



**CADILLAC, WUNDA CHAIR AND REFORMER
CLASSIC TO CONTEMPORARY**

CADILLAC PROGRAM

AIRPLANE WITH SINGLE LEG VARIATION

Lie on table. Place legs over breathing bar. Bring knees to chest. Roll torso up. Press out on diagonal. Lower torso to table.

Reverse movement pattern.

Single Leg Variation

Lift one leg off bar. Place on knee or on bar. Repeat movement pattern and reverse.

NOTES:

ROLL OVER TO TEASER UNDER BAR

Tower bar, no springs. Lie in table hold bar.

Press bar overhead. Lift legs and roll over. Roll torso down under bar. Bring bar over chest.

Lift up to teaser position.

NOTES:

ROLL OVER TO TEASER WITH ARCH

Tower bar, no springs. Lie in table hold bar.

Press bar overhead. Lift legs, circle out to sides of body and roll over. Flex and point feet. Roll torso down. Bring bar over chest. Lift up to teaser position, lifting from sternum.

NOTES:

SEATED ROTISSERIE CHICKEN

Sit on tower end. 1 spring on bar. Hold bar in hand.

Pull bar down. Twist. Press bar up and twist.

NOTES:

WUNDA CHAIR PROGRAM

FROG

Medium spring tension. Sit on floor in front of chair; knees bent , feet flat at sides of chair.

Bring legs to diamond / place on foot bar.

Press bar to floor. Lift.

Press bar to floor. Extend one leg to side. Flex and point. Bend leg to bar.

Lift bar ½ way up and repeat.

NOTES:

SIDE ARM PRESS

Lie on top of chair on side of body with hip over hip and shoulder over shoulder. Press pedal down. Pull up. Pedal half way up. Scissors legs. Scissors legs while pressing pedal down and up.

JACK KNIFE

Lie on floor in front of chair with head 4 –6 inches from wood. Hold wood bars at ends.

Bend knees (in), extend to L-position

Roll torso up and place feet on seat of chair

Press arms upward (in) pull arms down at sides

Lift one leg to ceiling (in) lower to seat of chair repeat with other leg Lift both legs to ceiling lower to seat of chair

Roll down bringing spine to floor , legs to L-position

Bend knees extend to L-position

Roll torso up and place feet on seat of chair

Lift both legs to ceiling (in) lower to seat of chair

Roll down bringing spine to floor , legs to L

NOTES:

BOOMERANG

Repeat with legs crossed, rolling down one side of spine.

NOTES:

REFORMER

TENDON STRETCH

Stand on edge of carriage facing head rest with heels off edge of carriage. Round torso over and place hands behind torso on foot bar. Press carriage out maintaining torso stretch towards legs. Pull carriage all the way back with straight legs stretching torso toward legs.

NOTES:

CLARA SEMI-CIRCLE

Lie on back on carriage. Place feet hip distance apart on the bar.

Roll to releve / roll torso up

Press torso out

Roll torso down, starting at throat and ending with heels under foot bar.

Lengthen spine on carriage, and bend knees.

Flex, extend legs out

Roll to releve and roll torso up, bend knees pulling carriage in.

Roll torso down, starting at throat and ending by flexing feet under bar.

NOTES:

SWAN WITH TWIST

Lie prone on box. Place hands on foot bar. Press out to straighten arms. Pull In

Press out to straighten arms. Lift to extend

Bend arms maintaining extension. Lift to extension. Press out to straighten arms.

Lower torso. Bend arm. Press out. Lift one arm. Rotate torso. Bring carriage in keeping arm straight and lifting torso in extension. Turn torso toward floor. Release. Press out. Lift one arm. Turn torso. Bring carriage in and press out keeping arm straight and lifting torso in rotation.

NOTES:

CROSSED LEG LONG SPINE

Lie on back with one foot in opposite strap-cross legs one leg in front of leg in strap

Long spine straps medium spring

Lower and lift legs 4 x

Roll up legs toward ceiling

Slide leg down the front to the knee cross and come up the back 4x -- Roll down

Lower to diagonal -- Lower and lift one leg 4 x

Place foot without strap over other leg ankle to ankle

Bend knees to chest- extend legs to diagonal. 4x

Take leg around the back

Roll up -- Cross around the leg and back

Roll down with leg behind

Lower and lift back leg 4x

Lift leg back up

Lower and raise both legs 4x

NOTES:
