

URBAN REBOUNDING

Initial Instructor Training Manual

1. Introduction	3
2. The Benefits of Urban Rebounding	4
3. Before Class Begins	9
4. Introducing Urban Rebounding to Your Facility	13
5. The Traditional Urban Rebounding Format	16
6. The CORE Moves	21
7. The Urban Rebounding Psychology of Instruction	30
8. Beyond the Urban Rebounding Workout	36
9. Urban Rebounding Written Exam	43
10. References	45

