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Keep your members physically,
mentally, and socially active with
the S.E.A.T. chair-based fitness program.



THE
"ORIGINAL"
CHAIR-BASED FITNESS
PROGRAM!

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- Comprehensive Manual
- 5 Educational Videos
- 8 hrs of SCW, ACE, AFAA, NASM, ACSM & AEA CEC/CEUs
- Complete Choreo Kit: 60 Min of Music, 1 hr Workout Video & Choreo Notes
- Automated Online Multiple-Choice Exam
- A LIVE COURSE FREE! (Held at MANIA or Live-Stream)

MEMBERSHIPS ONLY \$9.99 /Mo

Was \$39.99 per month
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- Easy-Access APP with Music and Videos
- Fresh Choreography Video/Music & Choreo Kits
- 60 Minutes of Music
- Full Hour workout Video
- Detailed Choreo Notes for Easy Teaching
- Social Media & Marketing Kits

S.E.A.T.
SUPPORTED EXERCISE FOR AGELESS TRAINING

USE CODE:
SAVE100

seatfitness.com



1 WARM UP UPTOWN GIRL										RELEASE 13	S.E.A.T.
Intro	March FB								16x		
Verse	SUNSHINE & SHIFT March (Arms: Sunshine, shift R/L 4, sunshine & shift L/R 4)								8x		
Chorus	PATTY CAKE HEEL DIG Heel Dig R/L4, Abduct R/L2 (Arms: Cross center with open palm, & short lever delt raise 2 R/L)								4x		
Bridge	KNEE & ROW Lift Knee & Rotate Hip (Arms: Fisted row 3, drop hands to side R/L)								4x		
Finish	Patty Cake										
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4		

3 CARDIO LET'S HEAR IT FOR THE BOY										RELEASE 13	S.E.A.T.
Intro	V Step Out In										
Verse	V STEP & STEP TOUCH V Step 2 & Double Step Touch 2 (Arms: Open to a wide "V" R/L, fisted step touch 2)								4x		
Chorus	ROCK "N" ROLL SHUFFLE Rock Step 4 & Shuffle Single Double 2 (Arms: Fist & open palms)								4x		
Bridge	FAST JACK & DIG Fast Jack 8 & Heel Dig (Arms: Snap & hitchhiker)								2x		
Finish	Arms to Side										
V1	C1	B1	V2	C2	B2	V3	C3	B3			

5 MEMORY I HAVEN'T STOPPED ANYTHING YET										RELEASE 13	S.E.A.T.
Intro	Heel Dig								16x		
Verse	SLICE & CRISS CROSS Heel Dig R/L 4, Stationary (Arms: Slice with a blade hand, cross, tap & reach to pull down)								4x		
Chorus	V STEP & JUMP 2 Tap Out, Out, In, In 3 & Jump Rope 2 (Arms: External & internal rotation, Snap jump)								4x		
Bridge	PUSH PULL JACK & ABDUCT RL Slow Push Pull ½ Jack R/L 4, Abduct R/L 4 (Arms: Push out & in, lift side)								2x		
Finish	Jump Rope										
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4		

NAME A STATE: Where is it located? East, West, North, South?
Presenter Partner to show standing option here.

7 STRENGTH FOOTLOOSE										RELEASE 13	S.E.A.T.
Intro	Sit Back Down & Hinge To Grab Loop Band										
Verse	OPEN BAND & EXTEND ELBOWS Stationary (Arms: Open band 4, hold at chin & extend R4, open band 4 & extend L4)								2x		
Chorus	BOW & ARROW ROW Stationary (Arms: Row from right to left 8)								2x		
Bridge	HINGE ROW & KICK Stationary (Arms: Row & kick back)								8x		
Finish											
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4		

9 ADLs ONLY THE YOUNG DIE										RELEASE 13	S.E.A.T.
Intro	March								16x		
Verse	WIDE & NARROW SPEED WALK March Out, Out, In, In RL (Arms: Pump)								16x		
Chorus	LONG SHUFFLE Slide Slowly 8, Shuffle Double Single 8 (Arms: Hold hands open)								1x		
Bridge	SLOW STAR POSE & PRAYER Single Leg Star Pose R/L, Stationary Center (Arms: Open hands, Pull down to a prayer)								2x		
Finish	Hold Shuffle										
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4		

Focusing on gait efficiently, the loss of fast twitch muscle, speed and stride length

2 POSTURE OH CAROL										RELEASE 13	S.E.A.T.
Intro	Heel Toe Heel								8x		
Verse	HEEL TOE HEEL Heel Toe Heel R/L (Arms: Hold "W" & clap center)								16x		
Chorus	STRAIGHT ARM ROW Straight Leg Row & Step Out 2, In 2 (Arms: Grab & row 4, drum R/L)								2x		
Bridge	WALK CHAIR SHOULDER ROLL Walk the Chair 4, Stationary Leg (Arms: Fist & roll shoulder internally & externally)								8x		
Finish	Arms Wide at Side										
V1	C1	B1	V2	C2	B2	V3	C3	B3	B4		

4 TOTAL BODY / BALANCE IT'S A MIRACLE										RELEASE 13	S.E.A.T.
Intro	Hinge & Reach Under Chair For Ball										
Verse	MARCH PUSH & FALL March & Single Leg Fall R/L (Arms: Push ball front & hold ball)								4x		
Chorus	LATERAL FLEXION & TAP KNEE Stationary Leg & Slight Hip Flexion (Arms: Reach & bend to side 4, DBL tap knee R/L)								2x		
Bridge	DEADBUGS Extend R Leg, Drop, Extended L Leg, Drop (Arms: Reach front & side with fist)								16x		
Finish	Hold Ball in One Hand										
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4		

6 MOBILITY CALIFORNIA GIRLS										RELEASE 13	S.E.A.T.
Intro	Sit To Stand UP										
Verse	ABDUCT & CLOCK LUNGE Abduct 2, Touch Front, Side, Back & Flex Hip (Arms: Hold chair)								4x		
Chorus	HINGE & ABDUCT TRANSITION Hip Hinge & Abduct Side to Transition (Arms: Hold chair, Row R/L, Hold chair)								1x		
Bridge	ABDUCT & CLOCK LUNGE L Abduct 2, Touch Front, side, Back & Flex Hip (Arms: Hold chair)								4x		
Finish	Stand Tall										
V1	C1	B1	C2	V2	C3	B2	C3	C4	!!!!!!!		

Lead Presenter standing at chair, presenter partner uses a side-ways chair

8 SIT TO STAND HEAVEN IS A PLACE ON EARTH										RELEASE 13	S.E.A.T.
Intro	Heel Tap Right & Left										
Verse	TAP & STAND Heel Tap Front, Stationary, Sit To Stand (Arms: Fisted palm down, RL sunshine, sunshine)								2x		
Chorus	MARCH IT OUT March it Out (Arms: Pump arms, raise & lower the roof)								2x		
Bridge	SUPER SLOW SIT TO STAND Sit To Stand & Tap Front (Arms: Cross, patty cake hands)								2x		
Finish	Lower the Roof										
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4		

10 FLEXIBILITY IMAGINE										RELEASE 13	S.E.A.T.
Intro	Snap 2 & Lean Side										
Verse	CRISS CROSS & PAINT Stationary, Extend R, Stationary, Extend L (Arms: Tap shoulder shoulder, reach & pull, sweep towards toe)								4x		
Chorus	LEFT KNEE & HOLD Cross Ankle & Pull Up Leg RL (Arms: Hold leg up)								4x		
Bridge	WARRIOR SIDE & HIP EXTENSION Hold Hip Flexor Stretch Side 8, Extend Hips, Stationary (Arms: One arm swim R/L, shoulder roll 2)								2x		
Finish	Drop leg										
V1	C1	B1	V2	C2	B2	C3					