Joseph Pilates studied bodybuilding, gymnastics and yoga as he developed his unique exercises emphasizing the core muscle groups. The Pilates chair, also known as the Wunda chair, offers a variety of Pilates workouts targeting the core. In addition, the Pilates chair is small and lightweight, making it easier to adhere to Pilates' original hope that every living room in the United States contain a Pilates chair so that people could exercise rather than lounging around.

**Multiplanar Movements**

The multiplanar movements you can accomplish with a Pilates chair reflect Pilates' statement, "You are only as old as your spine is flexible." Depending upon the Pilates exercises you choose, you can do flexion or forward bending; extension or back bending; lateral flexion or side bending; rotation or twisting; lengthening to stretch out spaces between your vertebra; and the combination movements of circumduction.

**Adjustable**

According to the Pilates Foundation, a not-for-profit organization that oversees certification and training of Pilates instructors, an apparatus like the Wunda chair offers the benefit of tailoring your Pilates workout. Beginners and people recovering from injuries appreciate the support a Pilates chair provides during a workout, while more advanced practitioners take advantage of the capability to increase resistance during specific movements.

**Improves Balance and Posture**

Certain Wunda chair exercises improve your balance and posture. Scapular and pelvic stabilization exercises strengthen the core and create improved posture. For example, try a classic footwork move such as sitting upright at the front of the Pilates chair with your feet on the pedal. Move the pedal up and down with your feet facing front, then turned inward, then turned outward. You must stabilize your pelvis during this movement in order to maintain your balance. Target upper body strength and balance by doing push-ups on the Pilates chair. Face downward on the chair with your hands pressing down the pedal. Move your hips to the front of the chair and balance. To complete a push-up, move the pedal toward you and then push it away.

Contact Amy on 0410473996 if you’d like to know more about the Wunda Chair and the service she is offering in her new studio at Star Fitness.