

Wunda chair exercises

8 beginner moves, in order, with springs and reps

Moves mostly from Merrithew's Essential repertoire; settings from Balanced Body and classical charts.



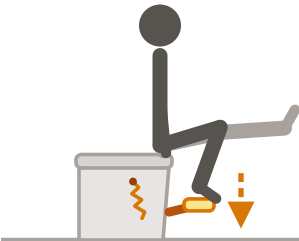
1

Seated footwork

Sit bones at the front edge

2 H2 to 2 H4 (BB)

10 reps



2

Single-leg footwork

One foot on the pedal

Same as move 1

One leg at a time



3

Standing roll-down

Hips don't move back

1 H3 to 2 H1 (BB)

4 reps



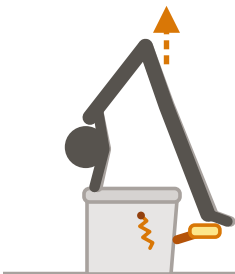
4

Standing leg press

Shoulders over hips

1 H3 to 2 H2 (BB)

4–6 reps



5

Pull Up

Shoulders over wrists

1 top + 1 bottom

5–8 reps



6

Push down, one arm

Keep the elbow close in

1 middle

3 x 3 per side



7

Swan prep (floor)

Floor first, then on top

Swan: 1 middle

Mind your low back



8

Seated mermaid

Lift and reach

1 middle

3–5 per side

Before you start (owner's manuals)

Springs fully hooked. Changing springs? Leave one on, no weight on the pedal.

Feet and fingers out from under the pedal. 4 ft of clear space, level floor.

Bare feet or grip socks, never plain socks. New to the chair? Learn with a teacher.

"2 H2" = two heavy springs on rung 2 (Balanced Body). Classical: top/middle/bottom hooks. Check your chair.

Spinal bone loss? Moves 3, 5 and 6 round the spine forward; ask a provider first (BHOF).

"Beginner" on the chair means first moves to learn, not easy. Sources: Merrithew, Balanced Body, Pilatesology, Lesley Logan.