

Wunda Chair Session Plan



Exercise	Instruction	Notes
Footwork Series Heels on Toes on V position	Seated all, hands lightly pressing on side of chair. Feet in parallel, inhale to press down, exhale to lift pedal.	Focus on oppositional stretch as pedal lowers to help keep length through the spine Sit close to edge of chair Change foot position on an open spring Heels on- keep same point of contact under foot Toes on keep heels still in space
Stomach Series	Lie supine across seat, allowing tailbone to be off the edge. Perform the Stomach Series, allowing a spinal extension release, by arching over chair after each move	Positioning helps tailbone to keep lifting upwards to create spinal space. Support head with hands if needed Only take legs to a height where the tailbone stays lifted.
Reverse Swan	Face away from the pedal and extend legs, place hands behind on the pedal. Initiating from the tailbone, tilt the pelvis and flex back. Initiating from crown of the head return.	Keep lengthening away through the heels- you could allow the clients feet to push into your hands to keep oppositional stretch. Allow client to rest feet on a stability ball Focus on the sequential articulation and hip opening.
Reverse Swan 2	Flex back to long line, lift into thoracic extension and allow pedal to lift upwards holding the extension. Lower the pedal and flex back up.	Lead with breastbone not chin. Keep bottom rib connected towards ribcage
Side Lift	Lying on side, hand on pedal other arm straight up to ceiling. Top leg scissored forwards, bottom leg back. Allow the pedal to float up, laterally flexing spine and lower	Keep legs active and still Keep space between shoulder and ear Make sure back of the body stays aligned and eyeliner forwards
Shoulder Bridge from the floor	Feet on pedal down on floor. Articulate into the bridge and lower. Add in knee lifts	Watch out for when the pedal wants to lift. Connect strongly into the feet

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Frog	Feet in V Position Press pedal down and return Perform with soles of feet together	Focus on the 2 phases of the lower limb movement. The feeling of the thighs moving towards you and then they move away.
Tendon Stretch	Standing facing the pedal, one knee against the chair, resting just below the patella, toes on the pedal. Arms in cossack position. Press down down, isolating movement at the ankle	Body is in a diagonal line.
Lunge	Smoothly press pedal down and lift other foot on top of chair. Lunge up & down	Body changes to vertical line Make sure back heel in dorsiflexed Focus on pressing into top leg and float upwards Change arm position if necessary
Pike	Bring hands onto sides of chair and place foot onto pedal to join other. Maintaining flexed spine, lift pelvis upwards and lower	Keep flexed lumbar spine Initiate move from abs Keep crown of head down
Push Up	Hold above position and perform push up	Keep torso still and isolate movement at the arms
Swan Dive	Lying prone on chair with hands on pedal. Inhale to allow pedal to lift, exhale to lower Add in knee bend	Press hands back to help connection Reach through crown of head in both phases Keep legs parallel and together Keep legs stills extend spine.
Standing Cat Stretch	Standing facing chair, roll down placing hands on pedal and allow spine to lower the pedal. Return	Try to focus on spine creating the movement of the pedal, not the arms. Stand on your head! Tailbone begins the return