

1

WARM UP CELEBRATION

RELEASE 11

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

Intro	Heel Dig									16x
Verse	<u>HEEL DIG & PUNCH DOWN</u> Heel Dig /Tap Side R L (Arms: Palms press forward 4, Palms face in 4 / Punch down RL)									1x
Chorus	<u>JUMP ROPE & SLIDE OUT</u> Jump Rope Raise Heels 2/ Tap Side R/ Jump Rope/ Raise Heels 2/ Tap Side L (Arms: Open hands 2/ Slice hand R/ Open hands to jump 2/ Slice hand L)									8x
Bridge	<u>HALF JACK & ROCK</u> Half Jack RL/ Rock Toe Heel (Arms: Punch high & low RL/ Freestyle hands on rock)									4x
Finish	Hands Side Lift Heels									
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	

2

POSTURE BANANA BOAT

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Intro	Tap Out									16x
Verse	<u>TAP OUT & MARCH</u> Tap Out RL/ March & Rotate R/ Tap Out LR/ March & Rotate L (Arms: Double slice external & internal rotation/ Fist to rotate)									4x
Chorus	<u>STRAIGHT LEG ROW & TOE REACH</u> Straight Leg Row R3/ Tip Toe/ Straight Leg Row L3/ Tip Toe (Arms: Fisted row R/ Point fingers to ceiling)									4x
Bridge	<u>“W” & DIG IN</u> Stationary Leg & Rotate R 3/ Dig Into Hips (Arms: Hold in a “W”)									4x
Finish	Row Right									
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	

3

CARDIO

GOOD VIBRATIONS

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Intro	Tap Out-Out-In-In									8x
Verse	<u>TRIPLE TAP & JUMP ROPE</u> Tap Out 3/ Jump Rope (Arms: Punch R 3, Open hands to jump)									8x
Chorus	<u>PULL DOWN JACK & WALK OUT & IN</u> Jack 2/ Walk Out, In, Out, In (Arms: Pull down from ceiling 2/ Hold chair)									4x
Bridge	<u>LIFT LEG & ANGLE</u> Lift Leg Angle RL/ Kick RL (Arms: Butterfly RL 2, Elbow to opposite knee)									2x
Finish	Jack Wide									
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	

4

TOTAL BODY BALANCE

WHAT'S UP

RELEASE 11

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Intro	Seated Dead Bug									
Verse	<u>DBL DEAD BUG</u> Extend Leg & Press Foot Forward R2 (Arms: Hold one up & the other out to the side, Slice, Fist, "A-OK", Hitch hiker)									4x
Chorus	<u>STAR POSE 3 & RECOVER</u> Fall Into a Star R & Recover Center (Arms: Open hands & Hands pull in)									8x
Bridge	<u>WALK FB & HOOK</u> Heel Walk FB 3/ Lift & Kick Leg (Arms: Hook & drop RL, Pick up the leg)									4x
Finish	Hands on Hips									
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	

5

MEMORY POMPEII

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Intro	Tap Out								16x
Verse	<u>TAP OUT & EXTEND HIPS</u> Tap Out R 3/ Extend Hips Front (Arms: Slice out 3/ Hold chair)								8x
Chorus	<u>ROCK & CRUNCH</u> Rock R4/ Crunch RL (Arms: Hitch hike/ Fist)								4x
Bridge	<u>MARCH</u> March (Arms: Fist)								32x
Finish	Fists on Thighs								
V1	C1	B1	V2	C2	B2	V3	C3	B3	

6

MOBILITY BETTER BE GOOD TO ME

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Intro	Wide Stance								
Verse	<u>TOOTSIE ROLL HIP R L & BOTH</u> Internal & External Hip Rotation RL (Arms: Long lever shoulder rolls in RL with open hands)								4x
Chorus	<u>STATIONARY LEG & OPEN DOOR STRETCH R L</u> Stationary Legs (Arms: Reach arm across from shoulder to shoulder 5/ Hold)								2x
Bridge	<u>TAP OUT 2</u> Tap Out R2 (Arms: Wash window RL 2/ Press palms together & hold wrist extension 2)								2x
Finish	Hold Paryer Pose								
V1	C1	B1	V2	C2	B2	V3	C3	B3	

7

STRENGTH UPTOWN GIRL

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Intro	Hinge to Get Dumbbells								
Verse	<u>HINGE/ROW & KICK</u> Hinge/ Sit Tall (Arms: DB row& kick back/ Seated DB curl & press)								
Chorus	<u>LIFT KICK & ROW</u> Straight Leg Lift, Kick, Point (Arms: DB row 2)								
Bridge	<u>DBL SHOULDER PRESS & EXTERNAL ROTATION</u> Sit Tall (Arms: DBL DB Shoulder press 4/ DBL DB external rotation)								
Finish	Sit Tall DB at Side								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

8

SIT TO STAND I'M ALIVE

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Intro	Tap Out R L								
Verse	<u>TAP OUT/HEEL RAISE 8</u> Tap Out RL/ Raise Heels (Arms: Wash windows/ Lifts arms, lower to chest)								
Chorus	<u>STAND & REACH ACROSS</u> Stand/ Sit (Arms: "W", Press across, RL, Drop Hands behind)								
Bridge	<u>STOMP & WALK THE LINE</u> Stomp R4, Sit tall (Arms: Slice up 4, Hold the chair)								
Finish	Hold "W"								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

9

ADL

YOU'RE THE FIRST THE LAST, MY EVERYTHING RELEASE 11

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Intro	Extend Leg								
Verse	<u>GET DRESSED</u> Tap Side, Hold, Flex Hip (Arms: Pull on shirt, Pull on pants, Tie shoes)								
Chorus	<u>GET INTO THE CAR</u> Move to the Right, Sit to Stand/ Stationary Leg (Arms: Hook seatbelt)								
Bridge	<u>CLIMB BLEACHERS</u> March 8/ Stationary Legs (Arms: Slice down/ Pull hands back)								
Finish	Clap Up								
V1	C1	B1	V2	C2	B2	V3	C3	B3	

10

FLEXIBILITY & MOBILITY

A MILLION DREAMS

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Intro	Roll Shoulders Back								
Verse	<u>COVER EYES – KNEE HAMSTRING</u> Sit tall 4 / Knee to Chest 5, Extend Leg UP-Hamstring Stretch 6, Knee to Chest 7, Lower 8 (Arms: Hand covers eye R 1, cover eye L 2, open side 3, raise up 4 / Hold hand behind knee 5-8)								
Chorus	<u>CRAZY SWEEP REACH - LUNGE</u> Lunge - Hold 2R / 2L (Arms: Reach side out from chin palm up, Sweep overhead open hand)								
Bridge	<u>LIE IN BED - SLEEP STRADDLE</u> Sit Tall Wide Legs Straddle (Arms: Reach side R 1, cover hand with L 2, sleep-pull under face 3-4, circle overhead twice 5-8)								
Finish	Sit Tall – Prayer Hands								
V1	C1	B1	V2	C2	B2	V3	C3	B3	B4