

1 WARM UP CELEBRATION

RELEASE 11 SEAT SUPPORTED EXERCISE FOR ABLEES TRAINING

Intro	Heel Dig	16x							
Verse	HEEL DIG & PUNCH DOWN Heel Dig /Tap Side R L (Arms: Palms press forward 4, Palms face in 4 / Punch down RL)	1x							
Chorus	JUMP ROPE & SLIDE OUT 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	HALF JACK & ROCK 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

RELEASE 11 SEAT SUPPORTED EXERCISE FOR ABLEES TRAINING

Intro	Tap Out	16x							
Verse	TAP OUT & MARCH Tap Out RL/ March & Rotate R/ Tap Out LR/ March & Rotate L (Arms: Double slice external & internal rotation/ Fist to rotate)	4x							
Chorus	STRAIGHT LEG ROW & TOE REACH Straight Leg Row R3/ Tip Toe/ Straight Leg Row L3/ Tip Toe (Arms: Fisted row R/ Point fingers to ceiling)	4x							
Bridge	"W" & DIG IN 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

RELEASE 11 SEAT SUPPORTED EXERCISE FOR ABLEES TRAINING

Intro	Tap Out-Out-In-In	8x							
Verse	TRIPLE TAP & JUMP ROPE Tap Out 3/ Jump Rope (Arms: Punch R 3, Open hands to jump)	8x							
Chorus	PULL DOWN JACK & WALK OUT & IN Jack 2/ Walk Out, In, Out, In (Arms: Pull down from ceiling 2/ Hold chair)	4x							
Bridge	LIFT LEG & ANGLE 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 SEAT SUPPORTED EXERCISE FOR ABLEES TRAINING

Intro	Seated Dead Bug								
Verse	DBL DEAD BUG Extend Leg & Press Foot Forward R2 (Arms: Hold one up & the other out to the side, Slice, Fist, "A-OK", Hitch hiker)	4x							
Chorus	STAR POSE 3 & RECOVER Fall Into a Star R & Recover Center (Arms: Open hands & Hands pull in)	8x							
Bridge	WALK FB & HOOK 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

RELEASE 11 SEAT SUPPORTED EXERCISE FOR ABLEES TRAINING

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

6 MOBILITY BETTER BE GOOD TO ME

RELEASE 11 SEAT SUPPORTED EXERCISE FOR ABLEES TRAINING

Intro	Wide Stance								
Verse	TOOTSIE ROLL HIP R L & BOTH Internal & External Hip Rotation RL (Arms: Long lever shoulder rolls in RL with open hands)	4x							
Chorus	STATIONARY LEG & OPEN DOOR STRETCH R L Stationary Legs (Arms: Reach arm across from shoulder to shoulder 5/ Hold)	2x							
Bridge	TAP OUT 2 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

RELEASE 11 SEAT SUPPORTED EXERCISE FOR ABLEES TRAINING

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

8 SIT TO STAND I'M ALIVE

RELEASE 11 SEAT SUPPORTED EXERCISE FOR ABLEES TRAINING

Intro	Tap Out R L	16x							
Verse	TAP OUT/HEEL RAISE 8 Tap Out RL/ Raise Heels (Arms: Wash windows/ Lifts arms, lower to chest)	4x							
Chorus	STAND & REACH ACROSS Stand/ Sit (Arms: "W", Press across, RL, Drop Hands behind)	4x							
Bridge	STOMP & WALK THE LINE Stomp R4, Sit tall (Arms: Slice up 4, Hold the chair)	4x							
Finish	Hold "W"								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

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ADL

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

SEAT

SUPPORTED EXERCISE FOR ADL/IEE TRAINING

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

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FLEXIBILITY & MOBILITY

A MILLION DREAMS

RELEASE 11

SEAT

SUPPORTED EXERCISE FOR ADL/IEE TRAINING

Intro	Roll Shoulders Back								
Verse	COVER EYES – KNEE HAMSTRING 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	CRAZY SWEEP REACH - LUNGE Lunge - Hold 2R / 2L (Arms: Reach side out from chin palm up, Sweep overhead open hand)								
Bridge	LIE IN BED - SLEEP STRADDLE 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