



# S.E.A.T.

SUPPORTED EXERCISE FOR AGELESS TRAINING

# Chairway to Fitness!

## RELEASE 11



**S.E.A.T.**  
SEATED EXERCISE FOR ADVANCED TRAINING

DISTRIBUTED BY **SCW**

S.E.A.T. is the newest chair based workout that provides a low impact, high-energy challenge for participants of all ages, skill and fitness levels. Jump in with this dynamic cardiovascular workout that tones and tapers the entire body!

CALORIES	DURATION	EXERCISE TYPE	INTENSITY	MUSIC	EQUIPMENT	RESULTS
AVERAGE <b>500</b> BURNED	<b>40</b> MINUTES	GROUP CHAIR EXERCISE WORKOUT	LOW IMPACT, HIGH ENERGY. YOU DETERMINE THE INTENSITY	THE LATEST INSPIRING SING-ALONG TUNES		INCREASES STRENGTH & ENDURANCE, TONES & SHAPES, AND MAINTAINS HEART HEALTH