

1 Warm-Up

Happy

#5

SEAT.
SUPPORTED EXERCISE FOR AGELESS TRAINING

| | | | | | | | | | | |
|--------|---|----|----|----|----|----|----|----|----|-----|
| Intro | Heel Dig Open Hands | | | | | | | | | 16x |
| Verse | HEEL DIG SSD & BICEP Heel Dig Single-Single-Double, Bicep Curl S-S-D (Arms: Bicep curl fist x4 & open hands x4) | | | | | | | | | 8x |
| Chorus | REACH ACROSS & RAISE THE ROOF Tap Side Punch Across x4 & Heels Up and Down x8 (Arms: Punch across x4, sweep wide overhead & push down) | | | | | | | | | 4x |
| Bridge | SLIDE OUT & DBL KNEE Slide Leg x3, Double Knee Lift (Arms: Ext. / Int. rotation-slice open & press down x2) | | | | | | | | | 4x |
| Finish | Open Hands at Side | | | | | | | | | |
| V1 | C1 | B1 | V2 | C2 | B2 | V3 | C3 | B3 | C4 | |

2 Posture

You Keep Me Hanging On

#5

SEAT.
SUPPORTED EXERCISE FOR AGELESS TRAINING

| | | | | | | | | | | |
|--------|---|----|----|----|----|----|----|----|----|----|
| Intro | Walk the Heels | | | | | | | | | 8x |
| Verse | HEEL WALK Heel Walk (Arms: Slice up biceps, Open hands, Press back x2) | | | | | | | | | 8x |
| Chorus | BOW & ARROW SLIDE Bow & Arrow Slide Right x4, Left x4 & Reach Pull (Arms: Straight arms side open hands, Pull bow with fist) | | | | | | | | | 4x |
| Bridge | MARCH SHOULDER ROLLS March Heel -Toe & Shoulder Rolls Both x2, Single x4 (Arms: Shoulder rolls both x2, Single x4) | | | | | | | | | 8x |
| Finish | Hands Up | | | | | | | | | |
| V1 | C1 | B1 | V2 | C2 | B2 | V3 | C3 | B3 | C4 | |

3

Cardio

Over the Rainbow

#5

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

| | | |
|--------|--|-----|
| Intro | Tap Out Hold Fists Up | 16x |
| Verse | <u>TAP OUT PUNCH ACROSS & HEEL DIG</u> Tap Out Punch, Heel Dig Crossing Wrist (Arms: Punch acr. x4, press front crossing wrists x4) | 4x |
| Chorus | <u>DBL RAINBOW JACKS & WALK</u> Double Rainbow Jacks RL x2, Walk Side x7 (Arms: Double diagonal reach RL, pump with fist) | 4x |
| Bridge | <u>V STEP & FAST JACK</u> V Step x2 & Fast Jack x4 (Arms: Reach out-out-in-in x2, hold chair x4) | 4x |
| Finish | Land Wide | |
| V1 | C1 | B1 |
| V2 | C2 | B2 |
| V3 | C3 | B3 |
| | | C4 |

4

Total Body & Balance

Dancing on the Ceiling

#5

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

| | | |
|--------|--|----|
| Intro | Place Soft Ball Slightly Above Knees | |
| Verse | <u>KNEE EXTENSION</u> Knee Extension with Ball Above Knees x4 R, L (Arms: Arms bent palms down, Extend elbows) | 4x |
| Chorus | <u>OVERHEAD LAT FLEXION & BALL ROLL</u> Lift Ball Overhead, Alternate Side Bend, Lower Ball to Chest, Roll x2 (Arms: Up, side, side, down, & roll x2) | 8x |
| Bridge | <u>STAR POSE & SQUEEZE ARMS</u> Hold Star Pose, Squeeze Arms Together x2 (Arms: Hold the ball, squeeze arms x2) | 4x |
| Finish | Ball Front | |
| V1 | C1 | B1 |
| V2 | C2 | B2 |
| V3 | C3 | B3 |
| | | C4 |

5 Memory

Dr. Beat

#5

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

| | | | | | | | | | | |
|--------|---|----|----|----|----|----|----|----|----|-----|
| Intro | Extend Legs Cross Ankle Over Shin | | | | | | | | | 16x |
| Verse | <u>PETER PAN & ROW</u> Slide Ankle Up Shin x8, Row Arms (Arms: Pull elbows back opening & closing fists) | | | | | | | | | 16x |
| Chorus | <u>PLAY DRUMS & STEP IN-OUT</u> Step Out-Out-In-In, Arms Drum Out-Out- In-In, Explain brain Game (Arms: Hands in fists to pretend drumming) | | | | | | | | | 32x |
| Bridge | <u>MARCH IN PLACE & BRAIN GAME</u> March While Playing Number Double Challenge (Arms: Pump arms and slice fingers) | | | | | | | | | 32x |
| Finish | Open Wide to the Side | | | | | | | | | |
| V1 | C1 | B1 | V2 | C2 | B2 | V3 | C3 | B3 | C4 | |

6 Strength

Billie Jean

#5

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

| | | | | | | | | | | |
|--------|---|----|----|----|----|----|----|----|--|-----|
| Intro | Pick Up Weights (w/end pointing to floor) | | | | | | | | | 16x |
| Verse | <u>HINGE ROW & KICKBACK</u> Hinge Hips, Row & Kickback (Arms: Pull elbows back & extend arms back) | | | | | | | | | 8x |
| Chorus | <u>ABDUCT SIDE 2 & OPEN HIP 2</u> Slide Leg Open x2, Lift Hip & Circle Leg Out x2 (Arms: Weights rest on thighs) | | | | | | | | | 4x |
| Bridge | <u>CURL & SHOULDER PRESS</u> Biceps Curl & Press Overhead (Arms: Biceps curl & press overhead, pull elbows down & Straighten arms) | | | | | | | | | 8x |
| Finish | Arms at Side | | | | | | | | | |
| V1 | C1 | B1 | V2 | C2 | B2 | V3 | C3 | B3 | | |

7 Sit-To-Stand

Perm

#5

SEAT.
SUPPORTED EXERCISE FOR AGELESS TRAINING

| | | | | | | | | |
|--------|--|----|----|----|----|----|----|-----|
| Intro | Extend Hips, Squeeze Glutes, & Lift Fists | | | | | | | 16x |
| Verse | <u>STRAIGHT LEG LIFT & CHEST FLY</u> Straight Leg Lift R x4, L x4, R x2, L x2, R x1, L x1 (Arms: Raise & bend elbows, make fist, open chest) | | | | | | | 4x |
| Chorus | <u>BREASTSTROKE & BACKSTROKE & STAND</u> Jack w/ Breaststroke, Jack w/Backstroke & Sit to Stand (Arms: Open & pull in, curl up, press down) | | | | | | | 4x |
| Bridge | <u>STEP TOUCH & SHOULDER PRESS</u> Tap Out Alt. Legs, Chest Fly & Sng. Arm Overhead Press (Arms: Open & close, & alternate overhead press w/fist) | | | | | | | 8x |
| Finish | Stay Seated | | | | | | | |
| V1 | C1 | B1 | V2 | C2 | B2 | V3 | C3 | B3 |

8 Flexibility

When We Were Young

#5

SEAT.
SUPPORTED EXERCISE FOR AGELESS TRAINING

| | | | | | | | | |
|--------|---|----|----|----|----|----|----|----|
| Intro | Circle Right Twice, Then L | | | | | | | |
| Verse | <u>HAMSTRING STRETCH</u> Hamstring Stretch with Flexed Foot x2 (Arms: Reach front to toe, sweep up, front, elbow back) | | | | | | | 4x |
| Chorus | <u>CIRCLE HANDS UP & TWIST</u> Circle Hands Up/Out-Down/In & Twist R, Look Back, Front (Arms: Rotate wrists-lifting front, rotate the other way opening & lowering side) | | | | | | | 4x |
| Bridge | <u>LUNGE WARRIOR 2</u> Lunge Warrior 2, Push Front-Side, Pull Elbow Back x3, Circle Up & Around, Repeat L (Arms: Push-pull x3, circle up & around to transition on 4) | | | | | | | 8x |
| Finish | Prayer Pose | | | | | | | |
| V1 | C1 | B1 | V2 | C2 | B2 | V3 | C3 | B3 |