



Joker's Wild Wunda Chair: From Traditional to Beyond

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Push down front pumping arms - Romana

Springs: 1 middle

Goals:

- Articulation and flexion of the spine
- Stabilization of the shoulders
- Strengthening of the abdominals and shoulder musculature
- Stabilization of the pelvis

Starting position:

Stand facing the pedal, slightly away from the chair, with the legs in Pilates Stance or parallel apart with the arms up towards the ceiling.

Execution:

Push down with leg variation - Kathy Grant

Springs: 1 middle

Goals:

- Balance
- Dynamic control

Starting position:

Stand slightly away from the chair, with the legs in Pilates Stance or parallel apart with the arms up towards the ceiling.

Executions:

Hamstring push down

Springs: 1 middle

Goals:

- Hamstring stretch

Starting position:

Stand in front of the WC with the legs hip width apart, with the left leg in front of the right. Both legs are parallel.

Execution:

Kneeling Cat stretch - Kathy Grant

Springs: 1 middle

Goals:

- Articulation of the spine
- Flexion and extension of the spine
- Opening of the sternum
- Stretching and strengthening of the spinal muscles
- Stretching and strengthening of the abdominal muscles

Starting position:

Kneel on top of the chair. Leave a little room in front of the knees. Sit back with the hips on the heels and place both hands on the pedal. Round the back as much as possible creating a lot of space between the chest and the thighs.

Execution:

Kneeling Cat stretch - Joe

Springs: 1 top

Goals:

- Flexion of the spine
- Strengthening of the spinal muscles
- Strengthening of the abdominal muscles

Starting position:

Kneel on top of the chair with the knees completely on the front edge. Place both hands on the pedal and round the back as much as possible creating a lot of space between the chest and the thighs. The hips are back, curled under and off the heels as far up as possible.

Execution:

Kneeling cat stretch series - in front

Springs: 1 middle

Goals:

- Elongation of the spine
- Spine articulation in flexion and extension
- Hip joint mobility

Starting position:

Quadruped in front of the chair with the hands on the pedal and the pedal down on the floor.

Execution

Pull up - on the toes - Romana

Springs: 1 top & 1 bottom; or less

Goals:

- Powerhouse control
- Flexion of the spine
- Strengthen the abdominals and shoulder musculature

Starting position:

Stand on the pedal in Pilates Stance. Lift the heels. Place the hands on the back of the Chair. Move the shoulders directly above the wrists.

Execution:

Pull up - on the heels - Joseph

Springs: 1 top & 1 bottom; or less

Starting position:

Stand on the pedal in parallel with the feet flexed. Place the hands on the sides of the Chair. Move the shoulders directly above the wrists.

Execution:

Oblique Pull up

Springs: one top & one bottom or less

Goals:

- More activation of the obliques

Starting position:

Stand on top of the pedal and place the right hand on the top corner and the left hand on the bottom corner. Move the upper body so that the sternum is in between the hands

Execution:

Pull up side - outside leg crossed - Romana

Springs: 1 top and 1 bottom

Goals:

- Powerhouse control
- Stabilization of the pelvis
- Strengthening of the arm, shoulder, upper back and stomach musculature
- Balance

Starting position:

Stand sideways facing the pedal. Place the foot closest to the pedal (inside leg) on the back edge or middle of the pedal and press the pedal down (taller people will need to be on the back edge, smaller people can move more forward). Place both hands on the edge of the chair and cross the ankle of the other leg (outside leg) in front of the ankle of the inside leg, with the knee slightly bent and turned out. Round the spine and bring the shoulders above the wrists so that the shoulder line is parallel to the edge of the chair, with even weight on both hands. The body starts out of alignment.

Execution:

Pull up side - inside leg crossed - Kathy

Spring: 1 top and 1 bottom or less

Difference:

- Great prep for the snake and twist on the Reformer
- Different connection as the leg of the “working” hip is more open chain and not anchored on the pedal

Starting position:

Stand sideways with the feet in line with the pedal. Place the outside leg on the pedal and press down. Hold the far side of the chair and cross the inside leg over. Adjust the hands so that one hand is on the back of the chair and one hand in the middle of the side. The upper body is slightly twisted (sternum between hands) but keep the hips square facing side

Execution:

Push down one arm side - inside arm on the pedal - Romana

Springs: 1 middle

Goals:

- Powerhouse control
- Articulation and flexion of the spine
- Stabilization of the pelvis and shoulder (uneven pressure/tension on the body)
- Strengthening of the stomach and shoulder musculature

Starting position:

Stand sideways in Pilates stance. The distance will depend. Arms are stretched up. Roll forward and place the hand closest to the pedal, in the middle of the pedal. Continue to roll down, pressing the pedal down with a straight arm. The other arm circles down and up, reaching towards the ceiling, the palm of the hand faces towards the chair. In the “down” position, the wrist and shoulder are inline and the hips and heels are inline.

Execution:

Push down one arm side - inside arm on the pedal standing close - Joe

Springs: 1 middle

Goals:

- Powerhouse control
- Articulation and flexion of the spine
- Stabilization of the pelvis and shoulder (uneven pressure/tension on the body)
- Strengthening of the stomach and shoulder musculature

Starting position:

Stand sideways in the middle of the chair as close to the chair as possible with both arms stretched up. Roll forward and place the hand closest to the pedal, in the middle of the pedal. Continue to roll down, bending the arm on the pedal (so the pedal stays up) as the other arm circles down and up, reaching towards the ceiling, the palm of the hand faces towards the chair. In the forward position, the hips and heels are inline, and the shoulders are squared off

Execution:

Push down one arm side - outside arm on the pedal - Kathy

Springs: 1 middle

Starting position:

Sideways in Pilates stance or parallel apart. The distance will depend. Arms are stretched up. Roll forward and place the outside hand, in the middle of the pedal. Continue to roll down, pressing the pedal down with a straight arm. The other arm circles down and up, reaching towards the ceiling, the palm of the hand faces towards the chair.

Execution:

Standing saw - Joe

Spring: 1 middle

Goals:

- Spine flexion and rotation
- Hamstring stretch
- Control

Starting position:

Stand with the legs wide facing the pedal. Arms open to the side

Execution:

Standing saw sideways - Kathy

Spring: 1 middle

Goals:

- Spine flexion and rotation
- Hamstring stretch
- Control

Starting position:

Stand with the legs slightly wider than shoulder width on the right side of the chair, facing the chair and with the midline of your body between the front of the chair and the pedal. Bring both arms up towards the ceiling.

Execution:

Spine stretch forward - Hinge - Kathy

Springs: 1 middle

Goals:

- Flexion of the spine
- Stretching of the spine
- Lift in the Powerhouse
- Deepening of the C-curve
- Stabilization of the shoulders
- Stretching of the hamstrings

Starting position:

Sit in front of the chair with the legs open on either side of the chair. Sit with the ankles around the front edge of the chair. Lift both arms straight up towards the ceiling. The distance is going to depend on the proportions of the client and the stretch of the client.

Execution:

Spine stretch forward - Arms bent - Joe

Springs: 1 middle

Goals:

- Flexion of the spine
- Stretching of the spine
- Lift in the Powerhouse
- Deepening of the C-curve
- Stabilization of the shoulders

Starting position:

Sit in front of the chair with the legs open on either side of the chair. Move the body forward and place both hands on the pedal with the arms bent. The shoulders are slightly in front of the pelvis and the spine is long and slightly curved.

Execution:

Spine stretch with rotation

Springs: 1 bottom

Goals:

- Spine elongation
- Spine flexion
- Thoracic rotation
- Scapula connection

Starting position:

Sit in front of the chair with the legs as wide as comfortable. Cross the right hand over to place on the left corner of the pedal and place the left hand behind your head.

Execution:

Kneeling mermaid - Joe

Springs: 1 middle

Goals:

- Lateral flexion
- Shoulder stabilization
- Opening of the hip
- Strengthening of the obliques

Starting position:

Kneel facing sideways in front of the chair and close to the chair, toes are curled under with the feet together and the knees hip-width apart. Place the hand closest to the pedal on the pedal with the arm bent (elbow faces back). Lift the other arm up towards the ceiling and side bend slightly towards the pedal.

Execution:

Kneeling mermaid - Romana

Springs: 1 middle

Goals:

- Lateral flexion
- Shoulder stabilization
- Opening of the hip
- Strengthening of the obliques

Starting position:

Kneel facing sideways in front of the chair, with the legs hip width apart. Place the hand closest to the pedal on the pedal slightly in front of the shoulder, keeping the arm straight. Lift the other arm up towards the ceiling.

Execution:

Going up front - Romana

Springs: 1 top & 1 bottom

Goals:

- Strengthens the hip extensor
- Balance

Starting position:

Place both hands on the chair and press the pedal down with one leg. Step on top of the pedal with both legs. Place one foot on the top of the chair. Place the foot parallel and in line with the sits bone. Lift the upper body up and place the arms in a comfortable position for balance. Lift the heel of the foot that is on the pedal

Execution:

Going up front - Kathy

Springs: 1 top & 1 bottom

Goals:

Emphasizes the hip extensor

Starting position:

Place both hands on the chair and press the pedal down with one leg. Step on top of the pedal with both legs. Place one foot on the top of the chair. Place the foot parallel and in line with the sits bone. Lift the upper body up and place the arms in a comfortable position for balance. Lower the heel of the foot that is on the pedal

Execution:

Going up front with rotation

Springs: 1 top & 1 bottom

Goals:

- Experiencing the rotations of the thorax and pelvis during walking and stepping up

Starting position:

Press the peddle down and place the right foot on top of the chair. Bring the body up and bring the left arm forward with the elbow lifted. Allow the Thorax to rotate (left side moves forward).

Allow the right hip to move slightly forward and up

Execution:

Push Up On An Angle

Set up: 1 middle

Goals:

- Powerhouse control
- Stabilization of the shoulders
- Strengthening of the shoulder, arm and back musculature

Starting position:

Kneel on all fours on the side/front edge of the chair with the body angled out/away from the chair. Place the hand closest to the pedal on the corner of the pedal. Place the other hand on the floor in line with the hand on the pedal with the fingers slightly rotated inwards.

Stretch one leg at a time out into a plank position

Execution: