

## **SitStrong: Empowering Movement, Mind, and Mood Chair Workout**

**with Ruben P. Thickstun**

[www.rubenpthickstun.com](http://www.rubenpthickstun.com), [www.functionallyevolved.com](http://www.functionallyevolved.com),  
[rubenpthickstun@gmail.com](mailto:rubenpthickstun@gmail.com)

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### **45-Minute Chair Workout Demo Example**

#### **0-5 min – Dynamic Warm-Up (on chair)**

- Seated Marching: Lift knees alternately, swing arms naturally.
- Torso Twists: Hands on thighs, twist gently side to side.
- Shoulder Rolls: Forward 5, backward 5.
- Ankle Circles: Lift one foot at a time, rotate 5x each way.
- Reach & Stretch: Arms overhead, inhale up, exhale down.

#### **5-15 min – 4-Move Functional Pattern (Repeat 2 Rounds)**

- Sit-to-Stand: Builds leg strength.
- Overhead Press: With light weights or water bottles.
- Seated Row: Arms back, squeeze shoulder blades.
- Side Reach & Twist: Alternate sides, smooth movements.

#### **15-30 min – Strength, Cardio, Balance Circuit (2 Rounds)**

##### *Strength:*

- Seated Leg Extensions: Lift one leg at a time, hold 2 sec.
- Bicep Curls: With light weights or water bottles.

##### *Cardio:*

- Seated Jumping Jacks: Arms and legs mimic jumping jack motion.
- - Fast Seated March with Arm Pumps: Lift knees faster, pump arms.

##### *Balance:*

- Single-Leg Lift: Lift one foot slightly, hold 3-5 sec.

- Heel-to-Toe Taps: Alternate heel forward, toe back.

### **30-40 min – Repeat Functional Pattern**

- Return to 4-move functional pattern. - Encourage smooth flow, focus on posture and breathing.

### **40-45 min – Cool Down & Mood Boost**

- Seated Side Stretch: Reach arm overhead, lean gently to side.
- Shoulder Shrugs & Rolls: Release tension.
- Seated Forward Fold: Hands to knees, gentle stretch.
- Deep Breathing & Smile: Hands over heart, inhale/exhale slowly.
- Optional Mini Celebration: Claps, smiles, or fist pumps to boost mood.

### **Tips for Fun & Engagement**

- Use upbeat music and cue participants to move with the beat.
- Add playful challenges (“March like you’re in a parade!”).
- Encourage personal variations (light weights, resistance bands, or bodyweight).
- Celebrate small wins (“Great balance! Keep it up!”).