



Victoria Torrie-Capan
November 2nd LIVE SESSIONS
WUNDA CHAIR

Springs - one top one bottom (or adjust for your chair/body needs)

Seated with feet on pedal, pelvic stabilization

Footwork

- Toes (round back, flat back arms by side, arms over head)
- Arches (round back, flat back arms by side, arms over head)
- Heels, 1 leg
- Toes, 1 leg
- Arches
- Tendon Stretch

Hundred (on top)

Kneeling Push Down (kneel on top facing pedal)

Springs - change to one middle or one top

Kneeling Push Down (kneel on top facing pedal)

Push Down (kneel on top facing pedal)

Springs - one middle

Swan Variation - extension of spine, straight arm extension to bent arm rock

Swan Dive

Seated Side Bend one leg out to side & roll onto hip

Seated Side Bend w/ ribcage translation to rotation, bring pedal up

Seated Rotation, back toward pedal, one arm push down pedal

Mat

Kneeling Side Bend to Side Kick (front/back) w/ hand on pedal

Semi Circle w/ feet on pedal, hands by side

Semi Circle w/ hands in V position, feet on pedal

Semi Circle Reverse w/ feet on pedal hands by side to hands in V position

Seal w/ external rotation of thigh, extension of hip, soles of feet together

Springs - one top one bottom





Table Top

Springs - one middle

Mat

Backward Arms (seated on mat facing away from chair)

Arm Frog (standing on mat, back to pedal, heels lift as you squat)

