

Wunda Pump: Exercise List

Footwork w/out Tendon Stretch
One Leg Pumping seated
Push Down
Swan Dive (WITH rocking)
Backward Arm Press Sitting on Chair
Mermaid on top
Seated on Floor - Backward Pumps
Arm Frog (front & BACK)
Kneeling Mermaid
Horseback
One Arm Swan / Single Arm Press
Push Down One Arm (sideways to chair) ADD TWIST
Twist & Reach (on top of chair)
Push Up Hand on Floor
Tendon Stretch
Mountain Climb (10x hands on/ **ADD #2 POSITION**)
Pull Up
Side Pull Up
Spine Stretch Forward
Arm Frog on Pedal Facing Chair
Arm Frog on Pedal Facing OUT
Teaser on the floor
Rollover
Flying Eagle
Leg Frog on Floor
One Leg Press (lying down)
One Leg Press Side (lying down)
Standing One Leg Press
Push Down Behind Chair
Going Up Front (with wall for balance)
Standing One Leg Pump Side