



Wunda Glow: 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
Kneeling Mermaid
Horseback (prep)
One Arm Swan / Single Arm Press
Push Down One Arm (sideways to chair)
Mountain Climb (10x hands on)
Pull Up
Spine Stretch Forward
Teaser on the floor
One Leg Press (lying down)
Standing Pumping