



A Turn-Key Solution for Aging Functional Fitness

S.E.A.T. (Supported Exercise for Ageless Training) is a brand new, chair-based fitness program produced quarterly with videos, music, choreo notes and marketing. This award-winning program strengthens the body and mind, while improving balance and flexibility through functional fitness to get the most out of life.

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



Welcome to the all New
**Supported
Exercise for
Ageless
Training**

SEATFITNESS.COM
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Distributed By **SCW**

S.E.A.T.
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**Evidence-Based
Chair-Assisted
Functional Fitness**



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Who Should Attend?

S.E.A.T. is the groundbreaking supported chair-based exercise program that provides a low impact workout for participants of all ages, skills, and fitness abilities.

The energetic, sing-along quality music, dynamic instructors, and inclusive choreography create a social, confidence building space for all students.



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TRACK 1- WARM UP

Prepare the body for movement during the workout and set the tone for class

- Increases the core temperature of the body
- Increases the heart rate
- Increases synovial fluid to joints: hips, shoulders, hands, feet & spine
- Rehearsal for movements that will be performed in this program

TRACK 2 - POSTURE

Improve posture in the cervical, thoracic and lumbar spine to increase mobility and body awareness

- Improves total body awareness through postural focus
- Increases the ability to move in multi-planar movements
- Improves and deters the progression of forward head & kyphosis of the spine

TRACK 3 - CARDIO

Increase heart rate and range of motion of upper and lower body

- Increases cardio capacity
- Increases range of motion of long levers
- Engages fast twitch muscle fibers for daily living activities

TRACK 4 - BALANCE

Increased work intensity for the entire body & stabilization focusing on balance

- Improves muscle stability
- Improves gate efficiency
- Enhances coordination of total body
- Challenges balance by rapid movements to anchored positioning

Track 5 - MEMORY

Simple cardio training while emphasizing brain and memory challenges

- Improves Neuroplasticity in the brain
- Improves coordination of body and mind
- Creates simple brain challenges that are fun and engage the group

TRACK 6 - MOBILITY

Increasing mobility from the bottom up: ankle, hip, shoulder, and hands

- Increases joint mobility
- Improves body range of motion
- Enhances movement patterns with decreased pain

TRACK 7 - STRENGTH

Engage various muscle groups to build strength, stability, and endurance

- Builds muscular endurance and strength
- Improves joint stability
- Minimizes or delays onset of bone loss/osteoporosis

TRACK 8 - SIT TO STAND

Introduce large muscle movement and power moving in and out of the chair

- Improves gluteal and core strength during the hip hinge
- Improves power and control of the lower body muscles
- Improves stabilizing muscles for more controlled balance

TRACK 9 - ACTIVITIES OF DAILY LIVING

Imitate and duplicate movements performed daily

- Increases body awareness to improve day-to-day movements
- Encourages new activity patterns
- Improves confidence in movement

TRACK 10 - FLEXIBILITY & MOBILITY

Reset the mind and body and celebrate the workout

- Increases flexibility of the chest and hip flexors
- Improves mood and helps decrease depression