



Sonjé Mayo

September 25th LIVE SESSIONS (Advanced Level)

WUNDA CHAIR

Footwork

- Toes
- Arches
- Heels
- One Leg Pumping
- Tendon Stretch

Standing Pumping - One Leg Front

Pull Up Side

Standing Pumping - Side

Table

Cross Pump

Mountain Climb Front

Going Up Side

Mountain Climb Down

Frog Facing Front, Feet on Pedal

Frog Facing Out, Feet on Pedal

Pumping Two Arms

Pumping One Arm

Swan Dive

Teaser - On Top

Leg Press Down - Front

Teaser Twist

Leg Press Down - Side

Teaser Twist 2

Push Up - Feet on Pedal