



The Wonderful Wunda Chair
Pilates Heritage Congress, Monchengladbach, Germany
Friday, May 5, 2017, 10 AM -12:30 PM

I. Introduction and Discussion

- A. Manufacture/Design
 - 1. Wunda Chair
 - 2. High (Electric) Chair
 - 3. Convertible Chair
 - 4. MVE Chair
- B. Accessories:
 - 1. Handles
 - 2. Split Pedal
 - 3. Bungee Cords (Exo Chair)

II. Standing Floor Exercises

- A. In Front
 - 1. Standing #1 Pumps w/ Bent Knee
 - 2. Standing #2 Foot Exercise
 - 3. Hamstring #1 (Washer Woman)
 - a. Two Arms
 - b. One Arm
 - c. Obliques w/ Crossover
- B. In Back
 - 1. Hamstring #2

III. Seated/Lying on Chair

A. Leg Pumps (also on Electric Chair)

1. Double Leg
2. Single Leg
3. Split Pedal Variations

B. Swan Dive

1. Puppet Arms
2. Arm Presses
3. Back Extensions
4. Full Swan

c. Reverse Swan

1. Double Arm
 - a. Bent Knees
 - b. Straight Knees
 - c. Teaser
2. Single Arm/Obliques

C. Seated Mermaid

1. KSG version
2. Original w/ Extended Legs

IV. Feet on Pedal/ Hands on Chair—or not!

- A. Hip Press Up (Bootie Press)

- B. Pull Ups (Hamstring #3)
 - 1. Two Hands/Two Feet

 - 2. Split Pedal Running Up & Down

 - 3. One Hand/Two Feet

 - 4. Two Hands/One Foot

 - 5. Obliques
 - a. B Plus

 - b. One Leg Side

- C. Tendon Stretch
 - 1. Front

 - 2. Side

 - 3. Back

- D. Lunges (also on Electric Chair)
 - 1. Front

 - 2. Side

V. Electric Chair/Handles

- A. Press Up Front w/ Heel Beats

B. Press Up Back w/ Leg Raises & O's

VI. Seated on Floor

A. Triceps

B. Spine Stretch

VII. Lying on the Mat/Head In

A. Swan Dive

B. Roll-Over

C. Jack Knife

D. Corkscrew

VIII. Kneeling Exercises

A. Mermaid (Kneeling on Floor)

B. Cat (Kneeling on Chair)

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