

## Wunda Chair Classical Order & Spring Settings

Springs	Exercise
1 Top, 1 Bottom	Footwork - Toes, Arches, Heels, Tendon Stretch
1 Middle	Push Down
1 Middle	Swan
1 Middle	Swan One Arm
1 Middle	Teaser - On Top
1 Middle	Mermaid - Seated
1 Middle	Backward Arms
1 Middle	Arm Frog
1 Middle	Mermaid - Kneeling
1 Middle	Horseback
1 Middle	Push Up - Bottom
1 Middle	Snake Twist/Teaser Twist
1 Middle	Push Up Top
1 Top, 1 Bottom	Tendon Stretch + Front, Side, Back & Combo
1 Top, 1 Bottom	Mountain Climb Up, Side, Down
1 Top, 1 Bottom	Pull Up
1 Top, 1 Bottom	Table Top
1 Top, 1 Bottom	Pull Up - One Arm

1 Middle	Semi Circle on Floor
1 Middle	Flying Eagle
1 Top, 1 Bottom	Front Balance Control (Going Up - Front from High Chair)
1 Top, 1 Bottom	Side Balance Control (Going Up - Side from High Chair)
1 Middle	Corkscrew
1 Middle	Push Down - One Arm Side
2 Bottom	Frog - Facing Chair
1 Middle	Spine Stretch Forward
1 Middle	Press Down Teaser (on floor)
2 Bottom	Frog - Facing Out
1 Middle	Pumping -Washer Woman - Standing Behind -Washer Woman - Kneeling on Top
1 Bottom	Leg Press Down - Front, Side, Back
1 Middle or 2 Bottom	Push Up - Feet On Pedal
2 Middle or 1 Middle, 1 Top	Star

# Wunda Chair - Jay Grimes Order

## 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