

Get S.E.A.T. Certified For Less!

THE "ORIGINAL" CHAIR-BASED FITNESS PROGRAM!

Keep members physically, mentally, and socially active with S.E.A.T. chair fitness. One certification covers both the core program plus the brand new S.E.A.T. BEATS!



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

S.E.A.T. BEATS

**CERTIFICATIONS
SAVE \$60**
(was \$259, Now Only \$199)

- Comprehensive Manual
- 5 Educational Videos
- 8 hrs of SCW, ACE, AFAA, NASM, ACSM & AEA CEC/CEUs
- Complete Choreo Kit: 60 Min of Music, 1 hr Workout Video & Choreo Notes
- Automated Online Multiple-Choice Exam
- A LIVE COURSE FREE! (Held at MANIA or Live-Stream)

**MEMBERSHIPS
ONLY \$9.99 /Mo**
Was \$39.99 per month
or SAVE 20% - Only \$99 /Yr

- Easy-Access APP with Music and Videos
- Fresh Choreography Video/Music & Choreo Kits
- 60 Minutes of Music
- Full Hour workout Video
- Detailed Choreo Notes for Easy Teaching
- Social Media & Marketing Kits

USE CODE: SAVE60



seatfitness.com

1 WARM UP		RELEASE 17				SEPT				
GET UP!										
Intro	Set Up 5 E.A.T. Position, Double Stomp Side									8x
Verse	DBL STOMP / UPPER CUT Double Stomp 2 / Tap Side 4 (Arms: Press to knee / Upper cut 4)									4x
Chorus	SHOULDER RAISE / MARCH Stationary / March 4 (Arms: Shoulder raise / Pump arms)									8x
Bridge	½ JACK / ABDUCT 3 (Arms: Backstroke / External rotation 3)									8x
Finish	Wide Jack									
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	

4 TOTAL BODY BALANCE		RELEASE 17				SEPT				
LOVE SHACK										
Intro	Hinge and Grab Ball									
Verse	ON TOES / ON HEELS Up On Toes 4 / Up On Heels 4 (Arms: Curl / Transfer ball)									8x
Chorus	SHUFFLE SSD HOLD / ABDUCT 4 Shuffle SSD 4 / Abduct 4 / Abduct 4 (Arms: Hold ball front / Press to thigh)									2x
Bridge	LATERAL FLEXION / ROW Stationary (Arms: ALT lateral flexion 8 / Alt row 8)									1x
Finish	Sit Up Tall									
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	

7 STRENGTH		RELEASE 17				SEPT				
HE'S THE GREATEST DANCER										
Intro	Hinge to Pick Up Weights									
Verse	HINGE FORWARD Hinge Forward (Arms: Triceps kickback/Row)									8x
Chorus	DBL CROSS CURL Stationary (Arms: DBL cross bicep curl 4 / Overhead press 4)									1x
Bridge	SLOW ABDUCT Stationary (Arms: External rotation)									8x
Finish	Drop Hands and Dumbbells to Side									
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	

10 FLEXIBILITY		RELEASE 17				SEPT				
LEASE ON LIFE										
Intro	Sit Down									16x
Verse	REACH & PAINT BRUSH Stationary / Extend Leg R (Arms: ALT overhead slice 4 / Paint brush 2)									2x
Chorus	HEEL TOE HEEL / STATIONERY Heel Toe Heel 2 / Stationary (Arms: Side, clap 2 / ALT shoulder roll 4)									2x
Bridge	WARRIOR & WALK AROUND Warrior / Walk The Chair (Arms: Reach up / Hold at temple, elbow close & open 4)									2x
Finish	Arms Down									
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	

2 POSTURE		RELEASE 17				SEPT				
BAKER STREET										
Intro	Heel Walk									32x
Verse	PULL DOWN JACK / STAR Jack 4 / Star Pose 2 (Arms: Pull down / Angle down 2)									2x
Chorus	DEADBUG / HEEL WALK ALT Extend Leg 4 / Heel Walk 16 (Arms: Alt Punch front & down 4 / "w" rotate side 4)									2x
Bridge	STATIONARY Stationary (Arms: Alt rotate shoulder 4 / Crisscross, reach, pull down)									4x
Finish	Hold Pull Down Arms									
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	

5 MEMORY		RELEASE 17				SEPT				
I'VE GOT MY MIND SET										
Intro	Alt Tap Out									16x
Verse	TAP OUT 3 / HEEL DIG Tap Out 3 / Heel Dig 2 (Arms: Wash window 3 / Patty cake 2)									4x
Chorus	½ JACK / JUMP ROPE 2 Alt ½ Jack / Jump Rope - Heel Lift 2 (Arms: ALT angle slice 2 / Jump rope hands 2)									8x
Bridge	ROCK / LIFT HEELS Rock / Lift Heels 2 (Arms: Figure eight R / Arms down)									8x
Finish	Sit Tall									
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	

*Neuroplasticity Drill - simple math problems on the Chorus

8 SIT TO STAND		RELEASE 17				SEPT				
THEN CAME YOU										
Intro	March									32x
Verse	WALK CHAIR / WILD JACK Walk The Chair 8 / Jack 2 (Arms: Pump arms / "v")									4x
Chorus	MINI WALK / SIT TO STAND Fast Walk The Chair 4 / Hinge / Sit To Stand (Arms: Pump / Scoop and dump)									4x
Bridge	DBL STOMP / TAP OUT Double Stomp 2 / Tap Side 4 (Arms: Press to knee / Upper cut 2 / Hook 2)									4x
Finish	Arms to Thighs									
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	

3 CARDIO		RELEASE 17				SEPT				
WALKING IN MEMPHIS										
Intro	March									8x
Verse	MARCH FRONT BACK / STEP TOUGH March Front Back 2 / DBL Tap Side 2 (Arms: Drum Front Back 2 / DBL "v")									4x
Chorus	JACK 3 / FAST JACK Jack 3 / Fast Jack 2 (Arms: ALT Pull Down 3 / Hands to side)									4x
Bridge	HEEL TOE HEEL Heel Toe Heel 4 / Stationary (Arms: At hips / Clasp hands, ALT pulse torso rotate 4)									4x
Finish	Hands Side									
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	

6 TOTAL BODY MOBILITY		RELEASE 17				SEPT				
MONDAY MONDAY										
Intro	Get Into Bow & Arrow Position									
Verse	BOW & ARROW 3 / SWIVEL Bow & Arrow / Swivel To Transition (Arms: Bow & arrow 3 / Overhead to transition)									4x
Chorus	STRAIGHT LEG OVER Straight Leg Up & Over 3 (Arms: At side, shoulder roll)									4x
Bridge	ELBOW CLOSE & OPEN Stationary (Arms: Hold temple, elbow close and open 3)									4x
Finish	Elbow Wide									
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	

9 ADLS		RELEASE 17				SEPT				
HOOKED ON A FEELING										
Intro	Hinge & Stand Up									
Verse	ABDUCT EXTEND & PUSH BACK & STEP SIDE Abduct 2, Hip Extension 2, Push Back 3, Transition (Arms: Hold chair)									2x
Chorus	HINGE & SKATE ALT Hinge & Hip Extension (Arms: Hold chair)									16x
Bridge	STANDING MARCH 12 March (Arms: Reach and hold overhead)									2x
Finish	Arms Down									
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	

S.E.P.T.

SUPPORTED EXERCISE FOR AGELESS TRAINING

SEAT 17 CHOREOGRAPHY