

# Junior Gym - single rebounder



## Details



Single rebounder gymnastics training aid from Continental's Junior Gym range of training aids and fun apparatus for the younger aspiring gymnast. The "Junior Gym" range is based on a set of interchangeable components to allow the user to switch between the different items of apparatus easily and at low cost.

This rebounder is a fantastic training aid and strengthening device to enable the young gymnast to experience the sensation of being above the bar and for practising changes of grip while above the bar.

### Comprising

- two zinc plated base rails with rubber feet
- one upright frame with short zinc plated inners
- one bungee cable systems with padded bungee covers

- one low rebounder rail complete with brackets and a solid timber standard rail.

Junior Gym equipment specification:

- Age limit: Not hard and fast, but we expect up to 10 years old
- Weight limit: Approximately 7 stone but subject to coaches' discretion
- Base rail length: 2.00m
- Distance between uprights: 1.55m
- Short upright heights: 950mm-1,400mm
- Long upright heights: 1,550m-2,000mm

Continental's range of Junior Gym equipment is modular so you can buy a basic element and then add components to enable you to build the different elements in the range.