



# S.E.A.T.

Supported Exercise  
for Ageless Training

SEAT 

**S.E.A.T.**  
SEATED EXERCISE FOR ADVANCED TRAINING

DISTRIBUTED BY 

S.E.A.T. 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  
**250**  
BURNED

#### DURATION

**30**  
MINUTES

#### EXERCISE TYPE

GROUP CHAIR  
EXERCISE WORKOUT

#### INTENSITY

LOW IMPACT,  
HIGH ENERGY.  
YOU DETERMINE  
THE INTENSITY

#### MUSIC

THE LATEST  
INSPIRING  
SING-ALONG  
TUNES

#### EQUIPMENT

CHAIR

#### RESULTS

INCREASES STRENGTH  
& ENDURANCE,  
TONES & SHAPES, AND  
MAINTAINS HEART HEALTH