



## Wunda Startup: Exercise List

Footwork w/out Tendon Stretch  
One Leg Pumping seated  
Push Down  
Swan Dive (no rocking)  
Mermaid on top  
Seated on Floor - Backward Pumps  
One Arm Swan / Single Arm Press  
Push Down One Arm (sideways to chair)  
Mountain Climb (10x ea leg with hands on)  
Pull Up  
Spine Stretch Forward  
One Leg Press (lying down)  
Standing Pumping