



# Konnections For Mat

Use external resources, Create internal connections.

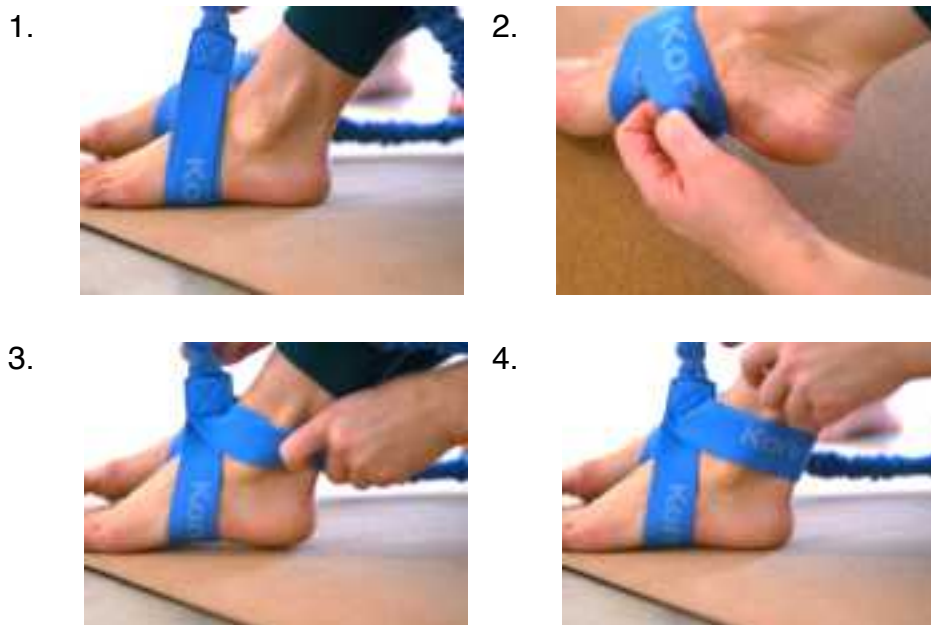
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2.

3. 4.

## How to use Konnections Band?



1. Place your foot in both loops 2. Grab the top loop  
3. Place it behind your heel 4. You are Konnected!!

## The 4 Outer Units

The 4 Outer Units are the foundation of the Konnect Method



**Deep  
Longitudinal  
System**



**Anterior and  
Posterior Sling**



**Lateral System**

## The 4 Outer Units



### Deep Longitudinal System

- Erector Spinae, Quadratus Lumborum, Thoracolumbar Fascia, Sacrotuberous Ligament and the Biceps Femoris, Gastrocnemius, Plantar Fascia and Toe Flexors

### Function

- This system holds us upright against gravity and creates spinal extension.



## Trunk Integration Deep Longitudinal System in Action



 balanced body

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## The 4 Outer Units



### Anterior Cross Sling

- Anterior = Anterior serratus, External oblique, Contralateral internal oblique and adductor

### Function

- Stabilize the torso with Posterior cross sling and in opposition create flexion, lateral flexion and rotation of the torso



## Trunk Integration – Lumbopelvic Stability Anterior Oblique Sling in Action



 balanced body

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## The 4 Outer Units



### Posterior Cross Sling

- Posterior = Latissimus dorsi and Contralateral glutes

### Function

- Stabilize the torso with Anterior cross slings and in opposition create flexion, lateral flexion and rotation of the torso



## Trunk Integration – Lumbopelvic Stability Posterior Oblique Sling in Action



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## The 4 Outer Units

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### Lateral System

- Hip abductors and adductors
- Quadratus Lumborum

### Function

- Keeps the pelvis balanced over the femurs when walking, running or balancing on one leg.
- Imbalances lead to an un-level pelvis when standing on both legs.

Illustration: © 2010



## Trunk Integration – Lumbopelvic Stability Lateral System in Action



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## The Hundred - 10 reps

**Starting Position:** Lie supine on the mat with legs in table top, and hands holding the band with arms extended upright, in line with shoulders.

**Movement:** Curl the torso off the mat, press the band down against the shins and reach the arms alongside the body. As you take your hundreds, breathing and arm pumping pattern, maintain tension in the band against the shins.

10 sets of 10 = 100 movements.



## The Roll Up - 3 reps

**Starting Position:** Sit tall with legs extended out in front, band in the hands shoulder width apart, and arms reaching overhead.

**Movement:** Start rolling back, articulating the spine into the mat, while maintaining arms reaching into the band. Once supine with arms and legs reaching along the mat in opposition, begin rolling back up into the tall seated position. Repeat 3 times.



## The Roll Over - 5 reps each (legs together and apart)

**Starting Position:** Lie supine on the mat with the legs extended upright and hands pressing the band into the floor, arms on the mat

**-OR-**

Lie supine on the mat with the legs extended upright and hands pressing the band across the hip creases, arms on the mat.

**Movement:** Send the legs overhead while continuing to press the arms down into the band on the mat. Take a breath, dorsiflex and separate the feet, then roll the spine back down to the mat. Once the pelvis is returned to the mat then circle the legs down to 45 degrees, and returning to 90 degrees.

Repeat 5 times.

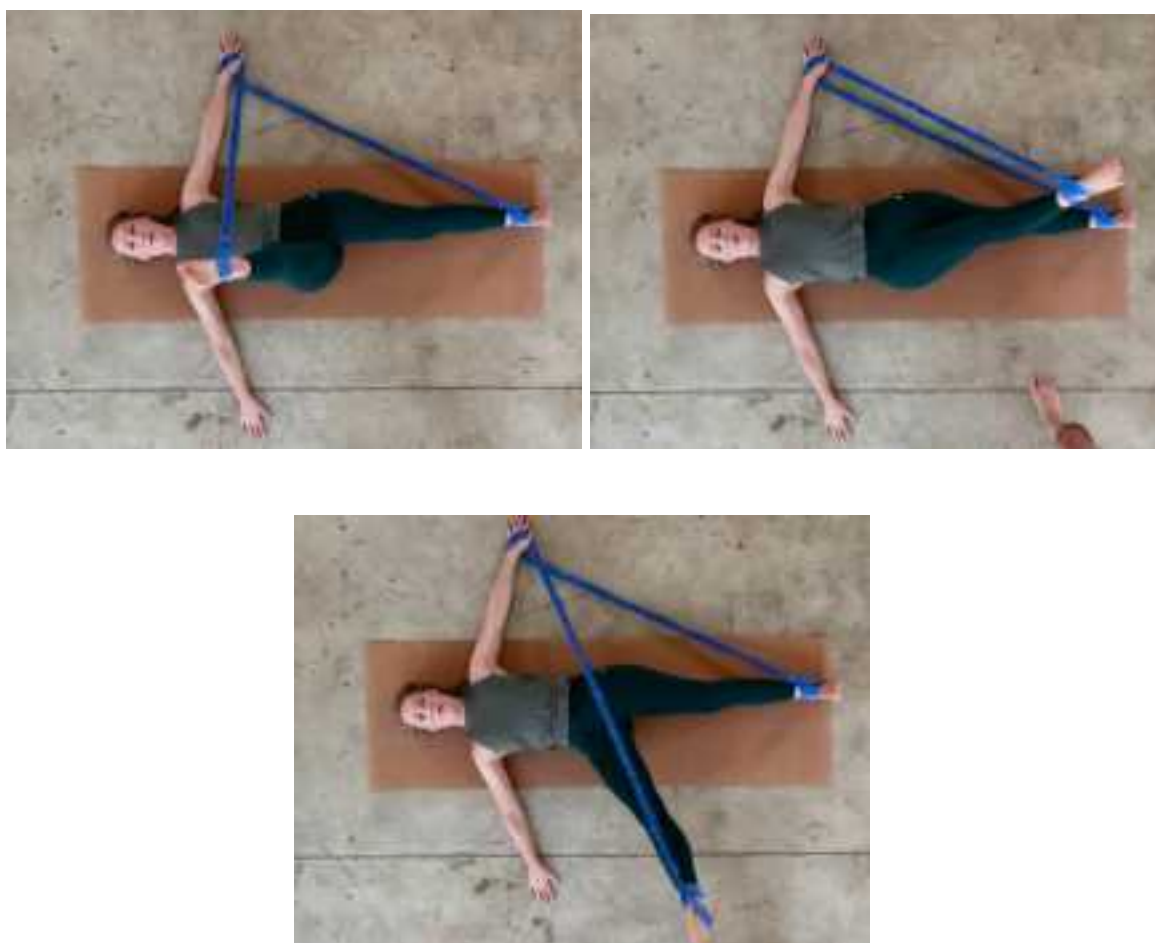


## The One Leg Circle - 5 reps and reverse

**Starting Position:** Lie supine on the mat with one leg extended up to vertical and other leg along the mat.

**Movement: (Abduction emphasis)** Grab the band and pull to the opposite side of the body from the leg that is up. Circle the leg 5 times each direction.

**(Adduction emphasis)** Grab the band from behind the leg that is up and pull the band to the mat on the same side of the body. Circle the leg 5 times each direction.



## Rolling Back - 6 reps

**Starting Position:** In a seated position pull knees in towards the chest. Cross the band once and wrap the band around your knees. Then cross the band a second time to wrap the knees with the band a second time.

**Movement:** Rock back to balance on its bones, then inhale to roll back and exhale to roll back up to balance. Maintain eye focus towards the pelvis. Repeat 6 times.



# The One Leg Stretch

**Starting Position:** Lie supine on the mat with legs in tabletop and hands holding the band shoulder width apart.

**Movement:** Lift head and shoulders up to an abdominal curl, extend one leg forward and reach opposite arm back while pressing the other hand into the tabletop leg. Switch arms and legs while maintaining square shoulders.

Repeat 5-12 times each leg.



## The Double Leg Stretch - 6 reps

**Starting Position:** From abdominal curl, both legs are in tabletop position and hands press band against thighs.

**Movement:** Extend legs forward while arms reach back overhead. Bring legs back into tabletop position while hands press band back into thighs.

Repeat 6-12 times.



## The Spine Stretch - 3 reps

**Starting Position:** Place band behind low back while sitting upright with legs extended forward.

**Movement:** Begin rolling spine down into flexion while arms reach forward, keeping the band from rolling up or down the spine.

Repeat 3 times.



## Rocker With Open Legs - 6 reps

**Starting Position:** Place band behind mid back, grasp ankles/lower legs with knees bent.

**Movement:** Extend legs while balancing on pelvis. Rock pelvis posteriorly to roll back to shoulders and roll back up to balance. Repeat 6 times.



## The Cork-Screw - 3 reps

**Starting Position:** With the band behind mid back lie supine with legs extended vertically and arms on the mat.

**Movement:** Press into the arms and lift legs overhead parallel to the floor, similar to Roll Over. While inverted, rotate legs to the right and begin rolling the spine down on the right side. Once the pelvis is on the mat, sweep the legs in a circle to the right, down, and then across to the left to lift legs up the left side back into a roll over. Repeat pattern to the left, maintaining the band at mid back.

Repeat 3 times, each direction.



## The Saw - 3 reps each side

**Starting Position:** Sit tall with legs extended out in front, open to mat width apart, and band in the hands reaching out to t-position.

**Movement:** Rotate to the left, look down the left arm and press it behind with palm up, while the right arm reaches forward to the outside edge of the left foot. Rotate back to center with arms to t-position and then repeat the other side. Repeat 3 times, each side.



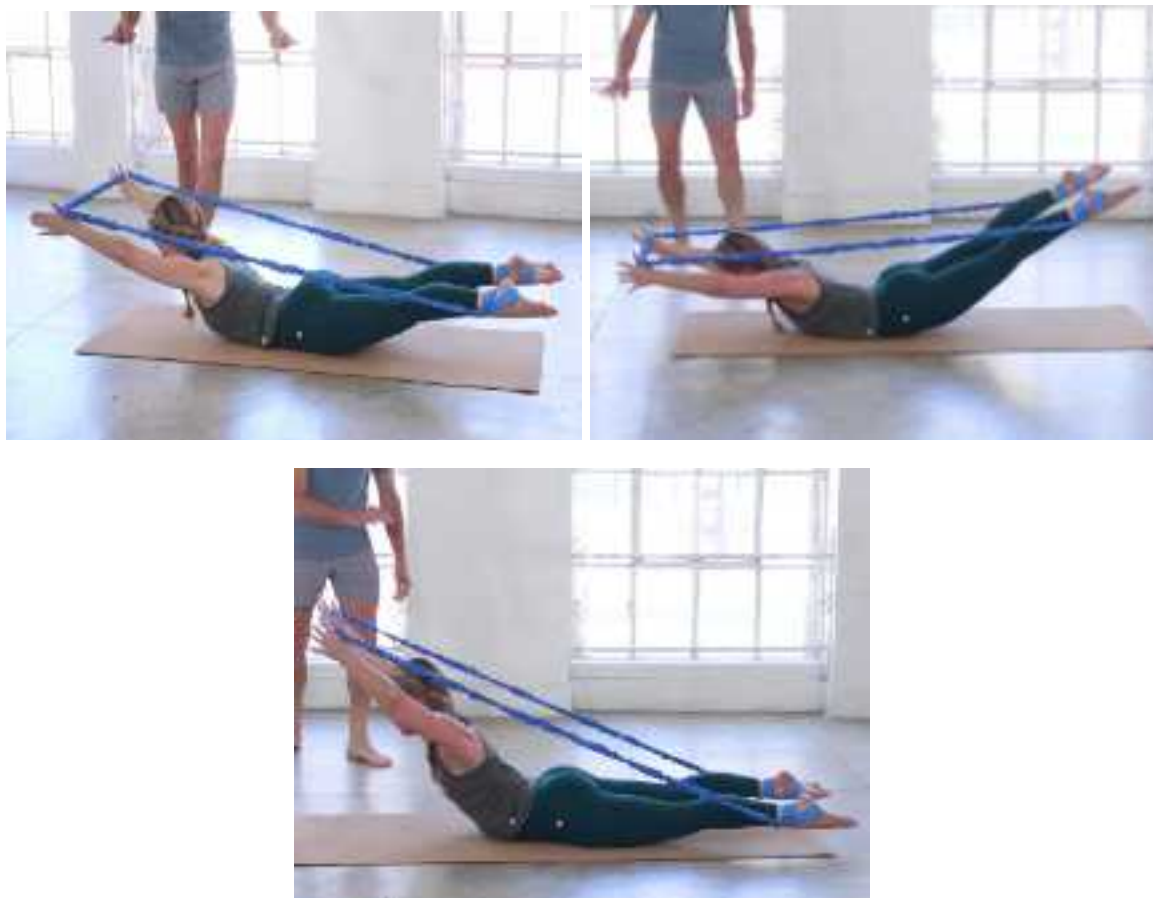
## The Swan-Dive - 6 reps

**Starting Position:** Lie prone with the band in hands under shoulders and legs extended along the mat.

**Movement:** Press hands with band down into the mat, extend elbows and lift spine up into extension. Then bend elbows and lower torso back down to prone.

**(Swan Dive/Rocking):** Press hands with band down into the mat, extend elbows and lift spine up into extension. Maintaining spine extension, shoot arms out as the legs lift up, reaching limbs into the band. Keep arms extended overhead to lift back up, repeat 3 times, then press hands back into the mat to pause in Swan.

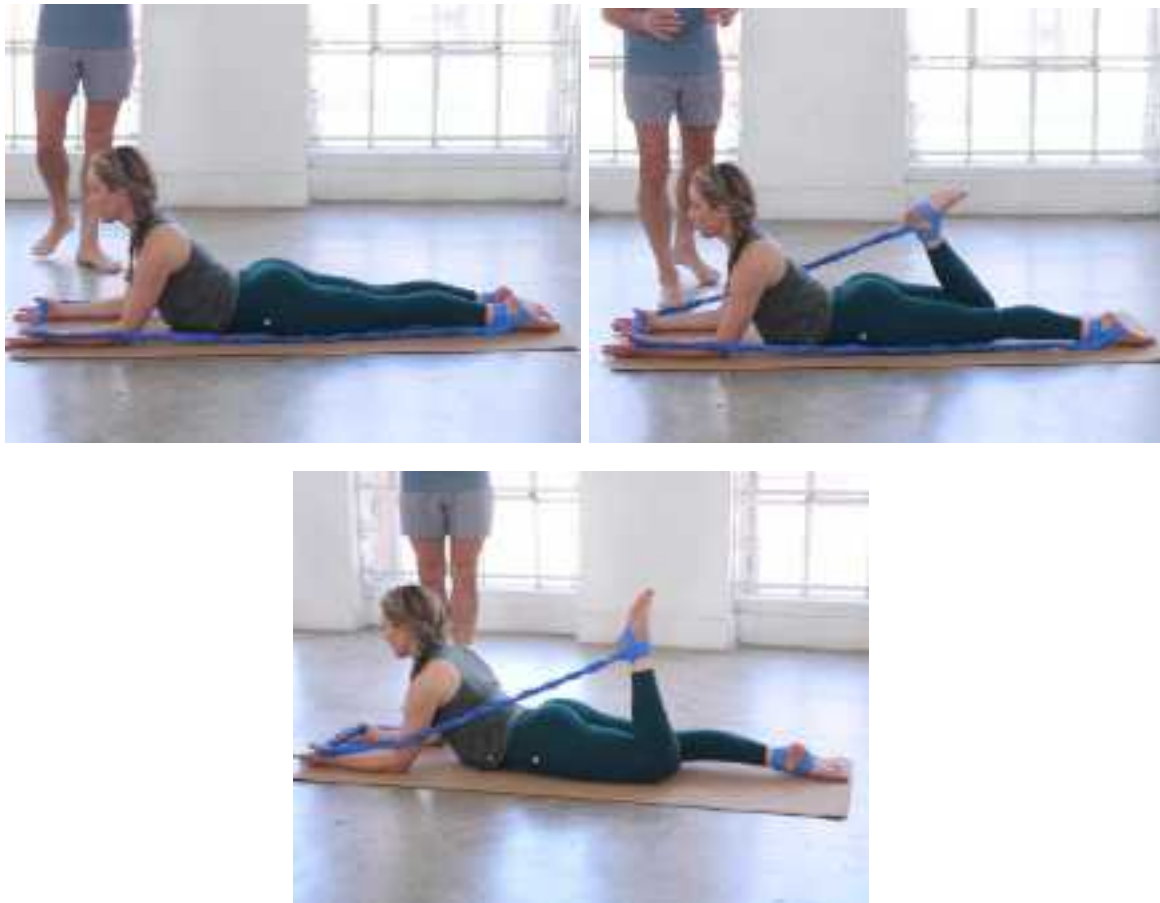
Repeat 6 times.



## The One Leg Kick - 6 reps each leg

**Starting Position:** From a kneeling position, wrap band behind the base of the neck and over the clavicles, then lie prone propped on the forearms in spine extension with legs extended along the mat.

**Movement:** Bring one knee into flexion, kicking in twice, then extend leg back out Repeat with other leg, alternating legs for 6 repetitions on each leg.



## The Double Leg Kick - 5 reps

**Starting Position:** Maintaining the same band position from Single Leg Kick, lie prone with head turned to one side and hands grasping band behind the low back. Elbows bent and shoulders relaxed.

**Movement:** Bring both knees into flexion and kick in 3 times. While extending leg out to hover off the mat, reach arms back towards feet and lift chest off the mat, gaze forward. Turn head to the other side as you lower back down to the starting position.

Repeat alternating sides for 5 repetitions.



## The Neck Pull - 3 reps

**Starting Position:** Sit tall, legs extended forward and together on the mat, holding the band around the back of the head.

**Movement:** Begin rolling down, maintaining connection of head into band. Then roll back up to a seat.

Repeat 3 times.



## The Scissors - 6 reps

**Starting Position:** Place band behind low back and roll back, lifting legs and spine into a Roll Over.

**Movement:** With hands behind the low back holding the band in place, keep one leg towards the torso and reach the other leg down towards the bottom of the mat.

Swap the legs for several repetitions.



## The Bicycle - 6 reps

**Starting Position:** Place band behind low back and roll back; lifting legs and spine into a Roll Over.

**Movement:** With hands behind the low back holding the band in place, keep one leg towards the torso and reach the other leg down towards the bottom of the mat, flexing the knee at the end range. Pull flexed knee through tabletop and ext when over torso, while opposite leg extends towards bottom of mat, flexing the knee at the end.

Swap the legs for several repetitions.



## The Shoulder Bridge - 3 reps

**Starting Position:** Lie prone with knees flexed and feet on the mat. Hands press the band across the front of the thighs while hips lift into a bridge.

**Movement:** Reach one leg up to vertical, then lower parallel to the floor and lift back up to vertical several repetitions.

Repeat the other leg, 3 times with each leg.

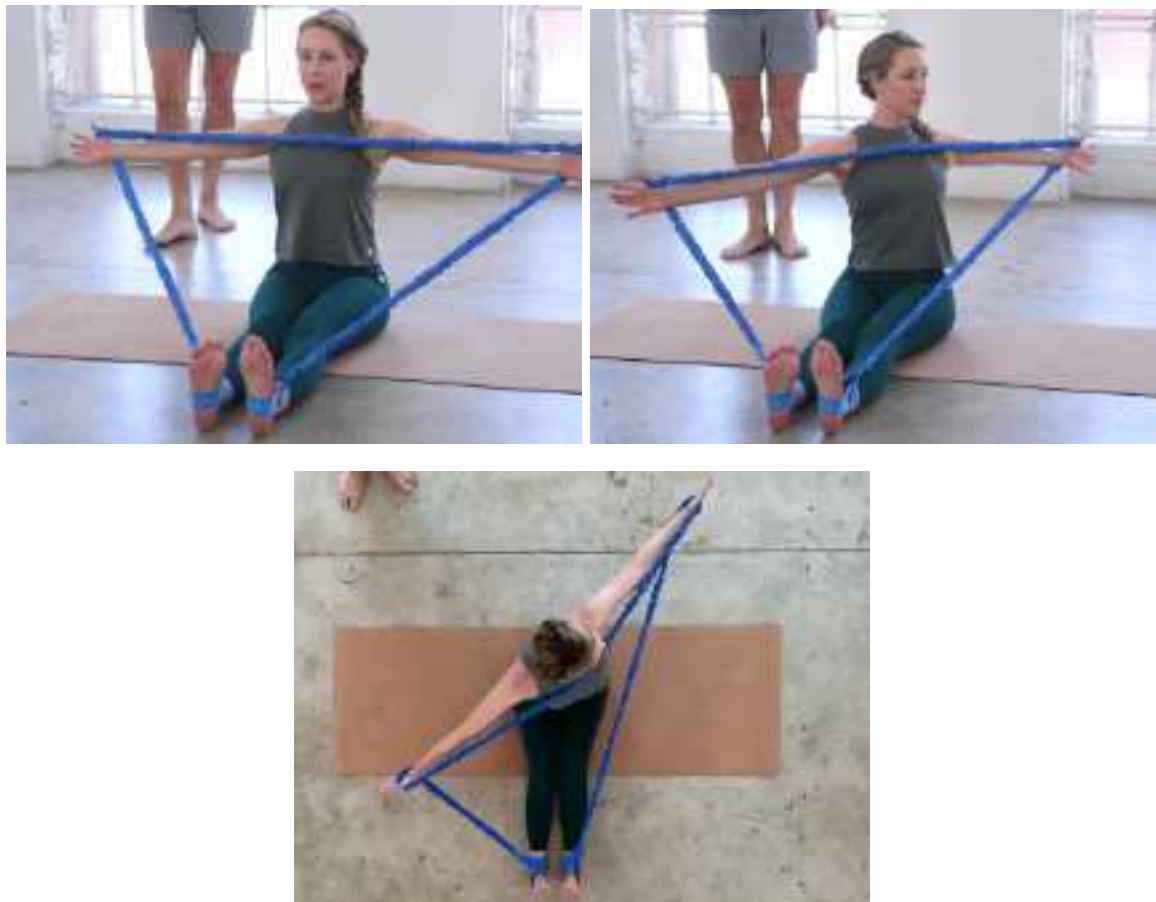


## The Spine Twist - 3 reps on each side

**Starting Position:** Sit tall with legs together and extended forward on the mat. Place the band behind upper back/shoulders and hold in a t-position.

**Movement:** Twist to one side, pulse twice, and return to center.

Repeat the other side, alternating for 3 repetitions.



## The Jack Knife - 3 reps

**Starting Position:** Lie supine on the mat with the legs extended upright and hands pressing the band into the floor behind the legs, arms on the mat

**Movement:** Send the legs overhead while continuing to press the arms down into the band on the mat. Take a breath, reach the legs up towards vertical, stacked over shoulders. Then roll the spine back down to the mat.

Repeat 3 times.

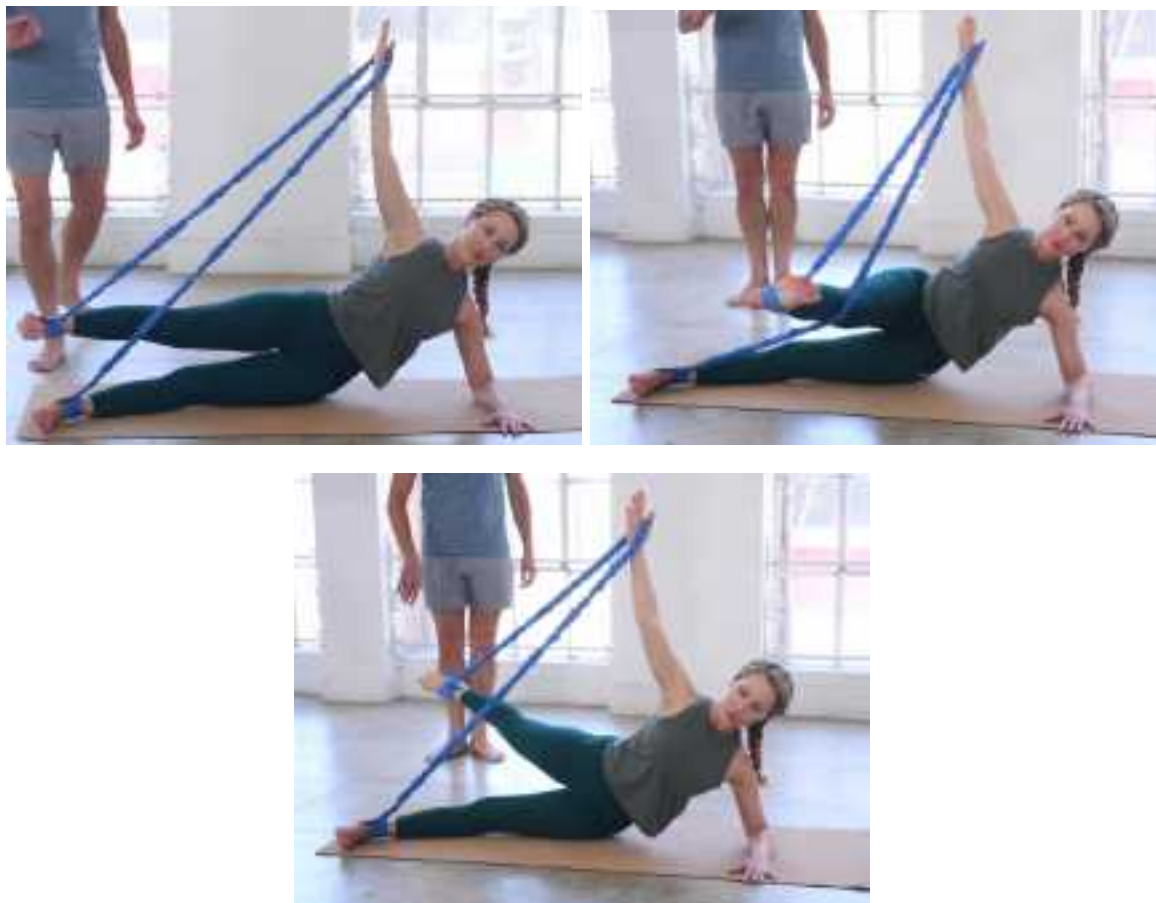


## The Side Kick - 3 reps on each side

**Starting Position:** Propped up on the bottom forearm, legs are stacked long and hold the band in your top hand.

**Movement:** As you kick the top leg forward, reach the top arm back, parallel to the floor. Swap arm forward as leg reaches back.

Repeat for 3 sets, each side.



## The Teaser - 3 reps

**Starting Position:** Lie supine with band in hands, arms stretched overhead with legs together, straight, down along the mat.

**Movement:** Begin lifting the arms and legs together to reach the Teaser “v” shape, maintaining arms overhead and legs straight. \*Add on Teaser variations.

Repeat 3 times.



## The Hip Twist - 3 reps on each side

**Starting Position:** Reach arms back at an angle towards the side edge of the mat with hands pressing down into the band. Legs extended together along the mat.

**Modified Position:** Forearms on the floor, hands holding band along side body

**Movement:** Lift legs towards a 45 degree angle, or Teaser shape. Circle legs once to the right, pause at the top. Circle legs once to the left, pause at the top.

Repeat 3 sets.

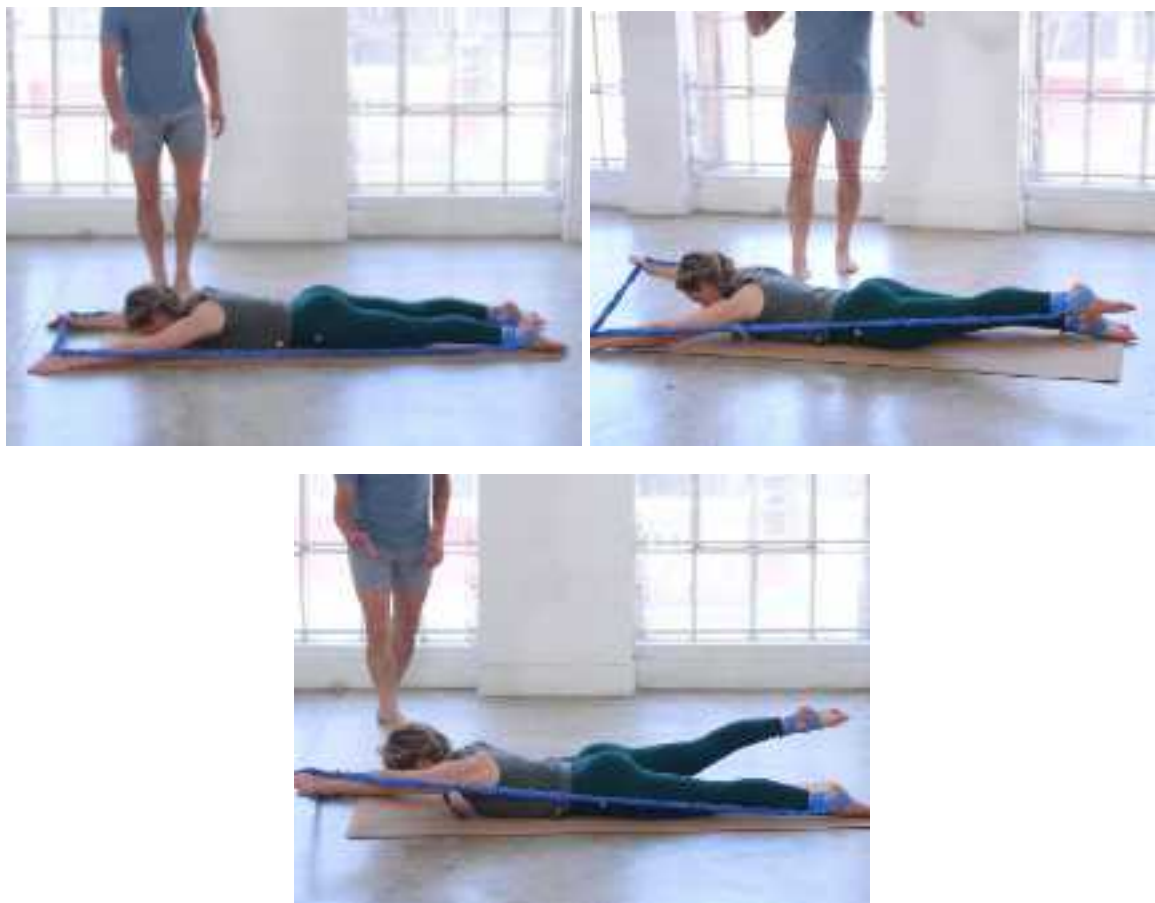


## Swimming - 30 sec or count to 10

**Starting Position:** Lie prone with the band in hands, arms extended forward on the floor and legs extended along mat

**Movement:** Reach the length of your mat to stretch the arms and legs away from each other, into the band tension. Lift one arm and the opposite leg, then switch to lift the other arm and opposite leg.

Continue alternating to a flutter pace 30 seconds.



## The Leg Pull - Front - 3 reps one each side

**Starting Position:** All fours position, press hands down into the band and extend legs back to plank position.

**Movement:** Reach one leg to lift into extension, set the leg down, then lift the other leg.

Repeat 3 times, each leg.



## The Leg Pull - 3 reps on each side

**Starting Position:** Sit tall, holding the band behind you, press hands down into the band on the mat.

**Movement:** Press into the hands and feet to lift the hips into a reverse plank position. Lift one leg straight up, set the leg down, then lift the other leg up.

Repeat 3 times, each leg.

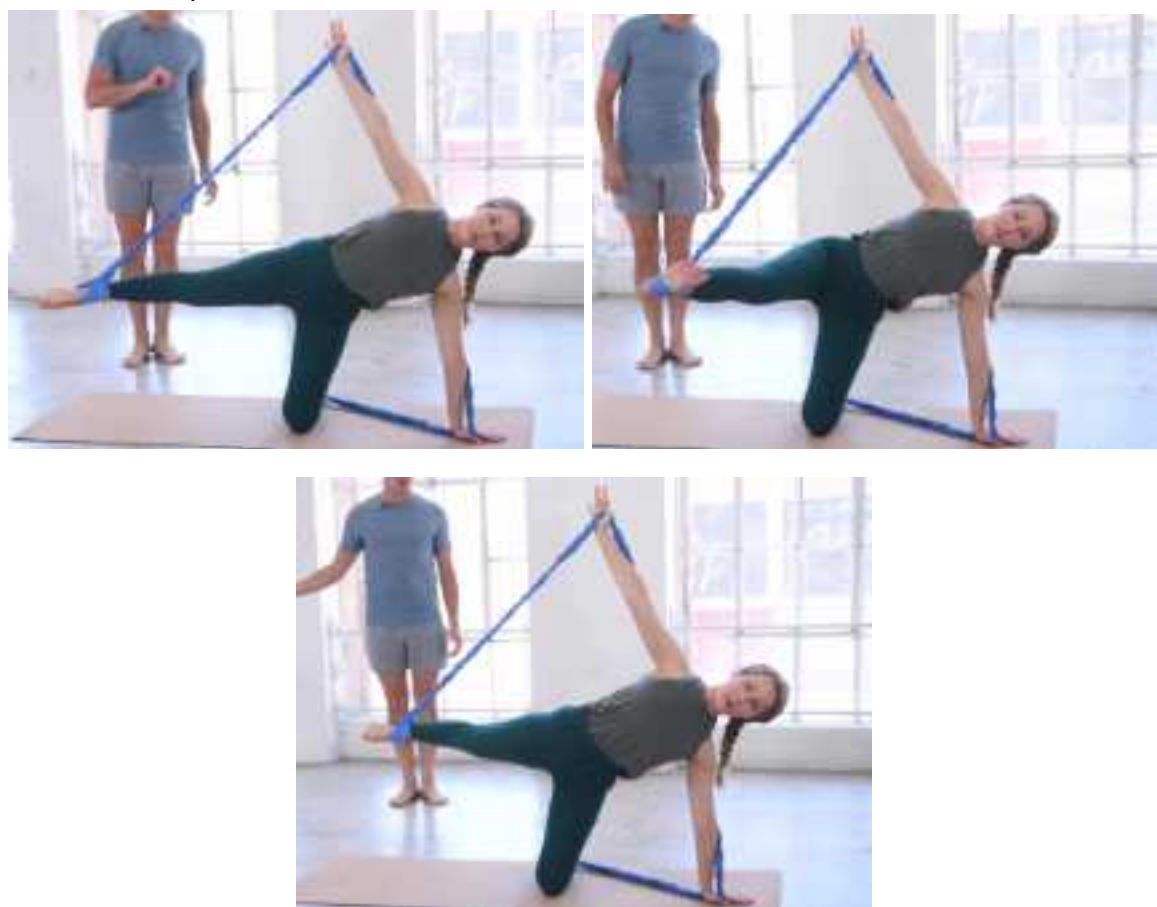


## The Side Kick Kneeling - 4 reps on each side

**Starting Position:** High kneeling position, take the band behind the shoulders and press the arms straight out to the sides ("T" position), bringing tension to the band. Tilt to one side, maintaining "T" position of arms with bottom arm pressing band down into the mat and top leg reaching parallel to the floor

**Movement:** Swing top leg forward as far as possible with a breath out, then swing leg back into hip extension as far as possible with a breath in.

4 sets, then repeat on the other side.



## The Side Bend - 3 reps on each side

**Starting Position:** Sit on one hip with the same side arm on the floor, feet staggered with top foot forward and top hand holds the band.

**Movement:** Press into bottom hand on the mat to lift and lengthen into a side plank, top arm reaching up into the band. Reach the top arm overhead to create a side bend in the body, then return the top arm and body into plank, lowering back to the mat.

3 repetitions, then repeat on the other side.



## The Boomerang - 6 reps 3 each leg

**Starting Position:** Sit tall with legs extended long, right leg crossed over left, and arms reaching overhead with hands holding the band.

**Movement:** Roll back until able to begin lifting legs, then continue rolling back and pressing the hands with the band down into the mat beside the hips. Find the roll over, hold and switch the cross of the legs. Begin to roll the spine back down while also rolling up into a teaser, arms reaching up into the band overhead. Then take the arms behind your back to interlace the hands and slowly lower the legs. Finish in a spine stretch forward and circle the arms back around to restack the spine to start position.

Repeat 3 times with each leg crossed over.



## The Seal - 3 reps

**Starting Position:** Sit with knees bent, take band behind your back then cross sides of band around the bent knees. Balance on pelvis and hands hold underneath ankles.

**Movement:** Rock back towards shoulders, try to find stillness in the inversion and “clap” feet twice, then roll back up to balance on pelvis. Maintain eye focus towards the pelvis.

Repeat 6 times



## The Crab - 6 reps

**Starting Position:** In a seated position pull knees in towards the chest. Cross the band once and wrap the band around your knees. Then cross the band a second time to wrap the knees with the band a second time. Balance on pelvis, cross ankles and hold opposite foot as hand.

**Movement:** Rock back towards shoulders, try to find stillness in the inversion and switch the cross of the feet, then roll back up all the way through kneeling, until the crown of head moves towards the mat. Maintain eye focus towards the pelvis.

Repeat 6 times.



## The Rocking - 5 reps

**Starting Position:** From a kneeling position, cross the band twice and place around shoulders “like a jacket”. Lie prone and bend knees to bring heels towards sitz bones, reaching back with hands to grasp ankles.

**Movement:** Begin to lift head and chest off mat while feet kick back into hands. Once lifted, breathe in and out to facilitate rocking forward and backward, maintaining shape of body and band if possible.

Repeat 5 times.



## The Control Balance - 6 reps

**Starting Position:** From roll over, toes reach towards the floor with arms stretching into the band along the mat.

**Movement:** With your left leg reaching towards the floor, bring your right leg up toward the vertical, stretching into the band. Bring the right leg back down to then reach the left leg up, OR gradually switch them with one moving towards the floor while the other moves towards the ceiling (added challenge).

Repeat 6 times.



## The Push Up - 3 reps

**Starting Position:** With the band wrapped behind the middle/upper back, find all four positions, press hands down into the band and extend legs back to plank position.

**Movement:** Take 3 push-ups, with narrow elbows, finishing each one by pressing into the band in your plank position. Option to lower to the knees.

Repeat 3 times.

