



ADAPTIVE PILATES FOR THE WUNDA CHAIR FROM BASIC TO ADVANCED

BALANCE CONTROL TRICEPS PRESS WITH PELVIC TILTS AND LEG LIFTS

Sit on floor facing away from chair with legs extended in parallel position.
Place arms on bar behind back fingertips facing body, elbows back
Press bar down—release up 8 times
Small presses upward
Press bar down, lift straight back 1” off floor, contract in pelvic tilt,
press torso up in straight line . Break at hip to straight spine position,
bend arms and lower torso to floor
Bend arms lifting bar. Press bar down—release up
Press bar down, lift straight back 1” off floor, contract in pelvic tilt,
press torso up in straight line—Lift right leg to ceiling, lower to floor,
alternate legs. Break at hip to straight spine position , bend arms and
lower torso to floor
Can be repeated with hands facing body.
Extend legs to ceiling (in); lower straight legs to floor pressing bar down (ex).
Lift torso and straight legs (in /ex). 2 – 4 Times.
Repeat other side.

JACK KNIFE

Lie on floor in front of chair with head 4 –6 inches from wood. Hold bar
at ends.
Bend knees, extend to L-position
Roll torso up and place feet on seat of chair
Press arms upward pull arms down at sides . 4 Times
Lift one leg to ceiling , lower to seat of chair. Repeat with other leg 4
Times alternate legs
Lift both legs to ceiling, lower to seat of chair \Roll down bringing spine
to floor , legs to L-position then arc to floor
Bend knees extend to L-position
Roll torso up and place feet on seat of chair
Lift both legs to ceiling, lower to seat of chair
Roll down bringing spine to floor , legs to L-position then arc to floor

REVERSE

Turn torso around. Place feet on top of chair.
Roll over bringing feet over head. Pike up.
Reach one leg to top of chair.
Extend leg over head bringing other leg to chair.
Roll down.
Roll up and repeat.

NOTES: _____



UNILATERAL STRETCH

Stand behind chair toes ankles and knees together
Round torso over chair and place hands on pedal
Contract and round spine to Washer Woman position
Flatten spine and push the pedal down
Place one hand on pedal, other arm rounded at side
push pedal down. pull up

SINGLE LEG ON TOP

Place leg on top on chair. Round torso over chair and place hands on pedal
Press down, up.

CAT AND SIDE CAT COMBINATION

Kneel on top on chair and place hands on pedal. Bring hips over heels.
Round back and hover over heels.
Press bar down. Lift up
Lift one arm from bar. Maintain shoulder alignment. Press down. Lift up.
Pulse upward.
Lift bar up. Place both arms on 1 side. Look at hip. Press down and up.
Lift 1 arm and place behind back. Look at hip. Press bar down and up.

TICK TOCK AND SCISSORS SERIES

Sit side ways on seat of chair. Extend one leg on floor.
Place 1 hand on pedal. Stretch toward extended leg.
Stretch up and press pedal down.
Place bent leg on chair. Stretch and press pedal down lifting back leg.
Lower leg lifting torso up.
Bend back leg, extend to ceiling, lifting torso and arm up toward ceiling.
Bend leg and lower pressing pedal down.
Extend legs to scissors. Press bar down and up.
Bring legs together. Place hand on chair. Press bar down and up.
Scissors kicks.
Scissors kicks pressing bar down.
Lift arm from chair. Scissors kicks.

NOTES: _____
