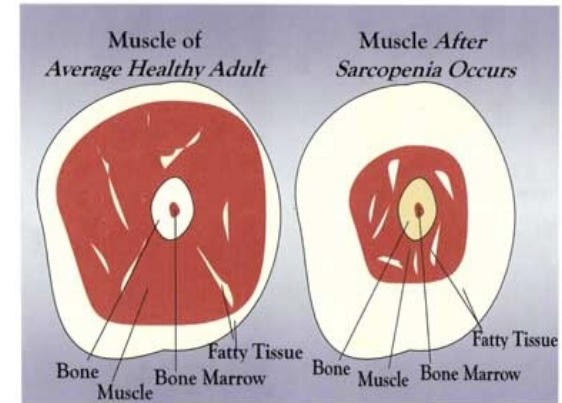


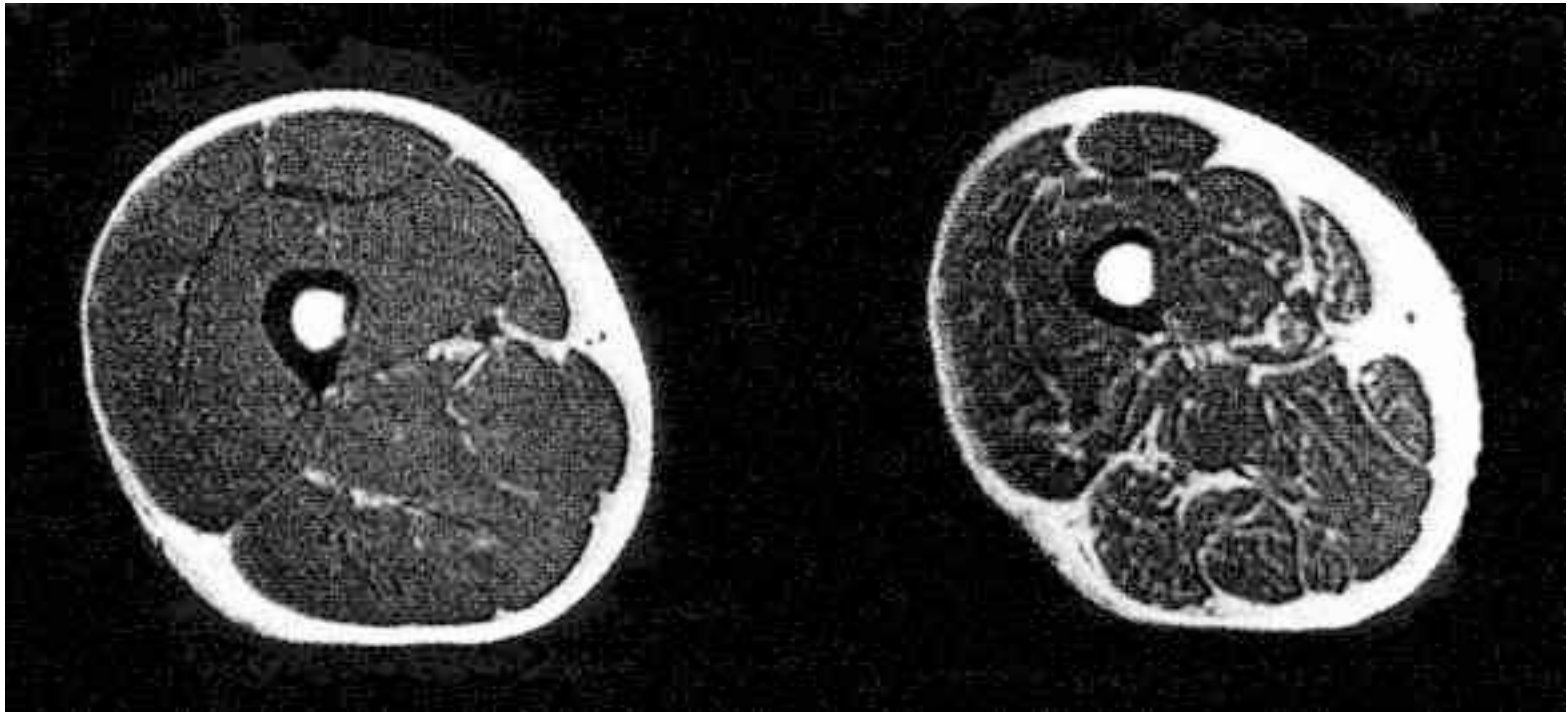
Sarcopenia



- Sarcopenia = Poverty of the Flesh
- Loss of :
 - Muscle mass
 - Strength
 - Power
 - Function
- 5-13% of all persons aged 60-70 years
- 11-50% of persons in their 80s
- Adults between the ages of 50-80 years old can lose up to eight times more muscle mass than is lost in the previous 30 years



Sarcopenia: Age related loss of Muscle



Age 25

Age 65

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



1	Warm-Up	Queen of the Night
I	March	
V	MARCH 3 LEFT	
C	STEP OUT AND PUNCH UP	
B	ROW AND LIFT	
F	Punch up	
V1	C1 B1 V2 C2 B2 V3 C3 B3 C4	
3	Cardio	A.Y.o.
I	Wide Jog	
V	DANCE THE CHAIR KICK	
C	STEP TOUCH AND DELT RAISE	
B	HINGE ROW	
F	Reach Up	
V1	C1 B1 V2 C2 B2 V3 C3 B3 C4	
5	Total Body	Boogie Nights
I	Point Flex	
V	BAND SQUEEZE	
C	BAND TRICEPS R/L	
B	SIT TO STAND ABDUCT LEG	
F	Extend Elbow	
V1	C1 B1 V2 C2 B2 V3 C3 B3 C4	
2	Sit to Stand	She Sets The City On Fire
I	One arm up	
V	SIT TO STAND CLAP	
C	DRILL CROSS COUNTRY	
B	JACK STROKE	
F	Reach Front	
V1	C1 B1 V2 C2 B2 V3 C3 B3 B4	
4	Upper body	This Ones For You
I	Alternating puts	
V	ROW AND ARROW	
C	LATERAL ROLL DOWN	
B	PUNCH JACK FAST	
F	Row	
V1	C1 B1 V2 C2 B2 V3 C3 B3 C4	
6	Seated Flexibility	Hymn For The Weekend
I	Reach R/L	
V	PART THE SEAS	
C	STAND QUAD STRETCH	
B	CAT COW	
F		



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