

Hi everyone, it's Miguel Silva here. And welcome to the Wunda Effect. You will not believe the benefits of this chair until you do it. Strength, flexibility and control over your body is the least that I can say. It's just have to feel it more than saying it. These workouts were designed for you to do it at home, fast paced, for you to maximize your time. You're gonna sweat, you're gonna feel better. This series is for everyone, not just popular test teachers. Either you have 20 or 80 years old, doesn't matter. You will just have to feel the benefit. For the last two years I've been studying this chair very close. I've been watching pictures, films in order to have as much as I could being close to the original work and achieve the same performance as Joseph Pilates. And if you have a different Wunda chair, we have made for you a tutorial video about how to use the springs. It's going to be very easy. Classical or contemporary, you don't have any excuse to do the workout you can do on both. So from the very beginning on the first class, you will feel that your body is going to get stronger. But the best thing is with the progressions that you're going to do it, you will feel that, that foundation that you've got from the first one until the last one, your body is going to get stronger and stronger and stronger. After every workout, don't forget to see our tips. They will encourage you to go forward and forward and forward and get better and stronger and flexible. I will tell you all my secrets. We're going to go over each new exercise and believe me, you will get the max of it. Josef Pilates's dream is having something at home that would be your furniture. As you can see it here, we can just simply sit down on her and teach you how to be seated and just flip around and have got this amazing piece of equipment. So follow his dream and to achieve all the population, we create this progressive series for you to be independent on your workouts and have the gym at home, small space, affordable and you can practice at home without getting out. And the most important part, the benefits that you will feel from it. It will be amazing. Strong, flexible and in control of your body. Enjoy.