

Wunda Vitalize: 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
Push Up Hand on Floor
Tendon Stretch
Tendon Stretch One Leg Back (**ADD SIDE**)
Mountain Climb **FULL**
Pull Up
Pull Up One Hand
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
Tricep Dips
Kneeling Push Down
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