

## Wunda Strength: Exercise List

Footwork w/out Tendon Stretch  
One Leg Pumping seated  
Push Down  
Swan Dive (**WITH rocking**)  
Mermaid on top  
Seated on Floor - Backward Pumps  
**Arm Frog (front only)**  
Kneeling Mermaid  
Horseback  
One Arm Swan / Single Arm Press  
Push Down One Arm (sideways to chair) **ADD TWIST**  
Mountain Climb (10x hands on)  
Pull Up  
Spine Stretch Forward  
Teaser on the floor  
One Leg Press (lying down)  
Standing Pumping  
**Going Up Front (with wall for balance)**