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**Victoria Torrie-Capan**  
**October 19th 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
- Marching
- Chin to Chest
- Marching
- Footwork
- Shoulder Bridge
- Hundred
- Leg Circles
- Half Roll Down w/out moving pelvis
- Spine Stretch Forward - 2 variations

Footwork seated on chair, 1 spring top/1 spring bottom (or adjust for your needs)

- Toes
- Arches
- Heels
- Tendon Stretch

Pull Up

Pull Up - Middle Range Only

Extension exercises (prep for Swan)

Swan with upper back bending

Side Bend/Mermaid Variations:

Kneeling Side Kick Variation

Twist - Seated facing away from pedal

Twist - Seated, add Hip Hinge

Pull Up Side

