

## Wunda Chair - Jay Grimes

### Footwork

Toes

Arches

Heels

Tendon Stretch

Push Down

Push Down One Arm

Pull Up

Spine Stretch Forward

Teaser - on Floor

Swan

Swan One Arm

Teaser - on Top

Mermaid - Seated

Arm Frog

Mermaid - Kneeling

Twist 1

Tendon Stretch

Table Top

Mountain Climb

Going Up Front

Going Up Side

Push Down One Arm Side

Pumping - Standing behind / Washer Woman

Frog - Facing Chair

Frog - Facing Out

Leg Press Down - Front

Backward Arms

Push Up - Top

Push Up - Bottom

Flying Eagle