

SEAT

SUPPORTED EXERCISE FOR AGELESS TRAINING

Chair-rish Your Health!

RELEASE 9

SEAT
SEATED EXERCISE FOR ADVANCED TRAINING

DISTRIBUTED BY **SCW**

SEAT 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