



B-FIT BUNGEE FITNESS STUDIO (PTY) LTD

Facts About the Benefits of Bungee Fitness Training Over Time

B-Fit Bungee Fitness Studio

- **Low-Impact, High-Intensity Training**

Bungee fitness supports up to 70% of your body weight, reducing joint strain while maintaining workout intensity. It's ideal for joint protection and sustainable fitness progress.

- **Rapid Core Strength Development**

The constant resistance and instability engage your core muscles, improving posture, balance, and overall strength within weeks.

- **Enhanced Cardiovascular Fitness**

A 45-minute class can burn 400–600 calories, strengthening your heart and lungs while boosting your metabolism.

- **Improved Coordination and Stability**

The balance challenges enhance neuromuscular coordination, making your movements smoother and more controlled over time.

- **Increased Strength and Endurance**

Elastic resistance builds lean muscle in the legs, glutes, arms, and core without heavy weights, improving full-body endurance.

B-Fit Bungee Fitness Studio (PTY) LTD. Registration number. 2025/234193/07
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Director: Nico Visser – 083 308 8168

- **Boosted Mood and Mental Well-Being**

Bungee fitness triggers endorphins and dopamine, reducing stress and anxiety while boosting confidence and joy.

- **Improved Flexibility and Mobility**

Dynamic, supported movements stretch muscles safely, increasing flexibility and reducing stiffness over time.

- **Weight Management and Toning**

Regular sessions burn fat and increase lean muscle mass, leading to visible toning and improved body composition.

- **Confidence and Body Awareness**

Bungee training enhances coordination, control, and confidence — empowering you to feel lighter, stronger, and more capable.

At B-Fit Bungee Fitness Studio, fitness feels like flying — fun, freeing, and effective for body and mind!

“Where Your Workout Takes Flight”

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