

**From: Linne [REDACTED]**  
**Subject: Having Fun with the Cellerciser (UPDATE)**  
**Date: Nov 15, 2021 at 4:24:51 PM**  
**To: Dave Hall davehall@cellercise.com**

**Hello, Dave!**

**I hope this email finds you well! It has definitely been a challenging year for everyone and SUCH a great time to rebound and work out from home.**

**I wanted to let you know that I have had SO much fun experimenting with different workouts on the Cellerciser. Since I last sent you my HIIT workout (which you so kindly added to your app (what an honor, by the way!), I have been creating some focused workouts for my patients (mostly women) to address the woman's body and common trouble spots.**

**My newest HIIT video on YouTube includes a simple format:**

**Warmup: three-minute warmup (one-minute health bounce, one-minute hip rock, one-minute gentle twist.**

- 30 seconds of lung strengthening**
- 30 seconds rest (health bounce)**
- 30 seconds sprint in place**
- 30 seconds rest (hip rock)**
- 30 seconds Jamba run**
- 30 seconds rest (gentle twist)**
- 30 seconds front kick**
- 30 seconds rest (health bounce)**
- 30 seconds back kick**
- 30 seconds rest (hip rock)**

**REPEAT THE ABOVE 5 WORK/REST CYCLES ONE MORE TIME (for a**

**total of 10 minutes not including warmup and cooldown)**

**Cooldown: two minutes (any combination of the warmup or rest moves)**

**Another update:**

**Of course, we know that the Cellerciser will address every muscle group in the body (and that is one of the many reasons I love it). And as always, I direct folks to your DVD and your excellent moves to address targeted toning on the Cellerciser. In addition, in my experimentation, I have found that focusing on intrinsic muscle groups with very small movements and adding the gentle bounce has amplified the desired toning effects exactly where my patients (and I) want it. I have taken some moves common to barre, Lotte Berk, Callanetics, pilates, etc. Each movement adds stress to the targeted intrinsic muscle group using a very small pulse. This pulse or small movement is then magnified even further using a gentle bounce on the Cellerciser. I call this method Transform 24 because I was able to transform these trouble areas in 24 workouts. It was tempting to call the workouts "CellerciseHER"; but that's for you to steal (HA! HA!).**

**Quite frankly, I am not sure there is anyone out there using the power of the Cellerciser to amplify micromovements to focus on the female physique; but, I am seeing great results with my weight loss patients and on a personal note, my body has never been in better shape.**

**I have included the HIIT video and the whole body workout "TRANSFORM 24" for your reference. *While I certainly do not have the extended knowledge, experience, and coordination that you have***

*with rebounding*, I wanted to create something for my patients who want amazing toning effects in their "trouble areas" all while working from home. The Cellerciser has met the challenge well! In your limited time, if you wish to review these videos, I wanted to share the links with you (given Cellercise is my muse ;- ) ).

Here is the playlist (including the introduction to Transform 24 and my nod to Cellerciser):

[https://www.youtube.com/watch?v=QXdHkluJjtq&list=PLleSvbJf18Ob\\_9XynMMi-7s5X\\_XxSWeaF](https://www.youtube.com/watch?v=QXdHkluJjtq&list=PLleSvbJf18Ob_9XynMMi-7s5X_XxSWeaF)

I have also created a cellulite-specific video for female patients that also includes the Cellerciser as part of the overall treatment plan:

<https://www.youtube.com/watch?v=YTRM6htE82s&list=PLleSvbJf18OYFyictNwtDOKYj6LbBNleR&index=2>

There are a couple of other videos ("How I Boost My Immune System" or "My Best Fitness Tip at 45") where the Cellerciser is the solution to common concerns. At the end of the day, I cannot see myself addressing either my patients' health concerns, weight management, or my YouTube followers' lifestyle needs, without the Cellerciser. I LOVE mentioning --and directing people to-- your website, ALL THE TIME. What a pleasure to be able to creatively challenge others to improve their health with just ONE piece of equipment.

Thank you so much for everything you do to inspire health professionals!

**I can't wait to share more updates...**

P.S. My first rebounding video (and the first video I created) is now at 115K views. I am small potatoes but this video is proof that folks really want to know more about rebounding!

P.S.S. You are always welcome to quote from any video, e-mail, post etc. I am always happy to help spread the encouraging word.

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Dr. Linné (pronounced LynnNay) Linder



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