Wunda Chair Classical Order

Footwork
- Toes
- Arches
- Heels
- Tendon Stretch

Push Down
Swan
Swan One Arm
Teaser - On Top
Mermaid - Seated
Backward Arms
Arm Frog
Mermaid - Kneeling
Horseback
Push Up - Bottom
Teaser Twist
- Twist 1
Push Up Top
Tendon Stretch
Tendon Stretch - One Leg Front
Tendon Stretch - One Leg Side
Tendon Stretch - One Leg Back
Mountain Climb
Pull Up
Table Top
Pull Up - One Arm
Flying Eagle
Going Up - Front
Going Up - Side
Corkscrew
Push Down - One Arm Side
Frog - Facing Chair
Spine Stretch Forward
Teaser - On Floor
Frog - Facing Out
Pumping
  - Washer Woman - Standing Behind
  - Washer Woman - Kneeling on Top
Leg Press Down - Front
Leg Press Down - Side
Leg Press Down - Back
Push Up - Feet On Pedal
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