

# 1

## WARM UP UPTOWN GIRL

RELEASE 13

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

Intro	March FB								16x
Verse	<b>SUNSHINE &amp; SHIFT</b> March (Arms: Sunshine, shift R/L 4, sunshine & shift L/R 4)								8x
Chorus	<b>PATTY CAKE HEEL DIG</b> Heel Dig R/L4, Abduct R/L2 (Arms: Cross center with open palm, & short lever delt raise 2 R/L)								4x
Bridge	<b>KNEE &amp; ROW</b> 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

# 2

## POSTURE OH CAROL

RELEASE 13

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

Intro	Heel Toe Heel								8x
Verse	<b>HEEL TOE HEEL</b> Heel Toe Heel R/L (Arms: Hold "W" & clap center)								16x
Chorus	<b>STRAIGHT ARM ROW</b> Straight Leg Row & Step Out 2, In 2 (Arms: Grab & row 4, drum R/L)								2x
Bridge	<b>WALK CHAIR SHOULDER ROLL</b> 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

# 3

## CARDIO LET'S HEAR IT FOR THE BOY

RELEASE 13

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

Intro	V Step Out In									
Verse	<b><u>V STEP &amp; STEP TOUCH</u></b> V Step 2 & Double Step Touch 2 (Arms: Open to a wide "V" R/L, fisted step touch 2)									4x
Chorus	<b><u>ROCK "N" ROLL SHUFFLE</u></b> Rock Step 4 & Shuffle Single Double 2 (Arms: Fist & open palms)									4x
Bridge	<b><u>FAST JACK &amp; DIG</u></b> Fast Jack 8 & Heel Dig (Arms: Snap & hitchhiker)									2x
Finish	Arms to Side									
V1	C1	B1	V2	C2	B2	V3	C3	B3		

# 4

## TOTAL BODY / BALANCE IT'S A MIRACLE

RELEASE 13

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

Intro	Hinge & Reach Under Chair For Ball									
Verse	<b><u>MARCH PUSH &amp; FALL</u></b> March & Single Leg Fall R/L (Arms: Push ball front & hold ball)									4x
Chorus	<b><u>LATERAL FLEXION &amp; TAP KNEE</u></b> Stationary Leg & Slight Hip Flexion (Arms: Reach & bend to side 4, DBL tap knee R/L)									2x
Bridge	<b><u>DEADBUGS</u></b> 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	



# 5

## MEMORY

I HAVEN'T STOPPED ANYTHING YET

RELEASE 13

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

Intro	Heel Dig									16x
Verse	<b><u>SLICE &amp; CRISS CROSS</u></b> Heel Dig R/L 4 , Stationary (Arms: Slice with a blade hand, cross, tap & reach to pull down)									4x
Chorus	<b><u>V STEP &amp; JUMP 2</u></b> Tap Out, Out, In, In 3 & Jump Rope 2 (Arms: External & internal rotation, Snap jump)									4x
Bridge	<b><u>PUSH PULL JACK &amp; ABDUCT RL</u></b> 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.

# 6

## MOBILITY

CALIFORNIA GIRLS

RELEASE 13

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

Intro	Sit To Stand UP									
Verse	<b><u>ABDUCT &amp; CLOCK LUNGE</u></b> Abduct 2, Touch Front, Side, Back & Flex Hip (Arms: Hold chair )									4x
Chorus	<b><u>HINGE &amp; ABDUCT TRANSITION</u></b> Hip Hinge & Abduct Side to Transition (Arms: Hold chair, Row R/L, Hold chair)									1x
Bridge	<b><u>ABDUCT &amp; CLOCK LUNGE L</u></b> 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**

# 7

## STRENGTH FOOTLOOSE

RELEASE 13

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

Intro	Sit Back Down & Hinge To Grab Loop Band								
Verse	<b><u>OPEN BAND &amp; EXTEND ELBOWS</u></b> Stationary (Arms: Open band 4, hold at chin & extend R4, open band 4 & extend L4)								2x
Chorus	<b><u>BOW &amp; ARROW ROW</u></b> Stationary (Arms: Row from right to left 8)								2x
Bridge	<b><u>HINGE ROW &amp; KICK</u></b> Stationary (Arms: Row & kick back)								8x
Finish									
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

Presenter partner shows DB option in bridge

# 8

## SIT TO STAND HEAVEN IS A PLACE ON EARTH

RELEASE 13

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

Intro	Heel Tap Right & Left								
Verse	<b><u>TAP &amp; STAND</u></b> Heel Tap Front, Stationary, Sit To Stand (Arms:Fisted palm down, RL sunshine, sunshine)								2x
Chorus	<b><u>MARCH IT OUT</u></b> March it Out (Arms:Pump arms, raise & lower the roof)								2x
Bridge	<b><u>SUPER SLOW SIT TO STAND</u></b> 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



# 9

## ADLs ONLY THE YOUNG DIE

RELEASE 13

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

Intro	March									16x
Verse	<b>WIDE &amp; NARROW SPEED WALK</b> March Out, Out, In, In RL (Arms: Pump)									16x
Chorus	<b>LONG SHUFFLE</b> Slide Slowly 8, Shuffle Double Single 8 (Arms: Hold hands open)									1x
Bridge	<b>SLOW STAR POSE &amp; PRAYER</b> 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

# 10

## FLEXIBILITY IMAGINE

RELEASE 13

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

Intro	Snap 2 & Lean Side									
Verse	<b>CRISS CROSS &amp; PAINT</b> Stationary, Extend R, Stationary, Extend L (Arms: Tap shoulder shoulder, reach & pull, sweep towards toe)									4x
Chorus	<b>LEFT KNEE &amp; HOLD</b> Cross Ankle & Pull Up Leg RL (Arms: Hold leg up)									4x
Bridge	<b>WARRIOR SIDE &amp; HIP EXTENSION</b> 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				