



Victoria Torrie-Capan
November 9th LIVE SESSIONS
WUNDA CHAIR

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

Feet on Pedal - Pull heels in toward pelvis

Footwork

-Marching

-Toes

-Arches

-Heels

Shoulder Bridge

Spine Stretch Forward

Springs - one top one bottom

Tendon Stretch

Pull Up

Pull Up - Middle Range Only

Mountain Climb Full Version going up and down

Kneeling Push Down (kneel on top facing pedal)

Springs - one middle

Kneeling Push Down (kneel on top facing pedal)

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

Side Bend Variations

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

Side Bend w/ ribcage translation to Side Bend

Twist - Seated facing away from pedal

Twist - Seated, add Hip Hinge

Teaser

Teaser Twist

Springs - one top one bottom





Pull Up - one arm - 2 variations

Pull Up - twist - one foot over the other, rotated middle spine

Star - focus on alignment of pelvis

