

1: Warm-Up

Let's Get Loud

#3

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

Intro	March and Clap									16x
Verse	V STEP JUMP ROPE V Step x3 – Jump Rope x2, Lifting Heels (Arms: External rotation paddle & when jumping rope)									8x
Chorus	HEEL PRESS – ARMS SEMI-CIRCLE Heel Press R/L Front while Changing Arms (Arms: Press F x8, Slice angle x8, Hitch hike side x8, Punch side x8)									32x
Bridge	LIFT KNEE, ABDUCT, EXTEND, STAR Lift Knee-Flex Hip, Adduct, Extend Side, Reach to Star x2 (Arms: Hold chair for stabilization, Add star arms x2)									4x
Finish	Star									
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	

2: Posture

Reach Out

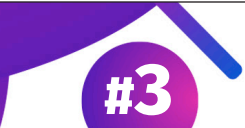
#3

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

Intro	Sit Tall									
Verse	PRISONER ROTATE Rotate Prisoner Arms Side to Center, Press Elbows Back x2, (Arms: Bent elbow “W” shape with palms open)									8x
Chorus	STOMP JACK Stomp JJ and Reach and Pull Downward (Arms: Fists at chest x2, then reach up overhead and pull)									8x
Bridge	HIGH PULL Extend & Lift Leg Front x4, Row Elbows & Pull Back x4 (Arms: Elbow height, Palms down, Pull Back x 4)									16x
Finish	Pull arms down with a fist									
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	

3: Cardio

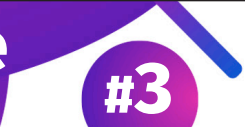
The Love Runs Out



Intro	Heel Digs								
Verse	HEEL-TOE-HEEL PARTY TIME Heel-Toe-Heel, Fist Arm Circle x3 (Arms: Fists at thighs during H-T-H, Party Time Circle)							8x	
Chorus	WALK THE CHAIR March Side x4, Leg Press Side Extending Leg x2 (Arms: Marching Arms x4, Push out Front x2)							8x	
Bridge	STEP TOUCH PRESS Slow Single Leg JJ x1, Fast Single Leg JJ x2 (Arms: Short lever arms – Elbows Bent)							4x	
Finish	R Leg Press Front								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

4: Total Body & Balance

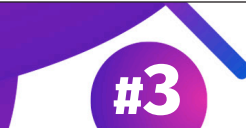
Take a Chance on Me



Intro	March & Slice								
Verse	MARCH SINGLE-SINGLE-HOLD March x2 & Hold Knee Up (Arms: Slicing hands)							16x	
Chorus	SWEEP ACROSS KICK BACK Sweep Across x7 R/L, Kick Back Tricep x4 (Arms: Palm sweep and kick back x4)							4x	
Bridge	STAR & HIP OPENER Hold Star Pose x4, Hip Opener x2 (Arms: Hold Star Pose, hold arms angle down)							4x	
Finish	Sit Up Tall								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

5: Memory

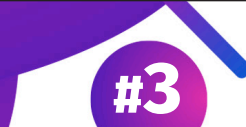
Jessie's Girl



Intro	Tap Twice								
Verse	TAP TWO / SHOULDER ROTATION Tap Toes Twice Each Side (Arms: Internal & External Rotation - Palms down and up)								16x
Chorus	HEEL PRESS SSD Heel Press Single-Single-Double (Arms: Palms Press Front)								16x
Bridge	MARCH HITCHHIKER March while doing the Grocery Store Challenge (Arms: Thumbs up – Hitchhiker)								32x
Finish	Sit Tall								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

6: Strength

You Can't Touch This



Intro	Hinge Forward to Grab Ball								
Verse	LATERAL FLEXION REPEATER Flex the Spine Side-to-Side x1, Repeater x3 (Arms: Hold ball, Elbow moves towards hip)								4x
Chorus	BICEP SWITCH Bicep Curl and Transfer to Opposite Side (Arms: Angle Down, Transfer switch & Bicep Curl)								4x
Bridge	ANKLE MOBILITY Hinge Forward, Rowing x3, Sit Up & Transfer at Chest (Arms: Hold ball Row Elbow Back x3)								4x
Finish	Hold the Ball								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

7: Sit-To-Stand

Reach

#3

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

Intro	Hinge Forward to Grab Ball							
Verse	TAP FRONT-SIDE-FRONT Tap Front Center, Side, Front Center (Arms: Slice Front, Open Side, Front, Draw Elbows Back)							16x
Chorus	PUNCH PULL SUNSHINE SHOULDER Punch x2, Pull x2, Sunshine Stand, Lower, SSD Shoulders (Arms: Punch R/L, Pull R/L, Circle Arms to Stand, Reach for chair sitting down)							4x
Bridge	WINDSHIELD WIPER Windshield Wiper R/L and Slide Leg on Floor (Arms: Washing a window – Up, Around to Thighs)							8x
Finish	Hold the Ball							
V1	C1	B1	V2	C2	B2	V3	C3	B3

8: Flexibility

Crazy Love

#3

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

Intro	Shoulder Roll							
Verse	SHOULDER AND HIP OPENER Roll In & Open Out both Hip & Shoulder (Arms: Sweep from side to side)							8x
Chorus	CHEST CROSS, SHOULDER, REACH Cross Chest, Shoulder, Reach Up R/L, Pull Down to Prayer (Arms: Cross Chest, touch shoulder, reach up R/L, pull down)							4x
Bridge	HIP FLEXOR STRETCH Straddle Legs turning Side, Hip Flexor Stretch x4 R/L (Arms: Sweep up and down x4 R/L)							4x
Finish	Prayer							
V1	C1	B1	V2	C2	B2	V3	C3	B3