



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

Sittin' Pretty
SEATfitness.com



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

Sit Like A Boss
SEATfitness.com



S.E.A.T.
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Fit at All Ages
SEATfitness.com



S.E.A.T.
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Get into the Hot S.E.A.T. this July 4th

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S.E.A.T.
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Can't Beat Working from your S.E.A.T.

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Supported Strength

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Turn up the Heat from Your S.E.A.T.

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Way to Use Your S.E.A.T.

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Working those Feet from your S.E.A.T.

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Fitness with Support

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S.E.A.T.
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Take a S.E.A.T. this Father's Day

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

Work your Derriere from a Chair

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<div> <div>1</div> <div>Warm-Up</div> <div>Dancing Queen</div> </div> <div>#7</div> <div> <div>SEAT</div> <div>SUPPORTED EXERCISE FOR ADLTS TRAINING</div> </div>									
Intro	Tap Front Right & Left								16x
Verse	WASH THE WINDOW 2 / REACH & TAP 4 DBL Knee Lift 2, Tap Side 4 (Arms: Small circles, open fingers & push palm)								8x
Chorus	WALK THE CHAIR 8 Walk The Chair 8, Tap Heel Double, Tap Toe Double, Tap Single 4 (Arms: Hitch hiker thumbs, hands on hips)								4x
Bridge	MARCH & DISCO FINGERS March (Arms: Reach up, cross down, reach up with two fingers)								8x
Finish	Sit Tall								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

<div> <div>3</div> <div>Cardio</div> <div>Proud Mary</div> </div> <div>#7</div> <div> <div>SEAT</div> <div>SUPPORTED EXERCISE FOR ADLTS TRAINING</div> </div>									
Intro	Tap Out - Fists on Thighs								16x
Verse	STEP TOUCH OUT, BICEP 2, REACH UP 2 Step Touch Side (Arms: Fist & open hand to reach R/L)								8x
Chorus	ROCK ROLL Tap Toe Heel 2 Right, Sit Tall (Arms: Fist march, close hand to roll up and down)								4x
Bridge	HEEL TOE HEEL, CLAP Stationary Heel, Toe, Heel Right, Sit Tall (Arms: Marching arms, clap 3, snap 3, add fun & variety)								4x
Finish	Fist Down								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

<div> <div>5</div> <div>Memory</div> <div>Let's Groove Tonight</div> </div> <div>#7</div> <div> <div>SEAT</div> <div>SUPPORTED EXERCISE FOR ADLTS TRAINING</div> </div>									
Intro	March								16x
Chorus	MARCH & REACH March (Arms: Reach up & side, slice hands)								8x
Verse	SLICE ANGLE DOWN & STOMP Slice Out 2, Slide Leg In, Lift Knee & Stomp Down (Arms: Hand slice angles down, push down to stomp)								8x
Bridge	DRIBBLE 4 Sit Upright (Arms: Dribble 4 R/L & use memory cues & responses)								32x
Finish	Relax at End								
C1	V1	B1	C2	V2	B2	C3	V3	B3	B4

<div> <div>7</div> <div>Sit-To-Stand</div> <div>Drive My Car</div> </div> <div>#7</div> <div> <div>SEAT</div> <div>SUPPORTED EXERCISE FOR ADLTS TRAINING</div> </div>									
Intro	Get Into Position								16x
Verse	SIT TO STAND - BREASTSTROKE, OPEN & CLOSE SIDE Sit to Stand (Arms: Breaststroke, in & out, lift up & lower down grab for chair)								4x
Chorus	WALK, DRIVE & LEG LIFT Walk the Chair, Raise the Straight Leg (Arms: Swing marching, drive the steering wheel)								4x
Bridge	TAP OUT-FINGERS OPEN 8, SEATBELT 4 Tap Side Right & Left 8 / Sit Tall (Arms: Chest fly w/fingers open, reach over the shoulder & pull down, R/L)								4x
Finish	Stay Seated – Punch Down								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

<div> <div>2</div> <div>Posture</div> <div>Same Old Love</div> </div> <div>#7</div> <div> <div>SEAT</div> <div>SUPPORTED EXERCISE FOR ADLTS TRAINING</div> </div>									
Intro	Heel Digs								8x
Verse	"W" HIP 3, PUSH FORWARD 4 March & Heel Dig 4 (Arms: Dig "W" right hip 3, both center 1, open hand push)								4x
Chorus	BOW & ARROW STRAIGHT LEG LIFT & SHOULDERS Straight Leg Lift R 4 & Sit Tall (Arms: Fist bow & arrow & open hands, hands at side to elevate and depress)								2x
Bridge	KNEE LIFT (SOCKS) x2, SHOULDER ROTATION Lift Bent Knee 2 Right (Pull Up Socks), & Sit Tall (Arms: Grab to row high 2, palms up, shoulders out & in)								4x
Finish	Arms Down to the Side								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

<div> <div>4</div> <div>Total Body & Balance</div> <div>Urgent</div> </div> <div>#7</div> <div> <div>SEAT</div> <div>SUPPORTED EXERCISE FOR ADLTS TRAINING</div> </div>									
Intro	Tap Foot								
Verse	TAP FOOT SSD Tap Foot Single-Single-Double (Arms: "W" open side - fingers tap the inside of the foot)								8x
Chorus	LEAN BACK SSD & OPEN HIP Lean Back, Walk Single-Single-Double 4, Sit Tall & Open Hip 3 (Arms: Hold the chair, hold chair to open the hip)								4x
Bridge	HINGE ROW & FALLING STAR Hinge Forward, Falling Star Pose (Arms: Row palms down & palms up, reach wide while falling)								1x
Finish	Sit Tall								
V1	C1	B1	V2	C2	B2	V3	C3	B3	

<div> <div>6</div> <div>Strength</div> <div>Havana</div> </div> <div>#7</div> <div> <div>SEAT</div> <div>SUPPORTED EXERCISE FOR ADLTS TRAINING</div> </div>									
Intro	Pick Up Weights								16x
Verse	CURL UP & PRESS OVERHEAD Sit Tall (Arms: Bicep curl, press overhead)								8x
Chorus	HINGE KICKBACK 3 & SHOULDERS UP & DOWN 1 Hinge / Sit Tall (Arms: Double DB triceps kickback 3, elevate & depress the shoulders hands at side)								4x
Bridge	HINGE ROW 2, CROSS 4 Hinge / Sit Tall (Arms: Row 2, cross quad, cross, quad, down)								4x
Finish	Hands on Thighs								
V1	C1	B1	V2	C2	B2	V3	C3	B3	

<div> <div>8</div> <div>Flexibility</div> <div>Unstoppable</div> </div> <div>#7</div> <div> <div>SEAT</div> <div>SUPPORTED EXERCISE FOR ADLTS TRAINING</div> </div>									
Intro	Sweep Hands Up & Down Front								2x
Verse	WARRIOR 2, UP, PRESS DOWN, PRAY Warrior 2, Arms Out & Up, Slide Feet Together & Pray (Arms Extend out, raise up, press down center, pray)								2x
Chorus	BICEPS - TOE & HEEL Arms: Up & Bicep, In & Out, Up Touch Fingers Together & Lower to Bicep Curl (Arms: Up & bicep, in & out, up touch fingers together & lower to bicep curl)								2x
Bridge	HAMSTRING STRETCH, FORWARD & BACK Extend Leg Forward R/L (Arms: Reach arms forward, sweep back, engage abs)								2x
Finish	Bicep Muscle Hold								
V1	C1	B1	V2	C2	B2	V3	C3	B3	