

Pilates Wunda Springs Settings Guide

Classical Wunda (Gratz®, Techno®, Legacy®, Pilates Designs®, Contrology®, Peak®, etc.)	Contemporary Wunda (Balanced Body®, BASI®, Merrithew/Stott®, BASI®, Exo®, MVe® etc.)
2 springs top	2 heavy top
1 spring top / 1 bottom	1 heavy top / 1 heavy bottom
2 springs middle	2 heavy on either middle setting
1 spring middle	1 heavy on either middle setting

Set your chair up for Pilatesology workouts in 3 steps:

- 1) If your chair has a split pedal, lock it into one pedal
 - 2) If your chair has handles, remove them
 - 3) If you have more than 2 springs, use the 2 heavier ones; ignore or remove the others
- *Higher = heavier.* The higher up your spring setting, the heavier the resistance
 - *Lower = lighter.* The lower down your spring setting, the lighter the resistance
 - *Hands on pedal* is always 1 spring middle
 - *Feet on pedal* starts at 1Top, 1Bottom. Go heavier or lighter depending on body needs