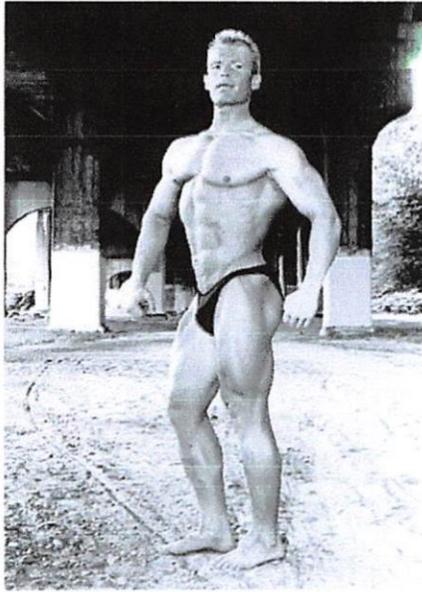


Bouncing Your Way To Buffness



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Everywhere I go I am always asked, “Wade, what’s your secret for getting so shredded”.

“Well there’s no secret” I say, “it’s a combination of whole foods, scientific high volume training, cutting edge supplements and most of all Consistency over Time.”

Sometimes simplicity seems to simple people suspect I have some sort of trick up my sleeve. In a today’s world that constantly pushes the latest and greatest, people become almost suspicious if I am not touting something totally radical. It’s funny that one I have too sometimes go over the top to bring people back to the basics.

However, last year I did get “Blown Over” by and “old technology” with newfound results. I have now tried, tested, and proved this type of training in my own workouts and I know feel comfortable sharing it with the world. So here we go, get ready to jump into the fast lane for getting ripped. It’s called Cellercising, and if you haven’t heard of it, you most likely will, and most definitely you will run into some charlatans who are touting inferior products. So let me give you the straight goods before someone else feeds you the shtick!

I Get Introduced To The Real Deal

Last year I was attending a health conference in my favorite state in America, California. I must say this conference was one of the better ones I have attended, as there was a host of sincere, professional, and extremely knowledgeable health practitioners sharing their wisdom. Of all the individuals who were there one of them in particular stood out head and shoulders above them all, his name David Hall.

Now I had heard of rebounding in the past, and I have heard many health experts talk about the effects of rebounding, mini-trampolines, and so on but not one of them had a physique that impressed me. Basically, I believe that if you're an expert on something related to physical fitness, health, and vitality you better look and be the part because if you can't do the work yourself how can you possibly teach others. I suggest you dear reader incorporate this attitude when assessing the value of information of individuals professing to be experts on the net, or in your local community. Basically the proof is in the pudding, but back to my story.

When I first saw David walk up on stage I was blown away by the incredible condition he was in. Although he did not have the mass of a bodybuilder the condition and symmetry of his body was nothing short of stellar. I estimated that he was well below 7 percent body fat yet his muscles were extremely pliable and relaxed until he flexed them. Upon flexion his soft arm curled and twisted into a steel-like mass of muscle sinewy muscle fibers that both shocked and delighted even the most jaded bystander.

After his presentation of his customized rebounder called the cellerciser I managed to have a few private moments with David to have him share what was so superior about his technology and why it helped him get so lean.

The Master Speaks...

David was quick to demonstrate the mechanics of his cellercisers. He showed me the springs he designed himself, the quality of the steel, as well as the other materials used in constructing his rebounder. He also shared his story about a family member who had purchased a cheap imitation and wound up hurting him or herself in an attempt to save money. Moral of the story don't sacrifice quality when achieving optimum health.

David and I had a great time talking about his product and his adventures with as well as the science behind why and how the cellerciser worked. After a quick photo we parted and he told me to contact him anytime to answer any questions. I can honestly say of all the health and wellness practitioners I have met in my 20 years, David had to be one of the most genuine and sincere individuals I ever met.

The Science, How Rebounding Works

I researched all the information David poured into me in that brief span of time, and then went to work doing my due diligence on how the "cellerciser" or rebounder worked. I

Bouncing Your Way To Buffness

was impressed to find out that it was NASA who first made the rebounder so popular as they discovered the fastest way for Astronauts to rebuild lost muscle mass and endurance after returning from space was to rebound. The reason rebounding works is simple”

It unlocks the power of three forces Acceleration, Deceleration, and gravity. No other exercise on the planet that I aware of can do that in one simple bounce. Not to mention, this technology can do so without putting any strain on the joints, which is of huge benefits to people with connective tissue damage, or individuals who are overweight, or heavily muscled bodybuilders.

With every bounce on the rebounder, every single cell in your body is subjected to the movement of the cellular fluid inside the cell. This action creates a pumping motion inside the cell that pushes waste materials out and lets nutrients in. The gentle rhythm of jumping also moves the lymphatic fluid through your body in the lymphatic system ridding the body of toxins and pollutants.

Each cells is forced to work thickening and strengthening the cellular walls and improving the cells metabolic functions. What’s even more amazing that every single cell in your body gets worked with every bounce from your toe cells to your brain cells. In fact the first time you bounce on the rebounder for a few minutes and step off your will feel an electrical buzz throughout your whole body.

So with as little as 10 minutes you can work you whole body as intensely as possible. David has a whole series of exercises, and functions with his cellerciser for all age levels and intensity components, which makes his product so versatile for everyone. While I won’t go into all the details in this article I will say David’s level of expertise is impressive as is his ability to teach what he does. His cellercisers all come with a complete course in how to use it and what exercises to perform.

I PUT THE CELLERCISER TO THE TEST

I then went out and compared other brands and experts including Al Carter who became famous in the 70’s for touring with his family. I highly recommend reading his book the Miracles of Rebounding as a source of finding the ins and outs of rebounding. As I looked at all the manufactures I found that their existed I wide range of quality. From cheap 50-dollar versions that were painful to jump on right down the Rolls Royce David Halls’ cellerciser.

I jumped on them and all and I can say that David’s was by far the most comfortable and versatile. I prefer his tri-fold unit that has wheels you can wheel it anywhere you wish to go and travel with the cellerciser. Perfect for getaways without sacrificing quality or space.

So then it was off to see how it affected me and I can honestly say I was pleasantly surprised. David recommended several sessions a day of only a few minutes in length. I

followed that advice for a few days and found a new level of tone and leanness in just a week's bouncing.

The exercise was so fun as I danced on the cellerciser to my dance music that I got carried away one day. I had some great dance tracks blasting and thought I would really go for it... I ended up going all out for about 60 minutes getting one of the most intense cardio workouts I have had in my life.

After doing so, I was a bit disoriented and I ended passing out for a couple of hours. When I woke up the next day my lymph nodes were extremely sore and it felt like I had burned by tongue. What I later found it out is that I over trained the cells who had not been used to training as I pushed each cell to the absolute physical limit.

The other thing was, I was significantly leaner.

I gave myself a few days rest and went back to a saner program as suggested by David. Believe me 10-30 minutes a day is way more effective than hours of cardio for getting lean.

I then incorporated the cellerciser into my training and found with just 10 minutes by body got stronger, my weight workouts improved, and my muscle tone improved as well I got significantly leaner. It was almost too good to be true but yet the mirror doesn't lie.

The Cellerciser Unlocks Contest Conditioning

This year as I prepared for the INBA Championships and the Natural Mr. Olympia I use the rebounder daily instead of cardio. I dance on the cellerciser for 10-20 minutes and then add 5 minutes of interval sprinting to get into contest condition. It's so easy, so fun, and most of all I do the training right in the middle of my living room. Hey, there's no excuse to miss a cardio session.

I personally believe that it's the best and easiest way to improve ones' health and vitality and to lean out in record time. All of my close friends who have purchased a cellerciser have reported the same results and all of it love it as there is no pressure on the joints and the convenience is second to none.

I give the Cellerciser big thumbs up for those short on time, or looking for a new trick to get leaner, and healthier. David Hall's unit is by far the best unit on the market and is most definitely worth the extra dollars.

I plan on writing more about the benefits of the Cellerciser in the future and I will be talking about more on my websites.

Until then keep I'll keep bouncing my way to buffness and I hope you are too.