



Bet It All: Powerhouse Moves the Pedal

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In Pilates, your powerhouse (PH) is where you generate your strength, stability, mobility, stamina, and control. And so in Wunda Chair exercises, where your hands or feet are on the pedal, your arms and legs become important gateways to your powerhouse.

The Magic Circle is a useful tool for discovering and deepening the connections between your powerhouse and extremities which can then be transferred onto the Wunda Chair.

Magic Circle Fundamentals

Using the Magic Circle (MC), what can you learn about connecting your extremities to your PH? Pay attention to the kinesthetic feedback it's offering you - your body's sense of its own position and movement.

Supine Arms (Upper PH)

1. 90degree Hug: stabilize shoulder girdle/upper PH
2. MC "bench" press: maintain upper back connection while stretching & bending elbows
3. Protract/Retract
4. External rotation of humerus: "red dots"
5. MC Hug: connect to entire shoulder girdle
6. Ribcage Arms: stabilize PH while mobilizing arms
7. Chest Curl: stabilize arms while mobilizing spine
8. Chest Curl w/ Ribcage Arms: stabilize spine in upper C-curve while mobilizing arms
9. Supine Spine Stretch Prep: arm-back connection, deepen scoop, lengthen spine
10. Supine Spine Stretch Forward: deepen upper C-curve
11. Unilateral Spine Stretch Prep: stabilize against rotation/side bending
12. Unilateral Spine Stretch Forward: deepen upper C-curve w/ rotation



Supine Legs (Lower PH)

1. MC Hug: stabilize lower PH
2. MC Hug w/ Posterior Pelvic Tilt: low C-Curve
3. Unilateral MC Hug: stabilize against rotation & side-bending
4. MC Hug in Pilates stance
5. Frog w/ MC between ankles: Ext/Int rotation at hip joints

Mat-work

1. The Hundred: MC bw ankles
2. 1/2 Rollback: MC in hands (add hugs)
3. 1/2 Rollback: w/ circle bw knees (add hugs)
4. The Rollup: w/ MC in hands
5. The Rollup: w/ MC bw feet
6. Supine Single Straight Leg Press: MC under achilles tendon
7. Single Leg Circle: MC under achilles tendon
8. Rolling Like a Ball prep: MC bw heels & thighs/MC in hands for hugs
9. Spine Stretch Forward prep: arm-back connection + axial elongation
10. Spine Stretch Forward: upper c-curve moves MC
11. Prone Hug: MC on Mat above head
12. Flying Eagle: hands on MC at 11am & 2pm or on top handle
13. Double Leg Kick: MC bw heels & hips

Standing Magic Circle

1. Arms: upper PH
2. Legs: lower PH

Wunda Chair Workout

1. Find stability through isometric contraction
2. Scoop In & Up
3. Move from your powerhouse

Feet on Pedal

- Footwork Series
- Tendon Stretch
- Mountain Climb
- Pull Up
- Table
- Frog Facing Out
- Balance Control- Front
- Balance Control -Side
- Leg Push Down Front/Side/Back

Hands on Pedal

- Push Down
- Swan
- Teaser
- Mermaid, seated
- Backward Arms
- Arm Frog
- Mermaid Kneeling
- Horseback
- Push Up Sideways
- Teaser Twist
- Flying Eagle
- Corkscrew
- Push Down w/ 1 Arm
- Spine Stretch
- Stretch > Press Down Teaser
- Pumping Standing
- Pumping on Knees