted that by myself. That is because I have been consistently rebounding now consistently since January 26, 2021. That's another story as well, because I told you right, we have had the Cellerciser since 2019 but I tell you what who hasn't been hit by the COVID blah-ness. Like when I talk about COVID blah-ness you know what I mean right. Like 2020 was very life transforming time for all of us, but it was kinda hard to ... if I was an emoji right now, I would be MEH. Who feels the MEH with me? No more MEH! Guys this is anti-MEH-ness. So, this is the main part. The rebounder right here. These pieces right here, stabilization bar. So when you are first starting off, you are unsure, these pieces are what you will attach to the main Cellerciser part, the mini-trampoline part to help stabilize yourself until you can get rock solid, rock star Cellercising rebounder-ness, and you are like good. So, you build up to it. Those who know we are rebounding are like "so what is the difference between a trampoline and a rebounder". You know what a trampoline is right, it is the ginormous thing that when it sits in the rain it starts to rust, but trampolining is basically jumping up and down. Kids are tumbling, adults are tumbling so they are like cousins. The rebounder and the trampoline are like close cousins but HUGE difference. Meaning construction wise the trampoline is made more for recreational use, tumbling fun and stuff like that. The rebounders, the Cellerciser herself, is made specifically for exercise. And pretty much vertical exercise, but don't be fooled by that, don't be fooled by vertical exercising. So yes, it is a mini trampoline, however, specifically how it is made is specifically for exercise. And I will talk a little more about that later. I love this right now with this case. Fitting in here, take outside, show to family and friends. I can work out anywhere, we can workout anywhere. I could workout in the yard, I could work out in your yard, I could workout in your living room with you. So, this is the case! And again wheels. This is great for travel, this is one of the reasons we decided to purchase the Tri-fold because when we are able to travel again, we don't have to go to a gym, this is our gym. So here we go. Here it is. Now I am not sure if we can open this on this table. But I have it elevated so you can see, you are opening this with me. The mini-trampoline, so you open it up like this, so now it is like a half moon, like the moon is waning. So, you open it up like this, now keep in mind this is obviously much easier on the ground but I am on the table so I can be elevated to show all of you the shenanigans. So, I am sure if Dave Hall ever watched this, he would be like "uhhhh Geralyn what are you doing". HAHA So this is just for video purposes people. I may need to show this to you on the floor. So, this is going to actually flatten out and I will bring up the legs. See how easy that is! Kaboom, super easy. You cannot do this with a treadmill. Now I need to put it on the floor to show you all what it is supposed to look like.

Now remember I had it at half moon and pulled out the legs and everything so here it is, you fold it open, so you fold it out like this, it is so brand new! Wow! Look at her, look at her. So here she is in all her glory, he is so amazing! This guy is like a rock star in my book, and in Arna's book as well. Since 1995 he has been sharing the benefits to hundreds of thousand of people the benefits of rebounding and we are talking about people from all different age groups, backgrounds. Whether you are a health practitioner, or doctor, or student, kids, seniors. Rebounding is great for seniors! Before I go on, I want to go back to what I was saying. These special springs, they even provide extra springs. These are Tridaptable springs patented by Cellercise only made for Cellerciser. And was created again by the amazing Dave Hall for over 30 years he has been talking about the Cellerciser he has created and the benefits of rebounding. Just to Hana Hou, here in Hawaii means again, again. He's created these special springs exclusively for the Cellerciser. This piece of equipment is all steel construction. All steel construction which is made to last a lifetime. Remember back in the 70's, 60's, 80's, things were made

then they were made like rock solid. These are one of those things that is made like rock solid. It will last you a lifetime. So, I hear the stories of people who have been Cellercising for 10-30 years now, people who have been going since 1995 who have invested in this fitness equipment and their Cellerciser is still going strong for them. So, I did the research on the different rebounders and I found this one, I just know when I am in alignment with something. You guys know Arna and I are guided by the universe and the spirit, so this happened to be something that I felt was in complete alignment with Arna and I and what our goals are for health and wellness. So, the springs, all steel construction, no plastics. This is a very special type of mat, I am remembering Dave saying this type of mat that is used to cover pools, it is resistant and won't break down it is made in the USA, and extremely well made. If you are going to invest in something. Especially when it has to do with your health, you want to invest in something that is really well made, that is going to support you. Now, I can speak from experience because check this out. I did go the cheap route, when I did find out about the rebounding exercises, I was like "oh this is really good I really wanna do that". So, I did what probably everyone and their dog does now, we jump on the Amazon and go and find the best one based on the reviews and happens to be super cheap of course. We are kind of on a budget, so I was like oh ok I am going to try this one on. Man! I am glad I did it and returned it right away! Returned it right away, because it was made so poorly, and my back and my knees were hurting so much because I can't even remember what it was made of. It was made of some crappy spring or bungee, anyway whatever it was made of wasn't well. And my body could feel it and was like "girl just stop", we are talking about your health and your wellness. Are you really going to expose your wife to this? No! Thank you, Amazon, for your amazing return policy. I returned that and really took it seriously and the Cellerciser kept popping up and popping up and I love, here is what I wanted to get back to, not only is this made by this wonderful man Dave Hall. Please research him, or I can send you my affiliate link and you can research it out. But he created this product, but there is just something about him, his energy, his love, his sincerity, for wanting to help man and woman kind. He wants to help everybody get healthier. I saw in an interview once, that he was actually approached by a QVC shopping networks and was like "eh no, don't wanna do that". He and his family, his family are so wonderful, and it is really a family effort and close friends who you can see have been with the company for a while supporting the growth. Especially the exponential growth which makes sense because everyone is looking for a way to workout now at home, to be socially safely distanced from everyone. However, I feel that the rebounder is defiantly one of the best fitness equipment that you can invest with for your health. If you really wanna take your life, your health, your wellness, not only just yourself but your entire family. Seriously, I highly recommend in investing in this because when you are investing in a Cellerciser you are truly stating to the universe that you want to live a healthy, thriving, and homeostasis whole life for you and your family. I just wanna send out a quick Mahalo to Dave Hall. Dave Hall should I be blessed that you watch this video along with your dear sweet family, I love your daughter Jenna, and the Christine Hanks and the whole crew of Cellerciser. As we say thank you here on our islands Mahalo for all that you do because this is certainly life changing, and I am on a mission to uphold what you are all doing to help others get healthier in a safe way. So, thank you! Right on brother and all the sisters of the Cellercise Ohana thank you! One of the main top 5 benefits of why I decided that I wanted to do Cellercising/ Rebounding workouts was #1 the lymphatic system that is totally ignored, underrated, and overlooked. #2 Digestion - I was having major digestion issues it has helped me tremendously. #3 Better Sleep - I am sleeping so much better because I am able to drain out the lymphatic system which is our sewage system in our body. Again, I am going to talk about that more later. #4 Low Impact and Gentler on your Joints – how many of you have knee problems or just joint

issues? It is so low impact. #5 Short amount of time – just in 10 minutes a day it is equivalent to, NASA said I believe, to a 30 min cardio run, and you aren't jarring or hurting your knees. I also have to say Pono, our lovely cat, is always so intrigued by the Cellerciser. He loves the Cellerciser. And finally, #6 it is soo FUN!

So that is the unboxing of the Cellerciser, there is some more that I want to share with you. So Arna and I are going to be doing mini videos on the health benefits of the Cellerciser and rebounding, so if you want to be your radiant self, take hold of your life, and workout at home in a low impact powerful and fun way please DM me and I would be happy to share more information with you. Again, thank you for popping in and watching this video. I hope you had fun watching these shenanigans on this beautiful Sunday with me as I have definitely had a great time sharing these shenanigans with you. Thank you so much be your radiant selves, wish you all great health, wellness, and a thriving thriving life. Aloha!