

Susan KY



Everything I'd hoped it would be!!

April 18, 2018

Verified Purchase

Received my Cellerciser on Thursday, (the first day of my expected delivery date range!) and was rebounding that night. Since I've been rebounding on a bungee-based model for the last three years, my body is already used to the movement. The problem was, I'd been trying to do David's exercises on it the whole time without the same springy energy on the return or mat tension

which is a comfortable flexible firmness! I rebound barefoot and my feet love it! It is hard to describe! I do NOT feel my brain hitting my skull like with my first spring-based model. I LOVE the Cellerciser. I had hit a plateau as far as weight loss was concerned. My Scales moved on Saturday!! I feel like things are flowing again. In a good way. I love that I can jog on this and do all of David's exercises effectively. The matt surface is actually bigger than my bungee model. I just feel more going on in my body than with the other rebounder. NO pronating going on, either. I do FEEL, in my body, after I've done my 10 minutes that I am DONE for the day and can mark exercise off of my list. I have not heard even one squeak on it either, and it's been 6 days thus far, and I've been giving it a workout. I have been super-productive at work, too! Mental clarity, spring in my step, completing task after task, super organized. And sleeping really well! If this is just after 6 days, I can't wait to see what another 30 does for me! I took before pictures and measurements, too! Will post an updated review when I have measurable results that are visible to the eye. I was afraid I'd be sorry to have spent \$\$ on another rebounder when I already had one, but I am SO glad I did. On the bungee-based model, trying to jog was exhausting and unfulfilling. This just feels good!! It is the newest model with the black carry bag, etc. I'll keep the other one for bouncing-only in another room, but for my main workout space and allotted exercise time, the Cellerciser is the One!!