

1: Warm-Up

Old Time Rock and Roll

#2

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

Intro	March								
Verse	MARCH FRONT BACK March FB x3, Open Hip x1 (Arms Pump R/L)								4x
Chorus	ROCK N ROLL Toe Heel R/L x4, Hip Extension Center (Arms Punch R/L)								4x
Bridge	DOUBLE JACK Double JJ x2, Single JJ R/L (Arms External and Internal Rotation)								4x
Finish	Cross Chest								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

2: Sit to Stand Thunderstruck

#2

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

Intro	Circle Arms Over Head								
Verse	WALK THE CHAIR Walk to the Side, Double Knee with Elbow x2 (Arms Punch R/L)								4x
Chorus	PUSH PULL STAND Punch R/L Pull R/L, Sit to Stand (Arms Circle Overhead)								4x
Bridge	JACK WIDE ROW Double JJ Wide Row x2, Fast JJ Elbow Pull x2 (Arms Row Wide)								4x
Finish	Finish Strong With a Point								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

3: Cardio

La Copa De La Vida

#2

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

Intro	Jack								
Verse	BOW AND ARROW JACK Bow and Arrow Side JJ R/L (Arms Long Levers R/L)								16x
Chorus	V STEP TWIST V Step x3, twist on toes R/L (Both Arms Reach Up and Drop to Seat)								4x
Bridge	STEP TOUCH PRESS Step Touch R/L x2, Shimmy R/L (Arms Open x2, Overhead Press x2)								4x
Finish	Sweep Arms Side								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

4: Total Body

Waiting for Tonight

#2

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

Intro	March							
Verse	STEP CHA-CHA-CHA Step R/L, Cha-Cha-Cha (Hands on Chair)							8x
Chorus	BREASTSTROKE JACK Breaststroke JJ x3, R/L Single Scoop Arm (Arms Push Back and Pull In)							4x
Bridge	FAST JACK Fast JJ R x2, Leg Lift and Row x2 (Arms Slice Out and Row In)							4x
Finish	Inhale Exhale							
V1	C1	B1	V2	C2	B2	V3	C3	B3

5: Strength Resistance

We're In This Together

#2

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

Intro	Get Into Position								
Verse	HINGE AND KICK Hinge Forward, DB Row to Kick Back x2, Extend (Arms In Sagittal Plane)								4x
Chorus	ABDUCT AND EXTEND KNEE Abduct leg, extend knee x2, adduct R/L (Arms at the Side)								2x
Bridge	SIT TO STAND AND ABDUCT Stand, Abduct x2, Roll Shoulder R/L, Sit (Arms at Side)								4x
Finish	Kick Out Right								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

6: Flexibility

The Champion

#2

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

Intro	Seated Prayer Pose							
Verse	HIP STRETCH AND PRAYER POSE Hip Flexor Stretch to Side, Prayer Pose Breath x4 R/L (Arms Circle Overhead)							4x
Chorus	PETER PAN Extend Hips, Cross Ankle & Slide Up Leg x4 R/L (Arms at Side)							2x
Bridge	ANKLE MOBILITY Dorsi and Plantar Flexion x6, Open Hip R/L (Hands on Chair)							2x
Finish	Prayer Pose							
V1	C1	B1	V2	C2	B2	V3	C3	B3