

# 1: Warm-Up

Let's Get Loud



#3

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

Intro	March and Clap								16x
Verse	<b>V STEP JUMP ROPE</b> V Step x3 – Jump Rope x2, Lifting Heels (Arms: External rotation paddle & when jumping rope)								8x
Chorus	<b>HEEL PRESS – ARMS SEMI-CIRCLE</b> Heel Press R/L Front while Changing Arms (Arms: Press F x8, Slice angle x8, Hitch hike side x8, Punch side x8)								32x
Bridge	<b>LIFT KNEE, ABDUCT, EXTEND, STAR</b> 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



Intro	Sit Tall								
Verse	<b>PRISONER ROTATE</b> Rotate Prisoner Arms Side to Center, Press Elbows Back x2, (Arms: Bent elbow “W” shape with palms open)								8x
Chorus	<b>STOMP JACK</b> Stomp JJ and Reach and Pull Downward (Arms: Fists at chest x2, then reach up overhead and pull)								8x
Bridge	<b>HIGH PULL</b> 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	<b>HEEL-TOE-HEEL PARTY TIME</b> Heel-Toe-Heel, Fist Arm Circle x3 (Arms: Fists at thighs during H-T-H, Party Time Circle)							8x	
Chorus	<b>WALK THE CHAIR</b> March Side x4, Leg Press Side Extending Leg x2 (Arms: Marching Arms x4, Push out Front x2)							8x	
Bridge	<b>STEP TOUCH PRESS</b> 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

#3

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

Intro	March & Slice								
Verse	<b>MARCH SINGLE-SINGLE-HOLD</b> March x2 & Hold Knee Up (Arms: Slicing hands)							16x	
Chorus	<b>SWEEP ACROSS KICK BACK</b> Sweep Across x7 R/L, Kick Back Tricep x4 (Arms: Palm sweep and kick back x4)							4x	
Bridge	<b>STAR &amp; HIP OPENER</b> 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	<b>TAP TWO / SHOULDER ROTATION</b> Tap Toes Twice Each Side (Arms: Internal & External Rotation - Palms down and up)								16x
Chorus	<b>HEEL PRESS SSD</b> Heel Press Single-Single-Double (Arms: Palms Press Front)								16x
Bridge	<b>MARCH HITCHHIKER</b> 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



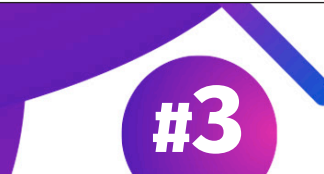
#3

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

Intro	Hinge Forward to Grab Ball								
Verse	<b>LATERAL FLEXION REPEATER</b> Flex the Spine Side-to-Side x1, Repeater x3 (Arms: Hold ball, Elbow moves towards hip)							4x	
Chorus	<b>BICEP SWITCH</b> Bicep Curl and Transfer to Opposite Side (Arms: Angle Down, Transfer switch & Bicep Curl)							4x	
Bridge	<b>ANKLE MOBILITY</b> 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



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

Intro	Hinge Forward to Grab Ball							
<b>Verse</b>	<b>TAP FRONT-SIDE-FRONT</b> Tap Front Center, Side, Front Center (Arms: Slice Front, Open Side, Front, Draw Elbows Back)							16x
<b>Chorus</b>	<b>PUNCH PULL SUNSHINE SHOULDER</b> 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
<b>Bridge</b>	<b>WINDSHIELD WIPER</b> 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	<b>SHOULDER AND HIP OPENER</b> Roll In & Open Out both Hip & Shoulder (Arms: Sweep from side to side)							8x
Chorus	<b>CHEST CROSS, SHOULDER, REACH</b> Cross Chest, Shoulder, Reach Up R/L, Pull Down to Prayer (Arms: Cross Chest, touch shoulder, reach up R/L, pull down)							4x
Bridge	<b>HIP FLEXOR STRETCH</b> 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