



Pilates Wunda Spring Settings Guide

- 1) If you have more than 2 springs, use the heavier ones; ignore or remove the others.
- 2) If your chair has a split pedal, lock it into one pedal.
- 3) If your chair has handles, remove them.
- 4) Higher settings are heavier.
- 5) Lower settings are lighter.

Classical Wunda	Contemporary Wunda (use 2 heavy springs only)
2 springs top	2 heavy top
1 spring top / 1 bottom	1 heavy top / 1 heavy bottom
2 springs middle	2 heavy on either middle setting
1 spring middle	1 heavy on either middle setting