



Victoria Torrie-Capan
October 26th LIVE SESSIONS
WUNDA CHAIR

Mat - Lie down face up, feet flat on wood, pulling heels into pedal, chair on one spring middle (or adjust for your chair/body needs)

Feet on Pedal - Pull heels in toward pelvis

Marching

Chin to Chest

Marching

Hundred w/ calves on pedal

Half Roll Down off chair

Half Roll Down feet on pedal w/out moving pelvis

Teaser - arches on pedal, lift pedal as you come up

Leg Circles

Spine Stretch Forward - 2 variations

Footwork

Shoulder Bridge

Side Bend variation on floor w/ top foot on pedal

Swan Dive Variations - extension of spine, add arm pumps, hyperextension of thoracic, maintain thoracic while rocking w/ straight arms

Mermaid with 3 leg variations

Side Bend on top w/ ribcage translation

Side Bend w/ split legs

Side Bend variations w/ rotation

Pull Up Side (1 spring top, 1 spring bottom - or adjust for your chair/body needs)

