



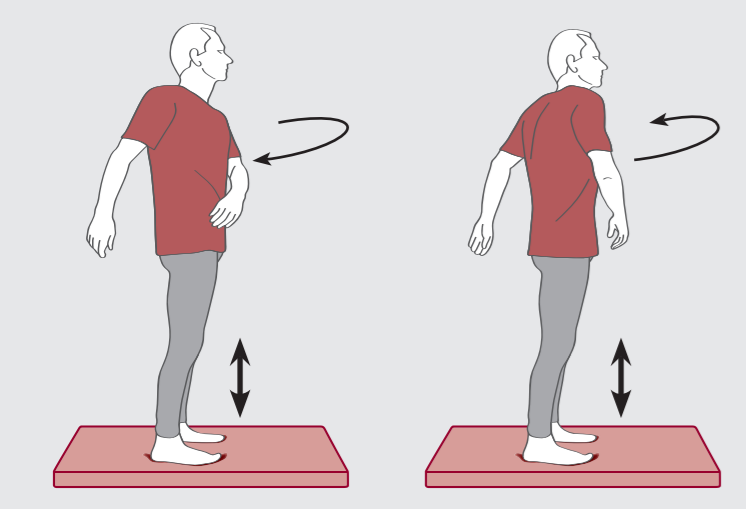
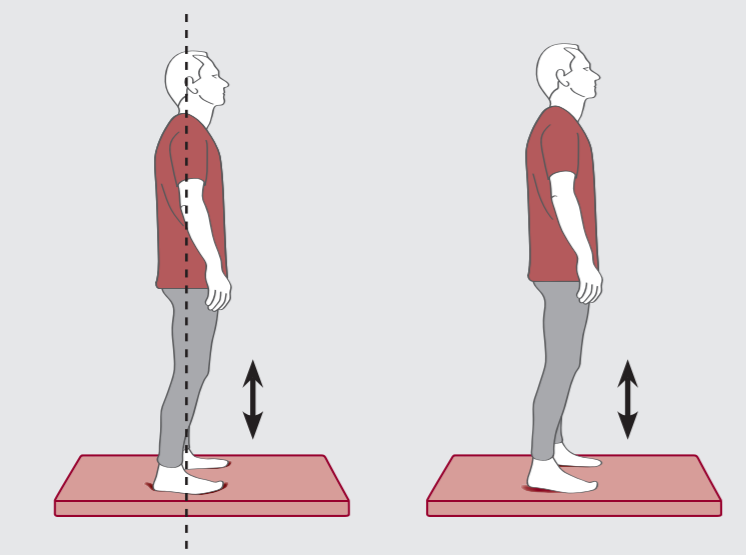
Important for your everyday exercise:

- When carrying out the exercises, follow the instructions as closely as possible
- Practise until the rhythm can be carried out loosely and harmoniously
- The speed can be adjusted:
 - Faster:* The exercise becomes easier and has a relaxing effect
 - Slower:* The exercise becomes difficult and trains muscles

Bouncing

Level 1
Vibrate in place with your head held upright. Vibrate your body up and down while standing upright and remaining completely relaxed (arms and upper body loose; knees 'loosely' extended).

Important
Make your shoulders, hips and the middle of your foot form a vertical line. The entire sole of your foot should touch the kybun mat. Maintaining an even rhythm is very important. Utilise the elastic springy element (trampoline effect) of the kybun mat. Your entire body must remain extended but 'loose'.



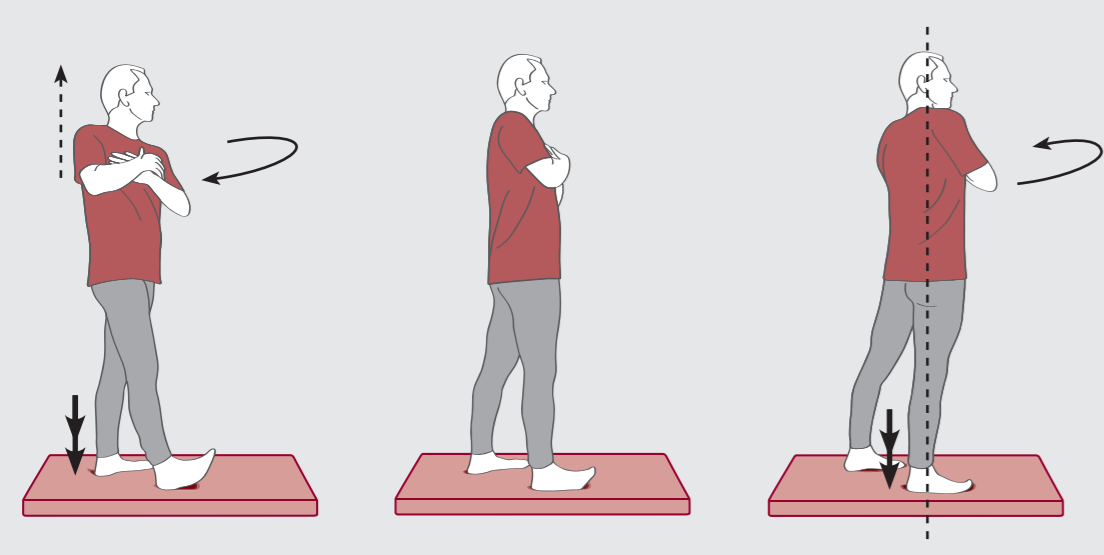
Level 2
Same as Level 1; also turn your upper body alternately to the right and left. Turn your head along with your upper body. Keep your arms hanging and swinging freely.

Level 3
Same as Level 2, but keep your head in the centre (do not turn it along with the movements).

Bobbing

Level 1
See-saw while shifting your entire body weight from your back leg to your front leg and back again. Keep your arms crossed, head pulled up and body fully extended and swing your shoulders along with the movements.

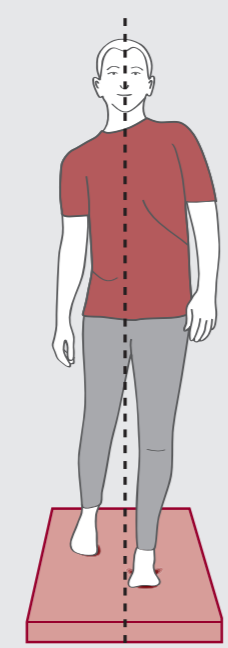
Important
Always look straight ahead. Never let your back go hollow (stabilise your pelvis!).



Level 2
Same as Level 1, but let your arms hang loosely. Your right shoulder will rotate forward when the load is on your right foot. Put your weight in front only on your heel instead of your entire foot.

Level 3
Same as Level 2, but the entire sole of your rear foot has to touch the kybun mat at all times (never allow it to lift off).

Always keep your head over the centre of the kybun mat while looking straight ahead. You will feel a pulling sensation (extension) in your pelvic area on the supporting leg side. Holding your head in the middle causes your hip to veer out, which looks extreme. This is merely a consequence of slow, balanced walking (slow motion), which requires the legs to be farther apart. When you walk at a normal speed, this extreme veering is eliminated automatically.

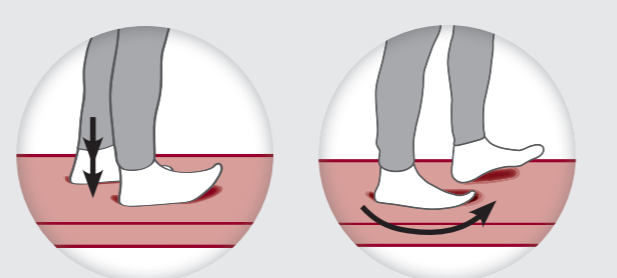
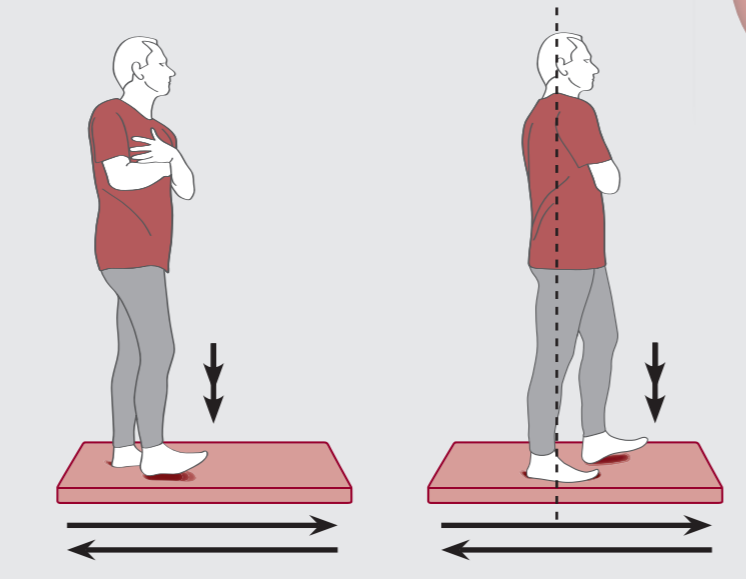


Rocking

Level 1
Tap on the entire kybun mat, taking small steps from left to right, then backwards. Keep your arms crossed while doing so. The entire sole of your foot should step deeply into the kybun mat as you do this. Keep your leg extended.

Important
Clearly shift your weight onto one leg, press your foot deeply into the kybun mat, extend your leg. As soon as the load (clear shifting of weight) on your leg increases, your pelvis and shoulder on the weight-bearing side will start to rotate forward. Your head, pelvis and heel on the weight-bearing side should form a vertical line.

Note regarding walking backwards
Simply allow your upper body to naturally rotate along with the motion.



Level 2
Same as Level 1, but emphasise the natural turning (slight rotation) of your upper body (your pelvis and shoulder on the supporting leg side rotate forward).



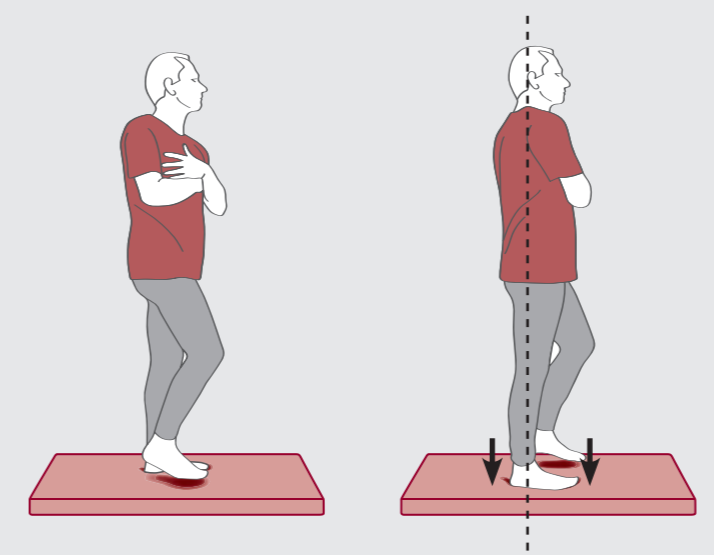
Level 3
Same as Level 2, but first step into the kybun mat with your heel and then rock the entire foot. Keep your head over the centre of the kybun mat (you may experience a pulling (extension) sensation in your pelvic area on the supporting leg side) Keep your hip on the supporting leg side fully extended forwards.

Variation
You can keep your arms swinging while carrying out each exercise.

Stepping

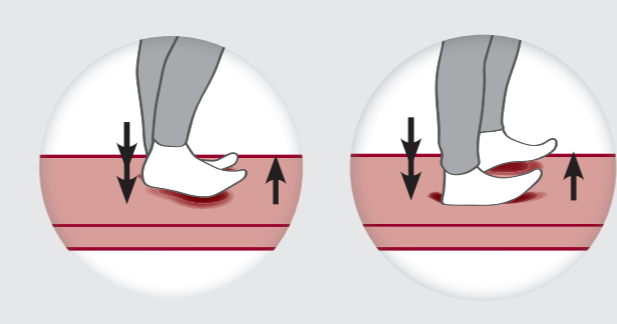
Level 1
Walk in place, putting your feet down flat. Extend the supporting leg, slightly flexing the knee of the other leg. Keep your arms crossed in front of your chest.

Important
Shift your entire body weight to the respective supporting leg. Your shoulder on the supporting leg side will rotate forward in your line of sight (rotation of the thoracic spine). Your shoulders, hips and the middle of your weight-bearing foot should form a vertical line.



Level 2
Same as Level 1, but make sure that your shoulder on the supporting leg side rotates forward in your line of sight (slight upper body rotation).

Level 3
Same as Level 2, but with balanced stepping in place on the heel (heel balancing in place). Press your heel firmly into the kybun mat and make sure that your weight is clearly on your heel. Pull your toes up slightly if possible. Keep your head centred over the kybun mat. You will feel a pulling sensation (extension) in your pelvic area on the supporting leg side. Keep your hip on the supporting leg side fully extended forwards.

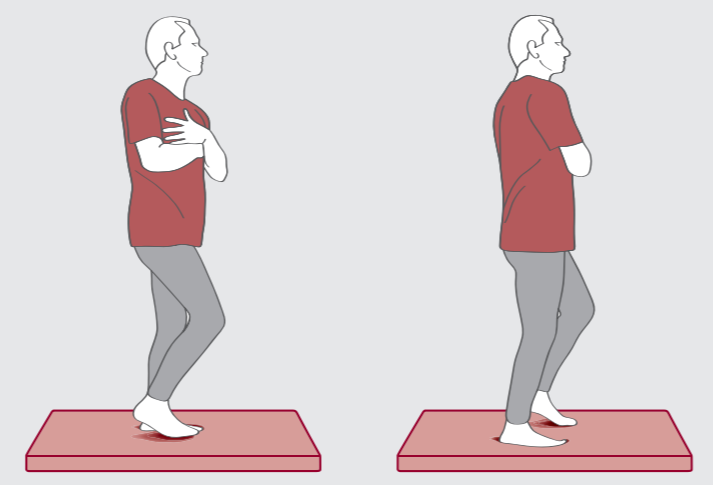


Variation
You can keep your arms swinging while carrying out each exercise.

Power trotting

Level 1
Gently jog in place. While doing so, keep your arms crossed against your body. Strongly push against the kybun mat with the entire sole of your foot and let your other leg dangle loosely without pulling in your knee.

Important
Jump up in the air on each leg alternately – but with the entire surface of your foot – and do not under any circumstances pull in your other knee and hip; simply allow them to dangle. Make sure your shoulders are relaxed so that your upper body can loosely rotate in the opposite direction.



Level 2
Same as Level 1, but instead of completely extending, allow your shoulders and hips to rotate in opposite directions in a very loose way. Utilise the trampoline effect of the kybun mat.

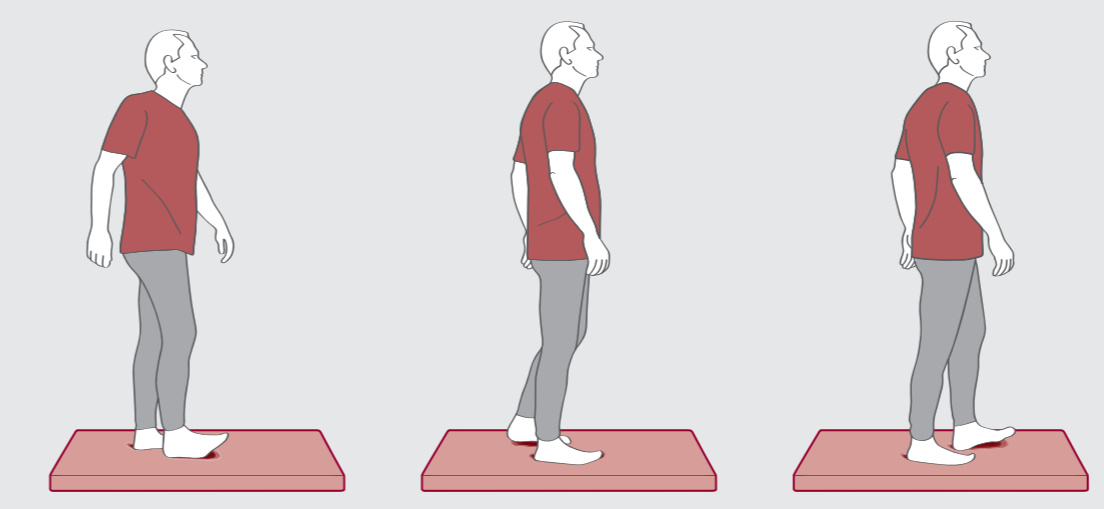
Level 3
Same as Level 2, but now increase the speed without pulling in your knee more.

Variation
You can keep your arms swinging while carrying out each exercise.

Balanced walking

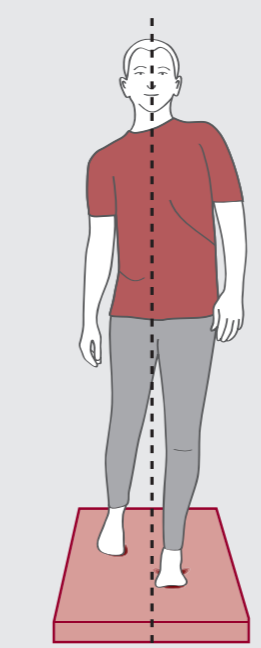
Level 1
This is the same exercise as Bobbing Level 2, but instead of back and forth, place one foot in front of the other and move across the entire kybun mat. Maintain tension in the shin muscle for as long as possible.

Important
You have to carry out the steps slowly while balancing (the slower, the more difficult). Always look straight ahead. Never let your back go hollow (stabilise your pelvis!).



Level 2
Same as Level 1, but your hips and shoulders rotate forward on the supporting leg side (natural upper body rotation).

Level 3
Same as Level 2, but always keep your head over the centre of the kybun mat while looking straight ahead. When your head is actually kept in the middle of the kybun mat, you will feel a pulling sensation (extension) in the pelvic area on the supporting leg side.



Explanation
Holding your head in the middle causes your hip to veer out, which looks extreme. This is merely a consequence of slow, balanced walking (slow motion), which requires the legs to be farther apart. When you walk at a normal speed, this extreme veering is eliminated automatically.

Important for all exercises:

- Let your shoulders hang loosely
- Increasing the level of difficulty: Complete all exercises with your eyes closed

All videos for these exercises are available on our homepage www.kybun.com under: **Advisor / kybun exercises**

Swiss Natural Walking

Everyday exercises for a better quality of life



The unique elastic springy kybun training mat grants you more comfort each day, from head to foot. It makes you more balanced, mobile and relaxed so that you can become and remain fit, healthy and free of pain your whole life long.

You can easily integrate the brief exercises described here into your everyday routine. Do them to start off your morning, over the course of the day to reenergise, while working standing up for additional support or in the evening to relax. Have fun!



Main features and effects of naturally balanced walking:

- **Balanced walking:** This activates all of your small balancing muscles and calls on them to support the joints. This not only relieves strain from overstrained large muscles, tendons and ligaments, but also protects your joints and optimises movement.
- **Natural hip mobility/opening of the pelvis:** Naturally balanced walking mobilises the hips and pelvic area in all directions. This releases tension caused by walking on flat everyday surfaces. The small muscles are in constant motion, which keeps them lastingly elastic and mobile. Moreover, activating gluteal and pelvic floor muscles also aligns your hips and therefore your posture.
- **Swinging arms to relax back muscles:** Actively rocking your foot keeps you standing upright while you walk. This triggers 3D hip/pelvic motion, which in turn initiates the upper body rotation and lets your arms swing, which is important because it relaxes your back.

Benefits and effects

- Trains deep inner muscles
- Releases tension
- Improves posture
- Increases general fitness
- Activates the leg vein pump
- Decreases fatigue
- Increases mobility
- Prevents the risk of falling among the elderly
- Can relieve the symptoms of neurological ailments such as multiple sclerosis, Parkinson's, stroke etc.



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