

# S.E.A.T.

SUPPORTED EXERCISE FOR AGELESS TRAINING



# Sittin' Pretty

RELEASE 6



**S.E.A.T.**  
SEATED EXERCISE FOR ADVANCED TRAINING

DISTRIBUTED BY **SCW**

S.E.A.T. is the newest chair based workout that provides a low impact, high-energy challenge for participants of all ages, skill and fitness levels. Jump in with this dynamic cardiovascular workout that tones and tapers the entire body!

## CALORIES

AVERAGE  
**500**  
BURNED

## DURATION

**40**  
MINUTES

## EXERCISE TYPE

GROUP CHAIR  
EXERCISE WORKOUT

## INTENSITY

LOW IMPACT,  
HIGH ENERGY.  
YOU DETERMINE  
THE INTENSITY

## MUSIC

THE LATEST  
INSPIRING  
SING-ALONG  
TUNES

## EQUIPMENT

## RESULTS

INCREASES STRENGTH  
& ENDURANCE,  
TONES & SHAPES, AND  
MAINTAINS HEART HEALTH