

Health, beauty & fitness

BOUNCE INTO SHAPE THE FUN WAY WITH A TRAMPOLINE REGIME THAT BURNS NEARLY TWICE THE CALORIES OF JOGGING

The new workout set for take off



Just jump: teacher Chiraz, far right, leads Alex, pink top, and the class

BY ALEX KASRIEL

fun'. But trampolining has moved on since school days. There's a new class in town called kinetic rebound, and it's huge in the US. You get your own mini-trampoline, known as a rebounder, and rather than Olympic gymnastics-style tricky twists and back flips, this is an aerobic routine that gets you fit and tones your abdominals.

A 45-minute class burns a massive 800 calories, compared to about 500 jogging for the same length of time — and it's certainly a more fun way to spend your lunchbreak.

The reason for the extra energy expenditure is the added G-force. The energy usually expended on the impact and shock of the body hitting the ground is instead used to maximise the workout. At the same time, the body can move freely without putting damaging stress on the joints.

What's not to like? At least that's what I thought, until I arrived at Gymbox in Covent Garden for the kinetic rebound class. The health club's state-of-the-art cinema screens, boxing ring, and flashy electronic signs make it the envy of the fitness-club world. With my leggings freshly ironed and ponytail neatly

brushed, I soaked up the hip environment, blissfully unaware that the class would be far more than a bouncy disco. I was soon to discover that kinetic rebound should have been listed under the heading "hardcore workout" — not suitable for the unfit or uncoordinated.

The penny started to drop when I met the class instructor. Sports therapist Chiraz Hasnaoui is the sort of woman who makes you wish there was no such thing as a bikini.

SLIM, tanned and toned, it certainly wasn't a huge surprise to learn that she exercises for a living. Chiraz devised the class herself using her knowledge of combat techniques, aerobics and the training she had in using rebounders.

She switched on the sound system, the house music pumped and we began. To start with, it was just like doing aerobics but on a bouncy surface. Hamstring curls and leg kicks were put into a routine. It was hard not to be distracted by watching myself jiggling up and down in time to the music in front of the wall of mirrors.

If that wasn't unattractive enough, as the class went on I also had to contend with my wobbly tummy deciding to make an

unwelcome appearance at every jump, my increasing struggle to breathe, my shiny pink face and ever-more unruly hair. With all this reflecting back at me, I could hardly focus on the moves.

The one guy out of the five of us in the class didn't seem to have these problems — he was, however, struggling to keep up with the routine.

"Right! Left! Arms up! Arms down! Back! Front!" shouted Chiraz from her radio mic. Granted, it was tiring but at least the routines were not hard to follow, or leastways not for us girls who had tried the occasional aerobics class over the years. Only with some martial arts-like punches did I get in a muddle.

"As long as you're moving around, it doesn't matter if you don't get it right," Chiraz reassured us. She explained that

kinetic rebound is a good way of toning and gaining strength, especially in the core — stomach and lower back — muscles. And her combat exercises are supposed to work the abs. I had to agree, it is a good way to work those muscles while having fun.

YOU get the euphoric feeling you had as a child while bouncing on the bed, and there's no fear of hurting your knee or your ankle. I was so elated I started to forget how my soft belly compared with Chiraz's perfectly toned stomach.

We finished the class by doing some floor work, crunches and stretches lying on our trampolines. At the end of the class Chiraz put it in perspective. "Ten minutes of rebounding will give you the same

benefits as 30 minutes' jogging, but without the skeletal shock."

My skeleton certainly wasn't in shock, even if my wobbly bits were feeling a little surprised.

I was exhausted and sweaty — but I'd had a brilliant time. Hopefully, after a few more classes, the trampoline will be the only thing that bounces.

● For more information on kinetic rebound at Gymbox, 42-49 St Martin's Lane, WC2 (020 7395 0270, gymbox.co.uk). Kinetic rebound classes are open to all members, and non-members with a day pass (£15)



Spring into action: Alex's trampoline workout avoids stress on her joints

What's in my fridge?

TV PRESENTER Carol Vorderman, 46, has two children and lives in Bristol. Her "Mind Aerobics" is available now via Sky Gamestar, online and on your mobile.



"ONCE I've taken the kids to school I have fruit salad, which I put in the blender, then I add oats and sultanas. I get through six or seven cups of tea a day with semi-skimmed milk and occasionally I'll treat myself to a cappuccino. For lunch I'll have salad, sushi or a sandwich, but I try not to eat bread as it makes my tummy bloated and I look six months' pregnant! In the evening I'll cook pasta or fish and potatoes for me and the children, but if I'm just cooking for myself I'll hold off on the potatoes and maybe have sea bass and vegetables or pork in a mustard sauce. If I snack during the day it's usually fruit, although I might have a biscuit once a week. Champagne is a weakness and when I'm at a function I have up to four or five glasses. In the fridge I have to have fruit, fish and veg, yoghurts for my daughter and ice cream for my son."

Nutritionist Fiona Hunter says: "Carol's diet seems very healthy and it helps to keep her in great shape and looking radiant. Although it's fashionable these days to believe wheat products cause bloating, the evidence is scant."

Apart from people with coeliac disease, wheat allergy is rare. Although Carol eats plenty of fruit and veg, her diet doesn't really provide enough fibre, so something like a bean salad would be a good alternative to sushi at lunch. Carol's breakfast is healthy, but if she fancies a change, a good choice would be scrambled eggs. Eggs have a high satiety value which means that they help people feel full for longer."



Lite lunch

MOZZARELLA AND TOMATO PANINI, CAFFE NERO, £3.90

THIS is a surprisingly low-calorie choice (415 calories) for something so cheesy and filling. It has generous slices of juicy mozzarella (for protein), tomato (contains anti-ageing lycopene) and fresh basil, with a drizzle of pesto. Try it toasted.

LOW CALORIE ✓ LOW FAT ✗
LOW CARB ✗ LOW GI ✗