

# CONTROLOGY® WUNDA CHAIR USER GUIDE



## INTRODUCTION

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The Contrology Wunda Chair is a precise recreation of the original Wunda chair first designed by Joseph Pilates and brought to light by Kathy Stanford Grant. Balanced Body took exact measurements from two different Wunda Chairs, both previously owned by Kathy and made by Joe. Joe used this style of chair in his own studio and he encouraged his clients to use them at home during the summer when the studio was closed. The result is a near perfect reproduction of the precise resistance and geometry of the original Wunda Chairs

### SAFETY

**Pedal Safety:** Keep both the client's and the instructor's feet out from under the pedal during standing exercises. Press the pedal down slowly to start each exercise.

Don't release the pedal with the springs stretched. Slowly release the pedal from the stretched position until the springs are no longer under tension. The instructor can assist the client by placing their foot on the pedal and controlling the return.

Maintain contact with the pedal throughout the exercise. Do not wear socks or slippery footwear on the Chair.

**Chair Stability:** When performing exercises where the Chair could slide, place sticky pads under the Chair or place it against the wall for safety. This includes any exercise where you are not sitting or standing on the Chair.

**Spring Safety:** Make sure the spring loop is fully engaged with the attachment hooks before starting the exercise. Check the springs regularly for wear and replace as needed.

**IMPORTANT NOTE!** There are many exercises on the Wunda Chair that both teach and require balance. Most Wunda Chair exercises build strength, while, at the same time, require the user to be able to support his or her own body weight during an exercise. **To prevent the risk of falling, do not perform any exercise where user skill is required to prevent a fall without a spotter and proper training.**

## SPRING ADJUSTMENT

The Contrology Wunda Chair has a series of spring attachment hooks to adjust the resistance on the pedal for different exercises. The lowest hook is the number 1 or the lightest position and the highest hook is the number 3 or the heaviest position. The higher up the spring is attached, the stronger the resistance. Remember: higher=heavier, lower=lighter.

To attach the spring to the mounting hook, have the hook of the spring facing downward and go over the attachment hook as shown in Figure 1.



Figure 1

Now let the spring drop and catch on to the attachment hook as shown in Figure 2



Figure 2

**IMPORTANT: Failure to properly hook the spring as directed can cause it to come off and cause injury.**

Do not hook the spring on the open loop of the attachment hook as shown in Figure 3

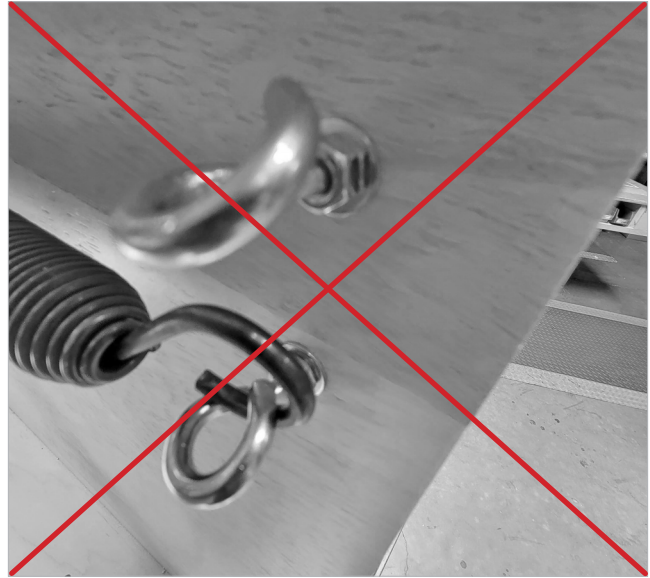


Figure 3

Do not have the hook of the spring be upside down with the open hook facing upward as shown in Figure 4.

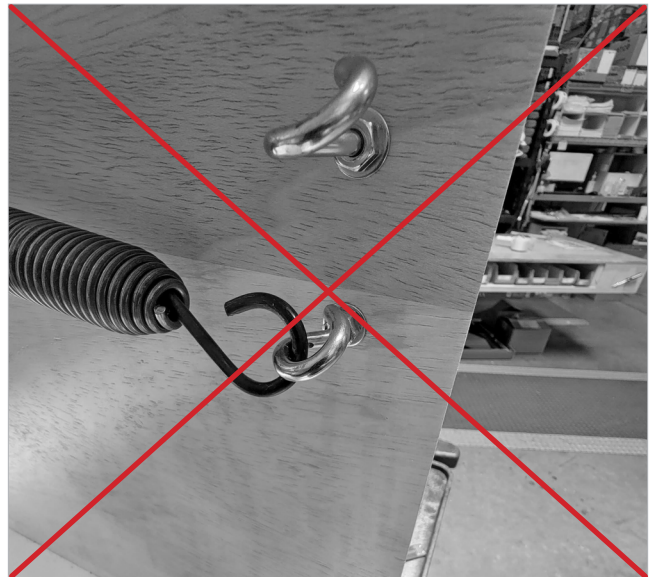


Figure 4

**Squeaking** The Contrology Wunda Chair may make two types of squeaking noises. The first is from the springs. This is normal and can be ignored\*. The second is from the hinges, and that means they require maintenance. To oil your hinges, add a very small drop of household oil like 3-in-1 oil to each separation in the hinge knuckles and then quickly wipe off the excess. Wiping the excess is important because the oil attracts dirt. Do not use sprays because they cause a mess.

QUESTIONS? Call Balanced Body Technical Support at 1-916-388-2838 or email: [info@pilates.com](mailto:info@pilates.com).



\*If the spring noise bothers you, call +1-916-388-2838 or email us at [info@pilates.com](mailto:info@pilates.com) to get some quick tips on reducing spring noise.

## Contrology Wunda Chair Exercises

### THE PRESS DOWN, SKILL LEVEL: FOUNDATION

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**Reps : 3**

**Spring Setting:** 1 Spring Middle

**Precautions:** Back flexion

**Skills needed to perform the exercise:**

No prerequisites



#### STARTING POSITION

- » Stand in front of the chair approximately one-foot length away from the base
- » Arms are by the side, heels together-toes apart

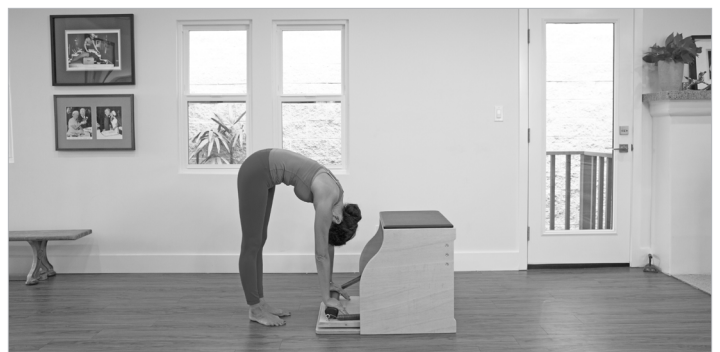
#### FOCUS:

- » Work the center
- » Stretch the back of the body
- » Move through forward flexion with the use of the center



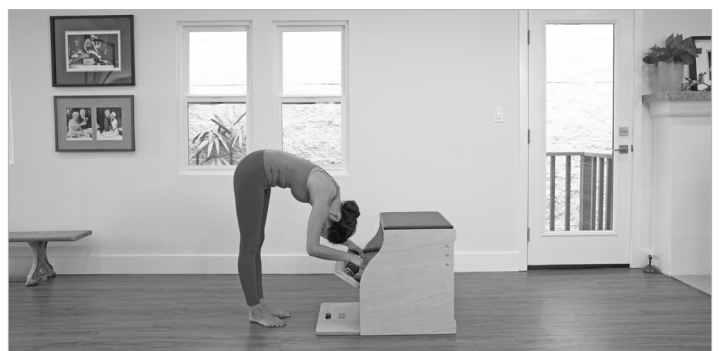
#### MOVEMENT SEQUENCE

- » Bring the arms overhead
- » Keep the hips centered over the heels, round the back and reach for the pedal
- » With straight arms, continue to round through the back and press the pedal towards the base
- » Roll up through the spine to close the spring and repeat
- » On the last repetition, continue rolling up to standing and return to the starting position



#### VARIATION

- » On the third repetition, round the back, roll down and pump the arms three times
- » One arm - place on hand behind the head and roll down.



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## THE PULL UP, SKILL LEVEL: FOUNDATION

**Reps : 3 sets**

**Spring Setting:** 1 High & 1 Low or 1 Middle & 1 Low

**Precautions:** Back flexion, wrist extension, balance

**Skills needed to perform the exercise:**

The press down on the Wunda Chair, the roll-up, the elephant

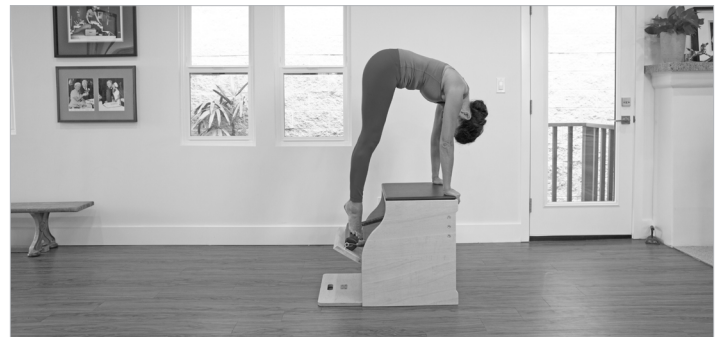


### Starting Position

- » Facing the chair, place the hands on the back edge of the chair with the fingers lengthened over the edge.
- » Step on the pedal one foot at a time, come into a heel together-toes apart position.

### Focus:

- » To lengthen the back
- » To strengthen the center
- » To develop back stabilization
- » Shoulder alignment
- » To teach inversions



### Movement Sequence

- » From the starting position, lift the heels
- » Staying in the round back, lift the pedal from the center
- » With control, lengthen the back and lower the pedal to the starting position
- » Repeat 3 times
- » On the last repetition lower the heels for a tendon stretch



### Notes

- » Keep the shoulders over the wrists
- » Continue to reach the feet into the pedal as you lift
- » Maintain balance and shoulder support throughout
- » Be careful not to lose your balance or control of the pedal

### Variation

- » 1 leg - bring one leg behind the pedal
- » Lift all the way up and lower halfway down
- » Lift only halfway up and lower all the way down
- » Advancement - lower the spring settings to challenge the center.

## THE SWAN, SKILL LEVEL: INTERMEDIATE

**Reps : 3 sets**

**Spring Setting:** 1 Middle

**Precautions:** Back extension, wrist extension

**Skills needed to perform the exercise:**

Pull straps on the Reformer



### Starting Position

- » Lie on the top of the chair facing the pedal
- » Place the hands on the pedal and press it all the way down
- » Align the body so that the shoulders are over the wrists

### Focus:

- » Back Extension
- » Upper body connection



### Movement Sequence

- » Keep the body long by engaging the seat and center
- » Pump the pedal three times by bending the arms
- » On the third pump, straighten the arms and lift the chest and back into extension.
- » Return to the starting position.



### Variations

- » From the extension - press the pedal down with straight arms and lift the legs into a full swan position
- » Rock the body forward balancing on the front edge of the chair
- » Pump the pedal
- » Straighten the arms and return to the starting position



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## THE MERMAID KNEELING, SKILL LEVEL: INTERMEDIATE

**Reps : 3 sets**

**Spring Setting:** 1 Middle

**Precautions:** Lateral Flexion

**Skills needed to perform the exercise:**

None



### Starting Position

- » Kneel in front of the chair, facing the side and inline with the chair. (Place a pad under the knees if necessary)
- » Place the hand on the center of the pedal, fingers long and facing in towards the chair.
- » Reach the other arm up with the palm facing in.

### Focus:

- » Sidebending / Lateral flexion
- » Lifting through the center
- » Oblique strength



### Movement Sequence

- » Press the pedal down and bend sideways
- » Reach into the pedal and lift the body back into the starting position with the center
- » Repeat 3 times on each side



### Variations

- » Advanced start
  - Stand facing the side of the chair with the arms crossed across your chest
  - Bend your knees and kneel facing the side of the chair
  - To change sides, rock back on your heels, cross your arms and stand
  - Walk to the other side and repeat