

GET INTEGRATED

(and Stay That Way All Day)

In just 15 minutes, you can work every muscle in your body to achieve the ultimate goal in Pilates: full-body connection throughout your daily life.

By Fernando Sadir • Edited by Amanda Altman

HOW OFTEN DO YOU FEEL STRONGLY CONNECTED WITHIN YOUR BODY? Have you ever dreamed of living in this permanent state of muscle engagement? Well, if this is something you're looking to accomplish, try this short sequence that will keep you feeling fit and strong all day long.

The Wunda Chair is an extraordinary and incredibly versatile yet simple apparatus. It was developed by Joe Pilates for many reasons, one of them being to allow the client the opportunity to maintain their daily practice at home when the studio was closed. It allows you to exercise your whole body in a small space—even in your own living room where I like to use it.

I designed this workout for the Pilates instructor or advanced student that may have a Wunda Chair, too—as Joe wished. It's a great way to take your daily "internal shower" and keep your energy up. You'll feel your whole body connect with all of your muscles working, giving you that great Pilates sensation in just 15 minutes—so try to do it every day! **PS**

GENERAL GUIDELINES

PROP Feel free to place a nonskid pad under the Wunda Chair to help keep it in place.

BREATH Breathe naturally, always focusing on the exhale.

REPS Varies

TIPS

- Concentrate on working your center the entire time, reaching your body up from your toes to the top of your head (or fingertips when your arms are overhead).
- This workout is for the advanced student or teacher. Avoid it altogether if you have any issues in your shoulders, elbows, wrists or knees.
- As you get comfortable with this routine, feel free to change up the spring setting to make things even more challenging.



THE PULL-UP

SPRING SETTING

1 top, 1 bottom

WHY DO THIS

- Activates your center throughout, deepening your powerhouse connection.
- Works the C curve position while elongating your spine.
- Strengthens your arms and shoulders and connects your limbs from your center.

START Stand in front of the pedal with your heels together and toes apart. Place one foot on the pedal and press it down. Round your body forward and place your hands at the back edge of the seat, and then



START

MOVE

ADVANCED

step onto the pedal with your other foot, lifting both heels. Drop your head and round your spine into the C curve position.

MOVE Scooping your center with your legs

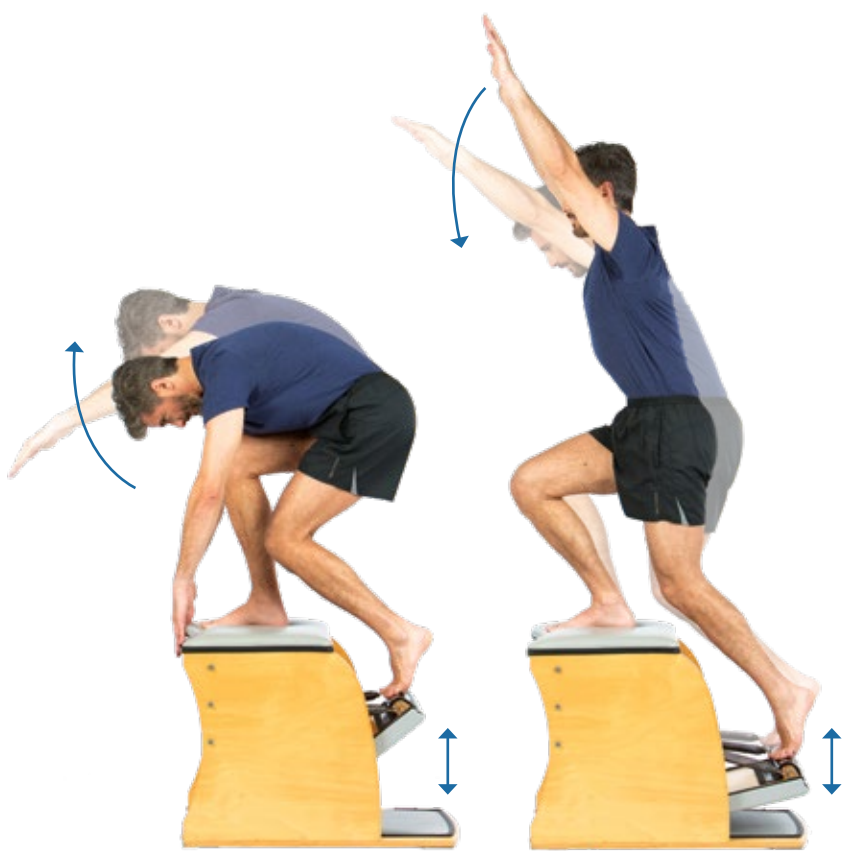
and arms extended and chin to your chest, slowly lift the pedal up and down for 3–5 reps, increasing your range of motion as you go. Return to

start and rest. Do 2–3 sets.

TIPS In between sets, stretch your heels down and connect your arms more into your back. To work even deeper through

your center, allow the pedal to press down on every rep, just be careful not to fall!

ADVANCED Extend one leg forward (as shown), or to the back or side.



MOVE 1.1

MOVE 1.2

MOUNTAIN CLIMB

SPRING SETTING 1 top, 1 bottom

WHY DO THIS

- Strengthens your legs and glutes while engaging your center.
- Increases stability and control.
- Works the back muscles while lifting your powerhouse.

START From the Pull-Up position (with your heels lifted), bend one knee into your chest and place your foot in parallel on the seat. Engage your center, squaring your hips and shoulders, and then lift the pedal by bending your other knee without changing your body position.

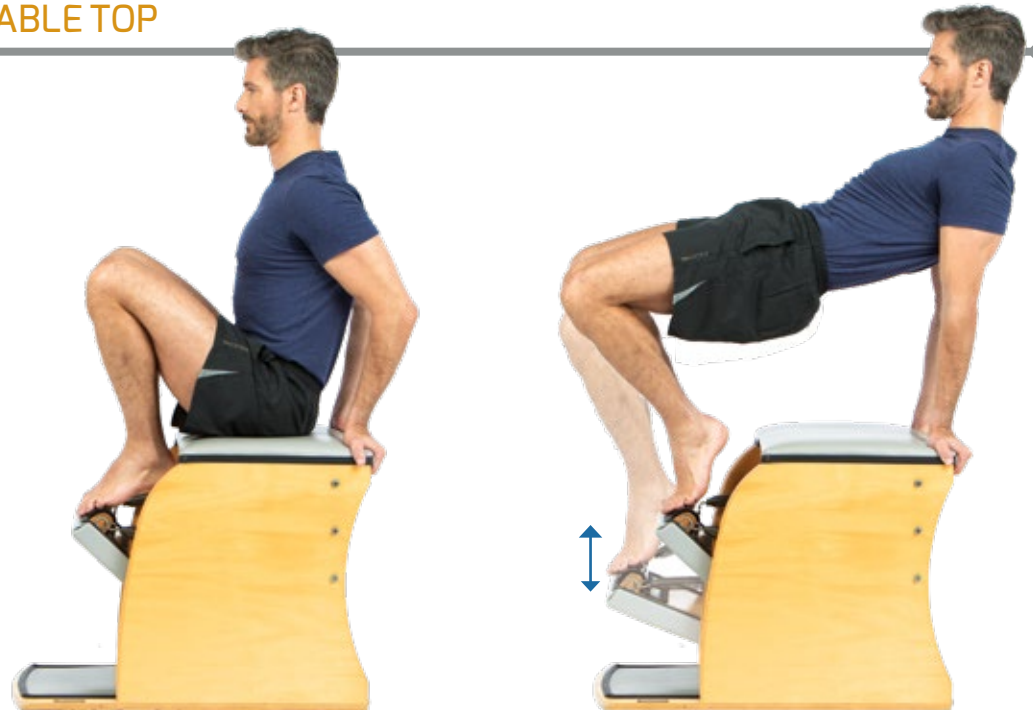
MOVE Keeping your C curve in tact, vigorously pump the pedal for 8 counts. Do 8 more pumps, this time reaching away with your fingertips as you roll your body up to vertical with your palms forward. Hold for 8 counts, reaching your head and fingers toward the ceiling. Roll down with control as you do 8 more pumps. To dismount, place your hands on the far edge of the seat, and then push the pedal down. Repeat on your other side.

TIP When rolling up to vertical, make sure to move from your center, moving your arms up before your head and reaching away with your fingertips to engage your back muscles.

MODIFICATION Place your hands on the seat for balance; when you roll up, stack your arms in front of your chest.

ADVANCED Decrease the spring tension!

TABLE TOP



START

MOVE

SPRING SETTING 1 top, 1 bottom

WHY DO THIS

- Strengthens the hamstrings, glutes and arms while lifting your center.
- Promotes control.
- Opens your hips and chest while working on symmetry.

START Sit tall on the seat facing the pedal, scoop your center in and up, and place your toes on the pedal with your heels together and lifted, toes apart. Place your hands shoulder-width apart on the back corners of the seat, holding on firmly.

MOVE Keeping the pedal up, lift your hips to tabletop, squaring off your shoulders and hips. Pump the pedal for 20 counts while keeping your body still. Return to start. Do 2 sets of 10–20 reps.

TIPS As you pump, try not to collapse in your lower back by scooping deeper in your center and maintaining square hips and shoulders.

VARIATION Do this exercise with your feet parallel.
ADVANCED Pump for 10 counts with both feet. Extend one leg forward and pump for 8 counts; switch legs and repeat.



ADVANCED



GOING UP FRONT

SPRING SETTING 1 top, 1 bottom

WHY DO THIS

- Enhances strength in your legs and glutes while lifting the powerhouse.
- Challenges balance and concentration.
- Engages your whole body, from your toes to the crown of your head.

START Stand tall facing the pedal with your heels together and toes apart. Place the ball of one foot on the pedal and press down with your heel high. Step onto the seat with your other leg, moving both feet into parallel. Lengthen your body up from your foot on the pedal to the crown of your head, and then place your hands behind your head with your elbows wide.

MOVE Scoop your center in and up, imagining that your head is touching the ceiling, as you press the pedal down from your center. Without shifting your body forward, slowly lift the pedal up with control, trying to move through the full range of motion. Move up and down for 5–10 reps. Lift back up, and then slowly lower down; do 5–10 reps on both sides.

TIPS Look straight ahead, focusing on one point at the horizon throughout. Engage your back muscles, and keep your elbows wide the entire time.

MODIFICATION For more stability and balance, extend your arms to your sides.

ADVANCED Remove the lower spring.

SIDE PULL-UP AND STAR

SPRING SETTING 1 top, 1 bottom

WHY DO THIS

- Deeply works the side body, strengthening the side abdominals, along with the lats, arms, legs and glutes.
- Lifts the powerhouse while promoting control and balance.

START Stand tall facing sideways to the pedal with your heels together and toes apart. Place your inner foot on the pedal, using your center to press it all the way down. Round your spine forward, and place your hands at the far corners of the seat. Square off your outer leg with the pedal, and then lift it to your side at hip height or higher.

MOVE With your chin to your chest and your navel pulling in and up, engage your back and lift the pedal with control while maintaining your body position. Move your body up and down from your center as one piece for 5 reps. Rest and repeat on your other side.

TIPS Make sure you're working from your side abdominals—and not from your legs. Keep your hips and shoulders square, and your legs straight throughout. Exhale each time you lift the pedal to amplify the connection.

ADVANCED After your second set, bring your far hand back a bit, and place your other hand behind your head with your elbow wide while looking straight ahead. Press into the seat with your hand, scoop your side from your center, thighs and glutes and lift the pedal. Don't forget to smile as you complete 3–5 reps on both sides!



START

MOVE



ADVANCED

HANDSTAND PIKE

SPRING SETTING 1 top, 1 bottom

WHY DO THIS

- Prepares the body for the full Handstand.
- Teaches you how to lift your body from your center.
- Encourages deeper work in your center while activating your hip flexors, arms, back and shoulders.
- Increases balance and control.
- Connects your ribs to your lower body.

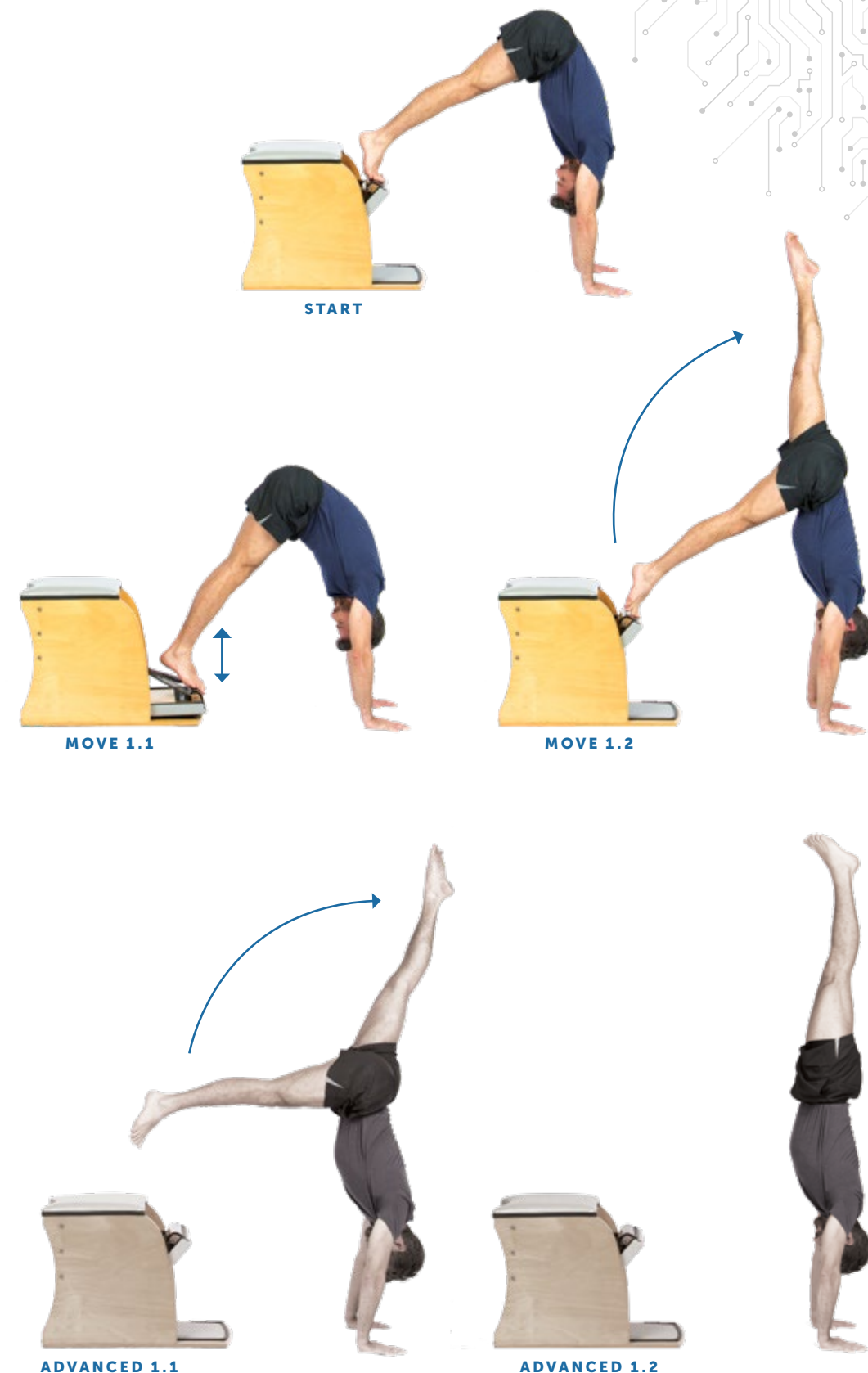
START Stand tall with your heels together and toes apart facing away from the pedal; make sure your heels are close to the Chair. Roll down, place your hands in front of your toes, and then walk your hands forward. Place your toes on the pedal with your heels together.

MOVE Scoop your center as you lower and lift the pedal from your powerhouse. Do 4–5 reps, lifting the pedal higher each time and pressing the pedal all the way down with control. Walk your hands back until your shoulders are over your wrists. Push strongly into your hands, and extend one leg to the ceiling; return your leg to the pedal. Extend your other leg, and then bring it to the floor, right in front of your face to dismount.

TIP Keep your arms straight, working to connect them to your back.

MODIFICATION Omit the leg extension.

ADVANCED Once you feel good control with one leg up, try going into a full handstand. Extend one leg from the pedal, and then scooping even more, slowly bring your other leg to meet it.



START

MOVE 1.1

MOVE 1.2

ADVANCED 1.1

ADVANCED 1.2

SWAN DIVE

SPRING SETTING 1 in the middle

WHY DO THIS

- Works your back muscles, glutes, legs and arms.
- Opens your chest.
- Encourages a lifted center and control.

START Stand tall behind the Chair with your heels together and toes apart. Lie facedown on the seat with your hands on the pedal. Press

all the way down with straight arms, shoulders over your wrists. Squeezing your seat, lengthen your legs into a straight line that's parallel to the floor from your head to your pointed toes.

MOVE Slowly bend and extend your elbows, bringing the pedal toward your chest for 3 reps, trying to keep your back connected to your

seat, chest forward and shoulders back. Lift the pedal up, reaching your legs away, and try to close the pedal without collapsing in your lower back. Now reach your hands into the pedal, pressing it down, and bend your elbows to dive deep over the pedal and lift your lower body as you open your chest. Return to start. Do 3 reps.

TIPS Make sure your back is connected—don't lose the connection! Keep moving, thinking about the two-way stretch you're experiencing.

ADVANCED Do this exercise with just one arm on the pedal; your other arm is straight out to your side.



START



MOVE 1.1



MOVE 1.3



MOVE 1.4

GEAR GUIDE

Gratz Pilates Wunda Chair
(\$1,470; pilates-gratz.com)

FULL PUSH-UP

SPRING SETTING 1 in the middle

WHY DO THIS

- Creates deeper work for the powerhouse to increase core strength.
- Strengthens your arms, shoulders and legs.
- Builds balance and control.
- Connects your lower and upper body through your center.

START Stand tall facing away from the Chair with your heels together and toes apart. Roll down and place your hands on the ground in front of your toes. Walk your hands 4 steps forward into a push-up position with your arms straight and your shoulders over your wrists. With control, place one foot at a time on the pedal, and then hold the pedal up.

MOVE Keeping the pedal still with your center engaged, bend and extend your elbows, lowering and lifting your torso with control, for 3 reps. With straight arms, scoop your center even more and press the pedal down with your feet for 3 reps. Now put everything together: Bend your elbows and bring the pedal down with control to a full push-up, and then lower and lift the pedal with your entire body for 3 reps. Finally, hold the pedal up and walk back, lifting your hips until your head is under your shoulders, and bring one leg/foot at a time to the floor and roll up to standing. Do 3 reps of the entire sequence.

TIPS Keep your breath flowing throughout. Imagine that your body is a straight line from your head to your heels. When you're pressing your feet down on the pedal, lean your body slightly forward.

MODIFICATION Use a heavier spring tension (1 on top or 2 in the middle).

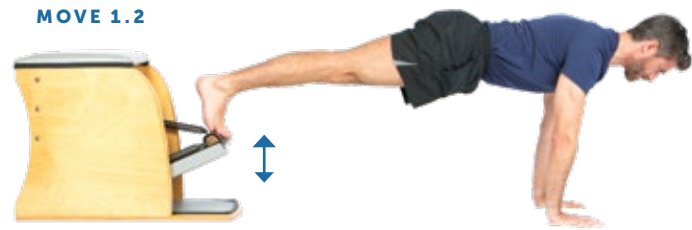
ADVANCED After you've done the first combination once, you can start the second set with one leg off; walk your hands into the push-up position and do the whole series with one leg, and then walk back again and change legs for the third.



START



MOVE 1.1



MOVE 1.2



MOVE 1.3



ADVANCED



Originally from Argentina, **FERNANDO SADIR** now resides in São Paulo, Brazil, where he's opening his new studio, Fernando Sadir Pilates, and cofounded the Studio Cidade Jardim - The Pilates Studio Brasil - Authentic Pilates. Fernando has more than 25 years of experience teaching in the fitness industry, with degrees in physical education and kinesiology as well as physiotherapy from Córdoba, Argentina. Fernando received his Pilates training at The Pilates Studio Brasil from Romana Krysanovska and Inelia Garcia in 2005. In 2016, he completed *The Work with Jay Grimes and Sandy Shimoda*. Fernando is a frequent teacher and presenter at conferences, workshops and seminars around the world. For more information, visit fernandosadir.com or follow Fernando on Instagram (@fernandosadirpilates).