

## EQUIPMENT—THE GOLD STANDARD

**Candace Williams and Jaclyn Kolianos are leading the Bungee Fitness world, by educating and providing the best, safest, highest quality equipment in the game.**

Back in 2018, Candace Williams (Owner of Sling Bungee/Sling Bungee Equipment) was struck with immobilizing pain due to a health condition that causes inflammation throughout her entire body. “Low impact is the way to go,” her doctor told her. As a prior gymnast and cheerleader, Candace wondered, “what now?”

Some Googling led Candace to discover the world of Bungee Fitness. Bungee Fitness stems from the aerial/cirque world. Candace loved the idea of combining low impact exercise with her love for dance cardio.

**Alas, Sling Bungee was formed.**

Candace thought she could take what she saw on her computer, and transform it into something amazing. **Candace started out in her garage, with some equipment from an existing retailer that she thought would be great.** After an online certification, and upwards of \$30,000 later, Sling Bungee opened in the spring of 2018. Candace started to notice the complaints of her clients in regards to comfort. First, the rib pain — her clients were complaining because of the lack of padding around the straps. The leg straps were a cause for concern as well. The harness left massive bruises and indentations from a lack of padding under the thin canvas strap. Lastly, the O-ring — or the connecting piece between the bungees and the harness. This equipment only had a single piece of canvas for reinforcement. **Eventually, one of Candace’s clients fell out of the harness — the O-ring ripped off of the harness due to a lack of reinforcement.** Additionally, the bungee cords that were being used did not allow for a total stretch down to the ground. The fast “stop” at the end of the cord was enough to knock the wind out of you. **By the end of month 3 in business, 77 cords had broken.**

**Horrified, this led Candace to start looking elsewhere for equipment. >>>**

SLING  
BUNGEE FITNESS



BUNGEE FITNESS

EQUIPMENT + SAFETY

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CONTINUED

Candace noticed a lack in availability in the Bungee Fitness world, there just was not much out there. Having tried cords and harnesses from multiple different retailers, **there was just nothing out there that satisfied the need for this type of bungee fitness.** This is when Candace decided to do something about it herself. Candace met with our now equipment partner, and manufacturer and **they came up with prototype after prototype and eventually, landed on the amazing system we have now.**



**Not only did Candace custom create our cords, but our harnesses too** — adding padding, and extra reinforcement on the straps. **We have had zero incidents of harnesses failing.** The way our bungee cords wear, you will start to see little pieces of elastic pop out of the casing. Once you see a few of these poking out, it's time to replace that cord. **This means there is never a chance that your cord will ever completely “snap” in half.** They just aren't engineered that way.

Not all Bungee Fitness equipment is made the same way. A lot of it is not safety rated, which is why you may see some studios allowing for higher weight limits. This is also why you can purchase equipment on Amazon for \$200. Most insurance companies will require you to cap your weight limits for liability purposes. Quality is most important, and you want your clients to be safe, and comfortable. **Our equipment is safety rated.**

*Jaelyn was trained by Candace in 2019, and the two have now partnered to create a third entity called the Bungee Collective. The Bungee Collective's goal is to provide the best training, equipment, and education in the industry. We are excited to bring our methods and equipment to everyone nationally and internationally. Stay tuned for upcoming offerings from the Bungee Collective!*