

Wunda Boost: 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)
- **Big Twist Prep**
- Push Up Hand on Floor
- Tendon Stretch
- **Tendon Stretch One Leg Back**
- Mountain Climb (10x hands on/ ADD #2 POSITION)
- Pull Up
- **Kneeling on Floor Neck Press**
- **One Arm Frog Press**
- 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
- **Push Down Behind Chair One Arm**

- Going Up Front (with wall for balance)
- **Going Up Side**