

| Track 1      |    | WARM-UP<br>JUST CAN'T GET ENOUGH                                                                                                |    |    |    |    |    |    | S.E.A.T<br>20 |
|--------------|----|---------------------------------------------------------------------------------------------------------------------------------|----|----|----|----|----|----|---------------|
| Intro        |    | Set Up S.E.A.T. Position, March                                                                                                 |    |    |    |    |    |    | 32x           |
| <u>Verse</u> |    | <b><u>MARCH / STEP TOUCH 2</u></b><br>March / Double Tap Side 2<br>(Arms: Pump F/B / Dbl "V" 2)                                 |    |    |    |    |    |    | 4x            |
| Chorus       |    | <b><u>HEEL TOE HEEL / TAP 2</u></b><br>Heel Toe Heel / Double Tap Side<br>(Arms: Hold hands to sides / Single reach overhead 2) |    |    |    |    |    |    | 8x            |
| Bridge       |    | <b><u>TAP OUT / ROW</u></b><br>Alt Tap Out / Stationary<br>(Arms: Alt short lever raise 8 / Alt bow & arrow row 4)              |    |    |    |    |    |    | 2x            |
| Finish       |    | Sit Tall                                                                                                                        |    |    |    |    |    |    |               |
| V1           | C1 | B1                                                                                                                              | V2 | C2 | B2 | V3 | C3 | B3 |               |

| Track 2 |    | POSTURE<br>SEPTEMBER                                                                                   |    |    |    |    |    |    | S.E.A.T.<br>20 |
|---------|----|--------------------------------------------------------------------------------------------------------|----|----|----|----|----|----|----------------|
| Intro   |    | Alt Knee Extension                                                                                     |    |    |    |    |    |    | 16x            |
| Verse   |    | <b><u>LIFT LEG / TAP OUT</u></b><br>Extend Leg / Tap Out<br>(Arms: Row narrow 7 / External rotation 1) |    |    |    |    |    |    | 2x             |
| Chorus  |    | <b><u>STATIONARY SHOULDER ROLL</u></b><br>Stationary<br>(Arms: Alt Dbl shoulder roll 4, "V" 4)         |    |    |    |    |    |    | 2x             |
| Bridge  |    | <b><u>BOW &amp; ARROW 7</u></b><br>Warrior Stance<br>(Arms: Bow & arrow 7)                             |    |    |    |    |    |    | 2x             |
| Finish  |    | Sit Tall                                                                                               |    |    |    |    |    |    |                |
| V1      | C1 | B1                                                                                                     | V2 | C2 | B2 | V3 | C3 | B3 |                |

| Track 3 |    | CARDIO<br>PLEASE MR POSTMAN                                                                                |    |    |    |    |    |    | S.E.A.T.<br>20 |
|---------|----|------------------------------------------------------------------------------------------------------------|----|----|----|----|----|----|----------------|
| Intro   |    | March                                                                                                      |    |    |    |    |    |    | 32x            |
| Verse   |    | <b><u>TOUCH HEEL SSD</u></b><br>Instep Sweep Single Single Double<br>(Arms: Tap low leg SSD)               |    |    |    |    |    |    | 8x             |
| Chorus  |    | <b><u>WILD JACK / HEEL DIG</u></b><br>Jack 2 / Alt Heel Dig 4<br>(Arms: "V" 2 / Patty cake 4 )             |    |    |    |    |    |    | 4x             |
| Bridge  |    | <b><u>SHUFFLE / JUMP ROPE</u></b><br>Shuffle SSD 4 / Jump Rope 8<br>(Arms: Hold chair / Jump rope hands 8) |    |    |    |    |    |    | 2x             |
| Finish  |    | Sit Tall                                                                                                   |    |    |    |    |    |    |                |
| V1      | C1 | B1                                                                                                         | V2 | C2 | B2 | V3 | C3 | B3 |                |

| Track 4 |    | TOTAL BODY AND BALANCE<br>SHERRY                                                                                          |    |    |    |    |    |    | S.E.A.T.<br>20 |
|---------|----|---------------------------------------------------------------------------------------------------------------------------|----|----|----|----|----|----|----------------|
| Intro   |    | Hinge to Stand                                                                                                            |    |    |    |    |    |    |                |
| Verse   |    | <b><u>TAP KNEE / STEP BACK</u></b><br>Standing March 8 / Alt Step Back 4<br>(Arms: Tap knees 8 / Reach forward 4)         |    |    |    |    |    |    | 2x             |
| Chorus  |    | <b><u>STAGGER STAR</u></b><br>Stagger Stance<br>(Arms: Star pose 4)                                                       |    |    |    |    |    |    | 2x             |
| Bridge  |    | <b><u>DOUBLE TAP / HEEL DIG</u></b><br>Dbl Tap Side 2 / Alt Standing Heel Dig 2<br>(Arms: Dbl slice down 2 / Push pull 2) |    |    |    |    |    |    | 4x             |
| Finish  |    | Star Pose                                                                                                                 |    |    |    |    |    |    |                |
| V1      | C1 | B1                                                                                                                        | V2 | C2 | B2 | V3 | C3 | B3 | C4             |

| Track 5 | MEMORY<br>HOW WILL I KNOW                                                                                                                                       |    |    |    |    |    |    |    | S.E.A.T.<br>20 |
|---------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------|----|----|----|----|----|----|----|----------------|
| Intro   | Sit Back Down & March                                                                                                                                           |    |    |    |    |    |    |    |                |
| Verse   | <b><u>WALK THE CHAIR / BREASTSTROKE</u></b><br>Walk the Chair 4 / Stationary / Walk the Chair 4 / Stationary<br>(Arms: Pump / Breaststroke / Pump / Backstroke) |    |    |    |    |    |    |    | 4x             |
| Chorus  | <b><u>RAISE THE ROOF</u></b><br>March<br>(Arms: Raise the roof 4 / Sunshine 4)                                                                                  |    |    |    |    |    |    |    | 1x             |
| Bridge  | <b><u>HEEL SSD</u></b><br>Alt Heel Dig SSD<br>(Arms: Snaps)                                                                                                     |    |    |    |    |    |    |    | 16x            |
| Finish  | Snap!                                                                                                                                                           |    |    |    |    |    |    |    |                |
| V1      | C1                                                                                                                                                              | B1 | V2 | C2 | B2 | V3 | C3 | B3 |                |

\*Neuroplasticity Drill - Name a food item. Participants say where they would find that item in the grocery store. This drill is done on the Chorus.

| Track 6 | MOBILITY<br>THE TIDE IS HIGH                                                                                           |    |    |    |    |    |    |    | S.E.A.T.<br>20 |
|---------|------------------------------------------------------------------------------------------------------------------------|----|----|----|----|----|----|----|----------------|
| Intro   | Hinge Down to Grab Ball                                                                                                |    |    |    |    |    |    |    |                |
| Verse   | <b><u>LIFT &amp; ABDUCT</u></b><br>Lift & Abduct 4<br>(Arms: Press ball against thigh)                                 |    |    |    |    |    |    |    | 2x             |
| Chorus  | <b><u>SQUEEZE &amp; HUG</u></b><br>Squeeze Ball<br>(Arms: Slow hug, open)                                              |    |    |    |    |    |    |    | 4x             |
| Bridge  | <b><u>STATIONARY LATERAL FLEXION</u></b><br>Stationary<br>(Arms: Alt lateral flexion 8 / Alt triple lateral flexion 4) |    |    |    |    |    |    |    | 1x             |
| Finish  |                                                                                                                        |    |    |    |    |    |    |    |                |
| V1      | C1                                                                                                                     | B1 | V2 | C2 | B2 | V3 | C3 | B3 | C4             |

| Track 7 | <b>STRENGTH<br/>REWRITE THE STARS</b>                                                                                                                      |    |    |    |    |    |    |    | S.E.A.T.<br>20 |
|---------|------------------------------------------------------------------------------------------------------------------------------------------------------------|----|----|----|----|----|----|----|----------------|
| Intro   | Hinge to Get Dumbbells                                                                                                                                     |    |    |    |    |    |    |    | 16x            |
| Verse   | <b><u>BICEPS SLOW / SHOULDER ROTATION</u></b><br>Stationary<br>(Arms: Biceps curl quick slow 4 / Alt shoulder external rotation 8)                         |    |    |    |    |    |    |    | 1x             |
| Chorus  | <b><u>ELBOW EXTENSION / SHOULDER ABDUCTION</u></b><br>Hinge Forward / Stationary<br>(Arms: Extend at elbow joint quick slow 4 / Alt short level deltoid 8) |    |    |    |    |    |    |    | 1x             |
| Bridge  | <b><u>SHOULDER PRESS</u></b><br>Stationary<br>(Arms: Alt shoulder press 2, press both)                                                                     |    |    |    |    |    |    |    | 4x             |
| Finish  | Sit Tall                                                                                                                                                   |    |    |    |    |    |    |    |                |
| V1      | C1                                                                                                                                                         | B1 | V2 | C2 | B2 | V3 | C3 | B3 |                |

| Track 8 | <b>SIT TO STAND<br/>DESPERADO</b>                                                                                 |    |    |    |    |    |    |    | S.E.A.T.<br>20 |
|---------|-------------------------------------------------------------------------------------------------------------------|----|----|----|----|----|----|----|----------------|
| Intro   | Alt Tap Out                                                                                                       |    |    |    |    |    |    |    | 16x            |
| Verse   | <b><u>TAP OUT</u></b><br>Alt Tap Out<br>(Arms: Reach across low 8, higher 8, higher 8, highest 8)                 |    |    |    |    |    |    |    | 1x             |
| Chorus  | <b><u>HEEL DIG &amp; STAND</u></b><br>Alt Heel Dig 4 / Stand & Sit<br>(Arms: Double uppercut / Scoop & dump)      |    |    |    |    |    |    |    | 4x             |
| Bridge  | <b><u>MARCH FRONT BACK</u></b><br>March Front Back 4 / March in Place<br>(Arms: Pump / Alt short lever deltoid 8) |    |    |    |    |    |    |    | 2x             |
| Finish  | Sit Tall                                                                                                          |    |    |    |    |    |    |    |                |
| V1      | C1                                                                                                                | B1 | V2 | C2 | B2 | V3 | C3 | B3 | C4             |

| Track 9 | ADL<br>TWENTY FIVE MILES                                                                                           |    |    |    |    |    |    |    | S.E.A.T.<br>20 |
|---------|--------------------------------------------------------------------------------------------------------------------|----|----|----|----|----|----|----|----------------|
| Intro   | Alt Tap Out                                                                                                        |    |    |    |    |    |    |    | 16x            |
| Verse   | <b><u>FAST JACK / SHUFFLE</u></b><br>Fast Jack 4 / Shuffle SSD 2<br>(Arms: Slice down to sides 4 / Hold shoulders) |    |    |    |    |    |    |    | 4x             |
| Chorus  | <b><u>WALK CHAIR / INSTEP</u></b><br>Walk Chair 8 / Alt Instep Sweep 4<br>(Arms: Pump / Reach to instep 4)         |    |    |    |    |    |    |    | 4x             |
| Bridge  | <b><u>TANDEM WALK</u></b><br>Alt Tandem Walk<br>(Arms: Hold hands to sides)                                        |    |    |    |    |    |    |    | 32x            |
| Finish  | Sit Tall                                                                                                           |    |    |    |    |    |    |    |                |
| V1      | C1                                                                                                                 | B1 | V2 | C2 | B2 | V3 | C3 | B3 | C4             |

| Track 10 | FLEXIBILITY<br>DON'T YOU WANNA STAY                                                                                             |    |    |    |    |    |    |    | S.E.A.T.<br>20 |
|----------|---------------------------------------------------------------------------------------------------------------------------------|----|----|----|----|----|----|----|----------------|
| Intro    | Get Into Warrior Position                                                                                                       |    |    |    |    |    |    |    |                |
| Verse    | <b><u>WARRIOR &amp; PRAYER CENTER</u></b><br>Warrior / Stationary<br>(Arms: Reach to overhead / Prayer pose)                    |    |    |    |    |    |    |    | 2x             |
| Chorus   | <b><u>WAVE &amp; ROTATE</u></b><br>Stationary<br>(Arms: Single wave overhead / Alt torso rotation)                              |    |    |    |    |    |    |    | 2x             |
| Bridge   | <b><u>PAINT / POINT &amp; FLEX</u></b><br>Hinge / Alt Extend Leg Point & Flex<br>(Arms: Alt Paintbrush 2 / Hold hands to sides) |    |    |    |    |    |    |    | 2x             |
| Finish   | Sit Tall Exhale                                                                                                                 |    |    |    |    |    |    |    |                |
| V1       | C1                                                                                                                              | B1 | V2 | C2 | B2 | V3 | C3 | B3 |                |