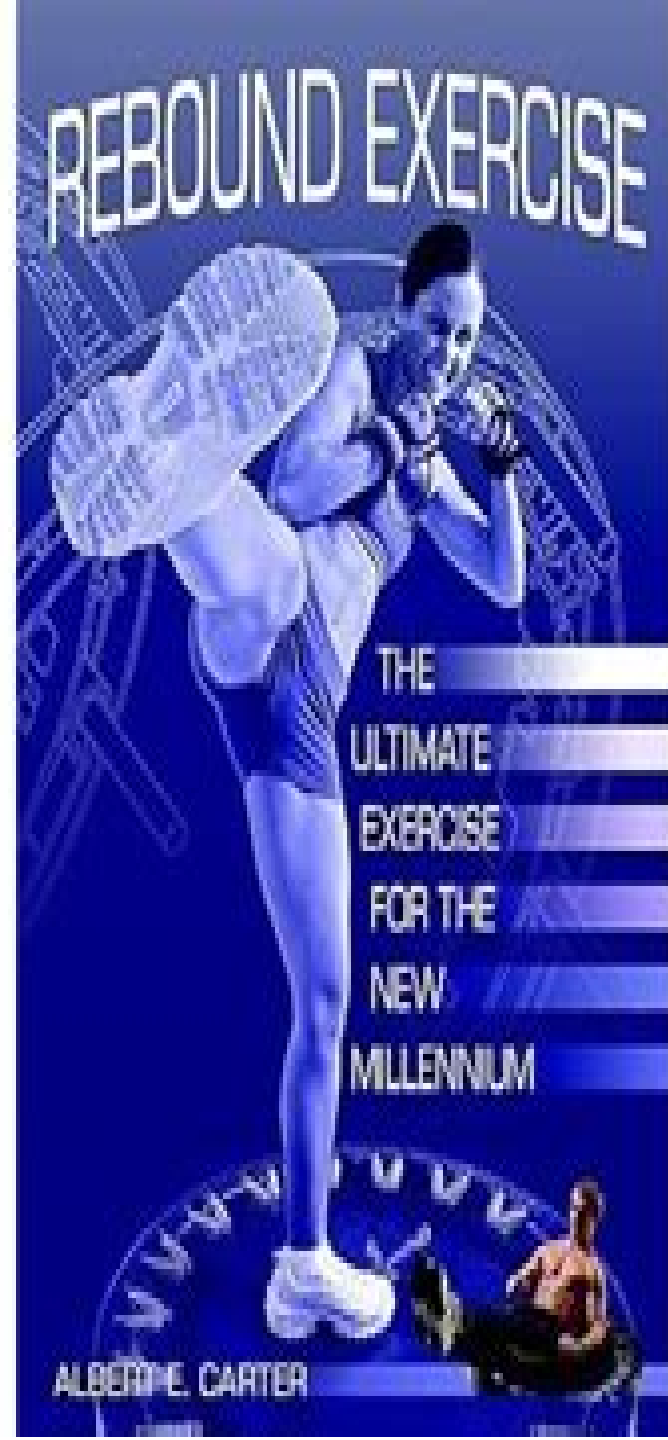


REBOUND EXERCISE

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ALBERTINE CARTER



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N Colangelo



Rebound Exercise The Ultimate Exercise For The New Millennium:

Rebound Exercise Albert E. Carter, 2005-11 Albert Carter is the pioneer of Rebound Exercise and the founder of Rebound AIR Inc He is currently the Lead Designer of the best built most innovative rebounders on the planet Al attended Oklahoma State University on a full scholarship for wrestling He completed his college work as a full scholarship wrestler at the University of Utah qualifying twice for Olympic competition in wrestling He was all around gymnastic champion in Montana Texas Louisiana Oklahoma and Arkansas In 1974 and 1975 his Gymnastic Fantastic professional trampoline team gave over 500 performances to more than half a million spectators Recognizing that his extraordinary good health and superior strength were connected to his work on the trampoline Carter set out to discover why the human body reacts so positively to rebounding He developed the Dyna Bound a home sized rebound exerciser and published his book *The Miracles of Rebound Exercise* in 1979 Rebounding was the springboard The Healthy Cell Concept presented in *The New Miracles of Rebound Exercise* and *The Cancer Answer* is the result of over a decade of research on all the components necessary to perfect health As a lecturer and educator Carter has appeared on national television in the U S Australia Hong Kong and the Philippines In 1983 by special invitation of the Hong Kong government Carter was retained to teach the 35 000 members of the police and fire departments The Healthy Cell Concept and the benefits of rebounding He has presented his concepts to numerous medical groups worldwide Today Carter is recognized as the world s greatest authority on rebound exercise

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optimal level Reprogram your mind for success Tap into the most powerful power source When you start to drop the excess pounds and cleanse your body of stress and toxins your body will begin to function at its optimal level revving up your metabolism and immune system Jumpstart your health and get excited about the new life that is just around the corner

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