



1: Warm-Up Old Time Rock and Roll #2 SEAT SUPPORTED EXERCISE FOR AGELESS TRAINING												
Intro	March											
Verse	MARCH FRONT BACK March FB x3, Open Hip x1 (Arms Pump R/L)										4x	
Chorus	ROCK N ROLL Toe Heel R/L x4, Hip Extension Center (Arms Pump R/L)										4x	
Bridge	DOUBLE JACK Double JJ x2, Single JJ R/L (Arms External and Internal Rotation)										4x	
Finish	Cross Chest											
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4			

2: Sit to Stand Thunderstruck #2 SEAT SUPPORTED EXERCISE FOR AGELESS TRAINING												
Intro	Circle Arms Over Head											
Verse	WALK THE CHAIR Walk to the Side, Double Knee with Elbow x2 (Arms Pump R/L)										4x	
Chorus	PUSH PULL STAND Punch R/L Pull R/L, Sit to Stand (Arms Circle Overhead)										4x	
Bridge	JACK WIDE ROW Double JJ Wide Row x2, Fast JJ Elbow Pull x2 (Arms Row Wide)										4x	
Finish	Finish Strong With a Point											
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4			

3: Cardio La Copa De La Vida #2 SEAT SUPPORTED EXERCISE FOR AGELESS TRAINING												
Intro	Jack											
Verse	BOW AND ARROW JACK Bow and Arrow Side JJ R/L (Arms Long Levers R/L)										16x	
Chorus	V STEP TWIST V Step x3, twist on toes R/L (Both Arms Reach Up and Drop to Seat)										4x	
Bridge	STEP TOUCH PRESS Step Touch R/L x2, Shimmy R/L (Arms Open x2, Overhead Press x2)										4x	
Finish	Sweep Arms Side											
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4			

4: Total Body Waiting for Tonight #2 SEAT SUPPORTED EXERCISE FOR AGELESS TRAINING												
Intro	March											
Verse	STEP CHA-CHA-CHA Step R/L, Cha-Cha-Cha (Hands on Chair)										8x	
Chorus	BREASTSTROKE JACK Breaststroke JJ x3, R/L Single Scoop Arm (Arms Push Back and Pull In)										4x	
Bridge	FAST JACK Fast JJ R x2, Leg Lift and Row x2 (Arms Slice Out and Row In)										4x	
Finish	Inhale Exhale											
V1	C1	B1	V2	C2	B2	V3	C3	B3				

5: Strength Resistance We're In This Together #2 SEAT SUPPORTED EXERCISE FOR AGELESS TRAINING												
Intro	Get Into Position											
Verse	HINGE AND KICK Hinge Forward, DB Row to Kick Back x2, Extend (Arms In Sagittal Plane)										4x	
Chorus	ABDUCT AND EXTEND KNEE Abduct leg, extend knee x2, adduct R/L (Arms at the Side)										2x	
Bridge	SIT TO STAND AND ABDUCT Stand, Abduct x2, Roll Shoulder R/L, Sit (Arms at Side)										4x	
Finish	Kick Out Right											
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4			

6: Flexibility The Champion #2 SEAT SUPPORTED EXERCISE FOR AGELESS TRAINING												
Intro	Seated Prayer Pose											
Verse	HIP STRETCH AND PRAYER POSE Hip Flexor Stretch to Side, Prayer Pose Breath x4 R/L (Arms Circle Overhead)										4x	
Chorus	PETER PAN Extend Hips, Cross Ankle & Slide Up Leg x4 R/L (Arms at Side)										2x	
Bridge	ANKLE MOBILITY Dorsi and Plantar Flexion x6, Open Hip R/L (Hands on Chair)										2x	
Finish	Prayer Pose											
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4			

1: Warm-Up

Old Time Rock and Roll

#2

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

Intro		March							
Verse		MARCH FRONT BACK March FB x3, Open Hip x1 (Arms Pump R/L)							4x
Chorus		ROCK N ROLL Toe Heel R/L x4, Hip Extension Center (Arms Punch R/L)							4x
Bridge		DOUBLE JACK Double JJ x2, Single JJ R/L (Arms External and Internal Rotation)							4x
Finish		Cross Chest							
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

2: Sit to Stand

Thunderstruck

#2

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

Intro		Circle Arms Over Head							
Verse		WALK THE CHAIR Walk to the Side, Double Knee with Elbow x2 (Arms Punch R/L)							4x
Chorus		PUSH PULL STAND Punch R/L Pull R/L, Sit to Stand (Arms Circle Overhead)							4x
Bridge		JACK WIDE ROW Double JJ Wide Row x2, Fast JJ Elbow Pull x2 (Arms Row Wide)							4x
Finish		Finish Strong With a Point							
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

3: Cardio

La Copa De La Vida

#2

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

Intro		Jack							
Verse		BOW AND ARROW JACK Bow and Arrow Side JJ R/L (Arms Long Levers R/L)							16x
Chorus		V STEP TWIST V Step x3, twist on toes R/L (Both Arms Reach Up and Drop to Seat)							4x
Bridge		STEP TOUCH PRESS Step Touch R/L x2, Shimmy R/L (Arms Open x2, Overhead Press x2)							4x
Finish		Sweep Arms Side							
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

4: Total Body

Waiting for Tonight

#2

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

Intro		March						
Verse		STEP CHA-CHA-CHA Step R/L, Cha-Cha-Cha (Hands on Chair)						8x
Chorus		BREASTSTROKE JACK Breaststroke JJ x3, R/L Single Scoop Arm (Arms Push Back and Pull In)						4x
Bridge		FAST JACK Fast JJ R x2, Leg Lift and Row x2 (Arms Slice Out and Row In)						4x
Finish		Inhale Exhale						
V1	C1	B1	V2	C2	B2	V3	C3	B3

5: Strength Resistance

We're In This Together

#2

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

Intro		Get Into Position							
Verse		HINGE AND KICK Hinge Forward, DB Row to Kick Back x2, Extend (Arms In Sagittal Plane)							4x
Chorus		ABDUCT AND EXTEND KNEE Abduct leg, extend knee x2, adduct R/L (Arms at the Side)							2x
Bridge		SIT TO STAND AND ABDUCT Stand, Abduct x2, Roll Shoulder R/L, Sit (Arms at Side)							4x
Finish		Kick Out Right							
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

6: Flexibility

The Champion

#2

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

Intro		Seated Prayer Pose						
Verse		HIP STRETCH AND PRAYER POSE Hip Flexor Stretch to Side, Prayer Pose Breath x4 R/L (Arms Circle Overhead)						4x
Chorus		PETER PAN Extend Hips, Cross Ankle & Slide Up Leg x4 R/L (Arms at Side)						2x
Bridge		ANKLE MOBILITY Dorsi and Plantar Flexion x6, Open Hip R/L (Hands on Chair)						2x
Finish		Prayer Pose						
V1	C1	B1	V2	C2	B2	V3	C3	B3

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			B3	C4

2: Sit to Stand Thunderstruck

#2

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Bridge	JACK WIDE ROW Double JJ Wide Row x2, Fast JJ Elbow Pull x2 (Arms Row Wide)			
Finish	Finish Strong With a Point			
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		B2	V3	C3
			B3	C4

3: Cardio

La Copa De La Vida

#2

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V1	C1 B1 V2 C2 V3 B2 C3 B3 C4	

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Finish	Inhale Exhale	
V1	C1	B1
	C2	V2
	C3	V3
	B2	B3

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			B3	C4

6: Flexibility

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			V3	C3	B3