

The Wunda Effect: 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

Push Up Hand on Chair

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

Neck Strength Front

Spine Stretch Forward

Arm Frog on Pedal Facing Chair

Arm Frog on Pedal Facing OUT

Teaser on the floor

Reverse Mountain Climb

Tricep Dips

Kneeling Push Down

Side Mountain Climb

Rollover

Flying Eagle

Leg Frog on Floor

One Leg Press (lying down)

One Leg Press Side (lying down)

Pike

Standing One Leg Press

Push Down Behind Chair

Push Down Behind Chair One Arm

Going Up Front (with wall for balance)

Going Up Side