

1

Warm-Up

Happy

#5

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

Intro	Heel Dig Open Hands								16x
Verse	<u>HEEL DIG SSD & BICEP</u> Heel Dig Single-Single-Double, Bicep Curl S-S-D (Arms: Bicep curl fist x4 & open hands x4)								8x
Chorus	<u>REACH ACROSS & RAISE THE ROOF</u> Tap Side Punch Across x4 & Heels Up and Down x8 (Arms: Punch across x4, sweep wide overhead & push down)								4x
Bridge	<u>SLIDE OUT & DBL KNEE</u> 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

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

Intro	Walk the Heels								8x
Verse	<u>HEEL WALK</u> Heel Walk (Arms: Slice up biceps, Open hands, Press back x2)								8x
Chorus	<u>BOW & ARROW SLIDE</u> Bow & Arrow Slide Right x4, Left x4 & Reach Pull (Arms: Straight arms side open hands, Pull bow with fist)								4x
Bridge	<u>MARCH SHOULDER ROLLS</u> 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



Sit-To-Stand

Perm

#5



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

S.E.A.T.
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