

Wunda Power Challenge

Footwork (2 Springs Bottom)

-Toes

-Arches

-Heels

-Tendon Stretch

Pull Up (2 Springs Bottom)

Pull Up - 1 Leg (2 Springs Bottom)

Hundred

Single Leg Stretch

Double Leg Stretch

Single Straight Leg Stretch

Double Straight Leg Stretch

Criss Cross

Teaser Up

Swan Dive (1 Spring Middle)

Horseback (1 Spring Middle)

Plank on Top

Teaser 3 (1 Spring Middle)

Going Up - Side (1 Spring Middle, 1 Spring Bottom)

Frog - Facing Chair (1 Spring Middle, 1 Spring Bottom)

Going Up - Side (1 Spring Middle, 1 Spring Bottom)

Pull Up - Side (1 Spring Middle, 1 Spring Bottom)

Headstand (1 Spring Middle, 1 Spring Bottom)

Chest Expansion - on top

Push Up 3 (1 Spring Top)