



Ellie Herman's Pilates Wunda Chair

By *Ellie Herman*

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A manual for the Wunda Chair. This guide is meant for Pilates trainers and fitness professionals as well as for Pilates aficionados who want a deeper understanding of their own practice. The book takes you through the classic Wunda Chair repertoire as well as introducing original exercises developed by Ellie Herman and her instructors over the last 15 years. The photos picture the Combo Chair manufactured by Ballanced Body, but all exercises can also be done on the Wunda Chair.

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Editorial Review

Review

I've been teaching Pilates for 8 years and I really love this book. It has some great variations on exercises that I haven't seen before and the photos are very clear and easy to follow. I'm a big fan of working my clients out on the chair and I highly recommend this book to trainers who need a little inspiration. --Lizz Roman

About the Author

Ellie Herman has taught Pilates for over twelve years and has developed a unique language with which to communicate the essence of the Pilates method. Her two studios, (Ellie Herman Studios in San Francisco and Oakland), are dedicated to Pilates-based fitness, rehabilitation, teacher training, continuing education, and complementary medicine. Ellie has written seven books; Pilates for Dummies, Pilates Workbook on the Ball, and Pilates Props Workbook, Pilates Reformer, and Pilates Springboard, Pilates Wunda Chair and Pilates Cadillac. Ellie has developed a new piece of Pilates equipment called the Pilates Springboard, an inexpensive and space-saving variation of the Wall Unit/Cadillac. which is now being manufactured by Balanced Body.

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