

## 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