



Sonjé Mayo

September 4th LIVE SESSIONS (Basic Level)

WUNDA CHAIR

Footwork

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

Standing Pumping Front (aka Leg Press Down)

Push Down / Washer Woman

- Standing Front
- Kneeling on Top
- Standing Behind

Standing Push Down Single Arm Side

Pull Up