



# CHAIR MOBILITY TRAINING GUIDE

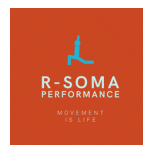


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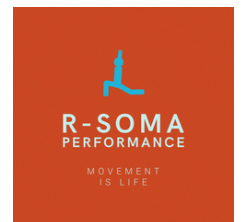
## EXERCISE DISCLAIMER

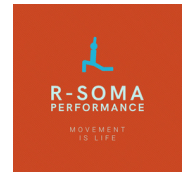
Before beginning this Chair Mobility program, please review the following:

This program is intended for educational and general wellness purposes only. It is not a substitute for medical advice, diagnosis, or treatment. Always consult with your physician or healthcare provider before starting any new exercise program, especially if you are pregnant, have any existing medical conditions, or are recovering from an injury.

By participating in this program, you acknowledge that you are voluntarily engaging in physical activity and assume all risk associated with movement and exercise. Stop any exercise that causes pain, discomfort, or dizziness, and consult a qualified professional if needed.

This program is provided as a resource by [Insert Coach or Business Name Here], who is not liable for any injuries or health issues that may result from participation.





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## ABOUT ME

Meet Your Coach / Trainer Hi, I'm Ludwight Rigueur, and I'm so glad you're here.

I created this program because I believe movement should be simple, accessible, and effective for every body. Whether you're just starting out or getting back into a routine, this guide is built to help you feel better, move better, and build confidence one step at a time.

At Rigueur Soma Performance, our goal is to help you move with purpose and live with strength. If you have any questions or need support along the way, I'm here to help.

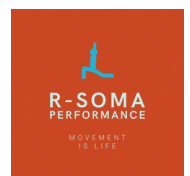
**Thanks for trusting us with your mobility journey.**

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# WELCOME TO YOUR CHAIR MOBILITY GUIDE



## A Smarter Way to Move, Right From Your Chair

You're holding something powerful. Not just a guide but a fresh start.

Whether you're here to move better, feel better, or just finally do something about that stiff back or tight hips, you're in the right place. This Chair Mobility program is designed to help you move with more confidence, freedom, and ease without needing fancy equipment or a gym membership.

## Why Chair Mobility?

Most people think you need to get on the floor, use resistance bands, or do intense workouts to improve the way your body moves. But here's the truth:

You can unlock healthier joints, better posture, and more freedom of movement all from a chair.

Chair Mobility takes the best parts of functional movement, flexibility, and stability training and adapts them into simple routines that are safe, effective, and easy to follow. It's about building better movement from where you are, using what you have.

## Who Is This For?

This program was built for real life and real people. If you check any of these boxes, this is for you:

- ☐ You sit at a desk all day and feel tight or stiff
- ☐ You're recovering from an injury or just getting back into movement
- ☐ You want to stay active and strong without getting on the floor
- ☐ You're older and want to move better, longer
- ☐ You're tired of feeling limited by your body

Whether you're in your 30s or your 70s, Chair Mobility meets you where you are and helps you take the next step.



# CHAIR MOBILITY VS. CHAIR WORKOUTS

Let's clear this up right away. Chair workouts are often about building strength or raising your heart rate using a chair for support. Chair Mobility is different.

## Here's what makes this program unique:

- » It targets the joints, not just the muscles
- » It improves how well you can move, not just how much you move
- » It focuses on control, intention, and quality of motion
- » It builds the foundation for better posture, balance, and strength

## Not Just Stretching

If you've ever done basic seated stretching, you might expect more of the same. But this is something entirely different.

Chair Mobility uses **dynamic stretching**. That means you'll move in and out of positions rather than holding static stretches. We avoid holding any position for longer than five seconds. Most of the time, you'll hold a stretch or position for **just two to five seconds**.

Why? Because our focus is on activating the muscles that support the joint and creating **controlled, intentional movement**, not just passively reaching or relaxing into a stretch.

## You'll learn how to:

- » Wake up sleepy joints and tissues
- » Activate key muscles to support mobility
- » Loosen up the areas that feel tight, stuck, or stiff
- » Restore control and confidence in how you move

## What Is Dynamic Stretching?

Short holds 2-5 second.

Controlled movement

Active muscle engagement

## Why It Works

When your joints move better, everything else improves.

From reaching overhead, to standing up, to walking with less pain, mobility gives you back your freedom. This program uses simple, accessible movements to help reduce stiffness, improve joint function, and build momentum you can feel.

# MOBILITY VS. FLEXIBILITY



## Understanding the Difference and Why It Matters

You've probably heard both words used a lot. Some people use them interchangeably. But they are not the same.

Knowing the difference helps you get better results. It also explains why this program works the way it does.

### Flexibility Is Passive

Flexibility is your ability to lengthen a muscle. Think of bending forward and touching your toes. That's flexibility. You're letting your muscles stretch, but you're not actively using them to create the motion.

It's passive. Something else like gravity, momentum, or your hand is helping the muscle stretch. That's useful, but it doesn't always transfer to real-life movement.

### Mobility Is Active

Mobility is your ability to move a joint through its full range with control. It's not about how far you can go, but how well you can move yourself there.

This means your muscles and nervous system are both engaged. You're not being stretched. You are moving yourself into and out of each position. That's what makes it so powerful.

### Why Mobility Matters More

You don't live your life passively. You reach. You twist. You stand. You sit. You move through life.

That's why mobility is more important than flexibility for most people. It gives you:

- » More control over your movement
- » Stronger joints and tissues
- » Lower risk of injury
- » Better posture and balance
- » Confidence when moving, working out, or doing daily tasks

"Mobility is movement you control."

When your mobility improves, everything else gets easier.





# HOW THE BODY MOVES

## Understanding the Joints That Need Mobility

Your body is built like a chain. Each link has a role. Some joints are designed to be mobile. Others are built for stability. When everything works together, movement feels smooth and natural. But when one joint loses its ability to move well, another part of the body has to pick up the slack. That often leads to discomfort, stiffness, or injury.

This is why Chair Mobility Training targets specific joints. These are the areas that need the most help staying mobile, especially for people who sit a lot or move less than they used to.



## The Mobility and Stability Connection

This idea comes from a model known as the mobility-stability approach. It helps explain why your knee or lower back might feel sore even if the real issue is a stiff hip or ankle.

### Here's the simple version:

- » Some joints are meant to stay stable like the knees or the lower back
- » Others are meant to move freely like the hips, ankles, and upper spine
- » When a mobile joint becomes stiff, the body compensates by forcing movement from a joint that is supposed to stay stable
- » That can lead to pain, poor posture, or limited function

## Joints That Need Mobility

These are the areas Chair Mobility Training focuses on the most. Each one plays a major role in how you move, sit, stand, walk, and feel.

### Ankles

Tight ankles make it harder to balance, squat, or stand with good posture.

### Hips

The powerhouse of your body. Mobile hips take pressure off the knees and back.



### **Thoracic Spine (Upper Back)**

This is where your rotation, posture, and breathing live. Most people are stiff here from hours of sitting.

### **Shoulders**

Healthy shoulders need freedom of motion, especially for reaching or lifting overhead.

### **Wrists**

Often overlooked, but vital for daily tasks like typing, grabbing, or pushing yourself out of a chair.

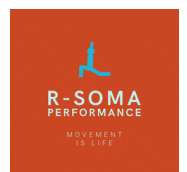
### **Neck (Especially Rotation and Extension)**

Poor neck mobility can affect posture, balance, and even your ability to turn your head while driving or walking.

## **Look at it this way...**

If flexibility is how far a rubber band can stretch, mobility is your ability to stretch the rubber band, then control it as it returns to shape.

One is passive. The other is powered by you.



# WHY CHAIRS WORK SO WELL

## A Smarter Way to Support Better Movement

Chairs are more than just a place to sit. In this program, they become a powerful tool for helping you move better, feel better, and build confidence in your body again.

This isn't a step down. It's a step forward.

## Support Where You Need It Most

The chair offers a stable, consistent base so you can focus on what matters, your movement. When you're not worried about falling, losing balance, or getting down to the floor, you can be more present, more focused, and more in control.

This makes every stretch, reach, and rotation safer and more effective.

## Ideal for a Wide Range of People

### Chair Mobility is especially helpful if you:

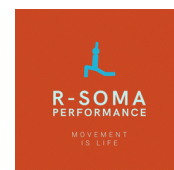
- » Struggle with balance or dizziness
- » Feel stiff or tight from sitting too much
- » Are recovering from an injury or surgery
- » Avoid movement because you are afraid it might hurt
- » Have trouble getting on or off the floor

You do not need to be flexible or experienced to start. You just need a chair and a little time to show up for yourself.

## More Control, Less Risk

The chair brings the floor to you, which means you don't have to work against gravity or force your way through awkward positions. Instead, you can slow things down, breathe through each movement, and stay in control.

That control is what leads to real progress.



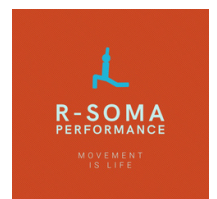


## Confidence Through Movement

When your body feels safe, your brain feels safe. That changes everything.

The chair helps take away the fear many people have around movement. It becomes a steady foundation you can trust. The more you move, the more confident you become.

Chair Mobility builds physical strength, but also the mindset that your body is capable of more than you might think.





# WHAT TO EXPECT FROM THIS PROGRAM

## Simple, Effective, and Built to Fit Your Life

This Chair Mobility program was designed to help you move better without making your life more complicated. You do not need to be in shape to start. You do not need fancy gear. You just need a chair, a little time, and a willingness to show up.

This is movement made simple and sustainable.

## The Format

You will follow a 3-week plan, designed for consistency and steady progress.

- » 15 total sessions
- » 5 days per week
- » Weekends off to rest and recover
- » Each session is short, focused, and easy to follow

### What You Need

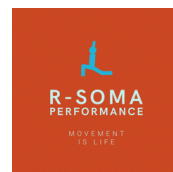
- » A sturdy chair
- » Optional: towel, small pillow, yoga block, or fitness pad
- » Comfortable clothing
- » A quiet space with room to reach and move your limbs

That is it. No weights. No bands. No equipment beyond what you already have at home or in the gym.

## The Goal

The goal of this program is not to make you sweat. It is to make you move better. Expect to feel looser, taller, and more confident after each session. Over time, small improvements will add up. Less pain. Less stiffness. More strength and control.

This is not a quick fix. It is a better way forward.



# SAFETY AND READINESS

## Move Smart, Feel Safe, Stay Consistent

Chair Mobility Training is gentle, accessible, and designed to be safe for most people. That said, your body is unique. Before you start, take a moment to review these safety reminders so you can get the most out of every session.

### Check With Your Doctor If You:

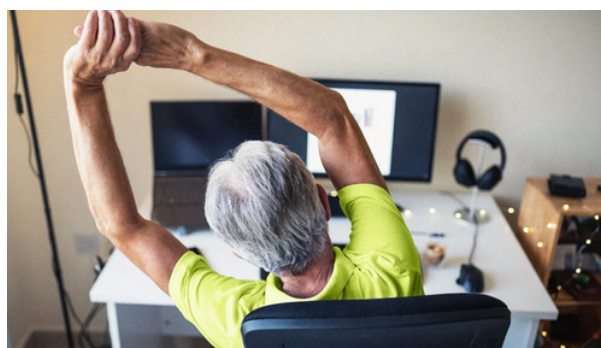
Are recovering from a recent surgery

- » Have a chronic condition or medical diagnosis that affects your joints or movement
- » Are under the care of a healthcare provider for an injury
- » Have dizziness, balance issues, or any condition that limits safe movement
- » Are unsure whether this program is right for you

This guide is not a replacement for medical advice. Always follow the recommendations of your healthcare team.

### How to Stay Safe During Each Session

- » Make sure you have a clear space around your chair
- » Use a chair that is sturdy and does not roll or tip easily
- » Move slowly and with control
- » Avoid bouncing or forcing yourself into any position
- » Breathe through each movement
- » Stop if you feel sharp or intense pain
- » Place your chair on a flat, non-slip surface
- » Keep a towel, pad, or block nearby if you plan to use one
- » Sit tall with both feet grounded before starting



This will help you focus fully on the movements and keep distractions to a minimum.

A little discomfort is normal when stretching or trying something new. Sharp pain is not. Listen to your body and adjust as needed. You are in charge of your pace.



# MOVEMENT TIPS AND SUCCESS MINDSET

## How to Get the Most Out of Your Mobility Journey

This program is not a test. There is no score and no one is judging your performance. It is about creating better movement, one session at a time. Whether you feel tight, tired, stiff, or unsure, the best thing you can do is show up and move with intention.

Progress will come. Trust the process and stay consistent.



## Keep These Mindset Reminders in Your Pocket

**Progress takes time** You will not feel like a new person after the first session. Change builds gradually through repetition and consistency. Be patient.

**Do not rush or overdo it** This is not a workout to push through. It is about quality, not quantity. Give each movement your full attention.

**Breathe and stay present** Your breath is your anchor. It helps calm the nervous system and brings awareness to each movement.

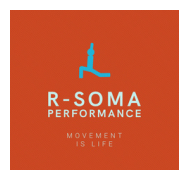
**Stay curious about how your body feels** No two days will feel the same. Approach each session with curiosity, not judgment.

**Track progress by how you feel, not how you look** Improved sleep, less tension, better posture, or simply getting through the day with more ease are real wins.

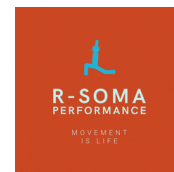
## Five Simple Tips for Success

Use this checklist as a reminder throughout the program.

1. Show up even on the days you don't feel like it
2. Focus on how the movement feels, not how it looks
3. Take breaks when needed and adjust as necessary
4. Celebrate small wins and good effort
5. Keep your expectations realistic and your mindset positive



# COMMON MISTAKES TO AVOID



## Set Yourself Up for a Smooth Start

Nobody gets it perfect right away. And you do not have to. But there are a few common mistakes that can slow your progress or lead to frustration. Avoiding these will help you get more out of each session and feel better faster.

Here is some helpful advice to help you course-correct before you even begin.

## Top Mistakes to Watch Out For

### Rushing Through the Movements

Chair Mobility is not about getting through a list of exercises. It is about how you move. When you rush, you miss the chance to connect with your body and improve your joint control.

### Forgetting to Breathe

Your breath keeps your body calm and your nervous system focused. Holding your breath increases tension and makes the movements less effective. Breathe steadily and with intention.

### Tensing Your Face or Neck

When we try hard to focus, we sometimes squeeze the wrong areas. Let go of tension in your face, jaw, neck, and shoulders. Keep your upper body soft, especially during challenging positions.

### Pushing Into Pain

Discomfort is okay. Sharp or intense pain is not. If something does not feel right, ease out of the movement or modify. You are here to heal and improve, not to push through pain.

### Skipping Sessions and Expecting Results

Consistency matters. Missing one day is not a big deal, but skipping multiple sessions can interrupt your progress. The magic is in the routine. Show up. Keep going. Trust the process.



# HOW TO USE THIS PROGRAM



## Simple Structure. Powerful Results.

Now that you know what Chair Mobility is and why it works, let's talk about how to use the program. You do not need to memorize anything or figure it out on your own. Everything is already mapped out for you.

Just follow the plan and press play

## Two Ways to Train

You have flexibility in how you participate. Choose the option that fits your lifestyle.

- » Watch the follow-along videos on your own schedule
- » Join a coach-led session either in person or online if your trainer or gym offers it

Both options work. What matters most is that you stay consistent.

## Use the Calendar

If your coach or program includes a calendar, follow it. The sessions are carefully organized to help your body move through different ranges and challenges each week. You will train five days per week for three weeks. Use the weekends to rest, recover, or repeat a favorite session.



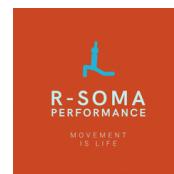
## Repeat When You're Ready

This is not a one-and-done program. You can repeat the full cycle whenever you need a tune-up or want to restart a healthy habit. Many clients use it:

- » As a daily warm-up
- » During long days at a desk
- » As a reset after travel, illness, or injury
- » As part of an ongoing wellness routine

You can also pair Chair Mobility with walking, light strength training, or your current fitness plan. It fits wherever you need it.





## FREQUENTLY ASKED QUESTIONS

### Quick Answers to Help You Get Started with Confidence

If you're wondering about something, you're probably not the only one. Here are a few of the most common questions clients ask before they begin. If you're still unsure, ask your coach or trainer directly. They're here to help.

#### Do I need special shoes?

No. You can wear supportive sneakers, slip-resistant socks, or go barefoot if you're on a safe surface. Choose whatever helps you feel grounded and stable. Just avoid slippery floors or unstable footwear.

#### Can I do this with an injury?

In many cases, yes. Chair Mobility was designed to be gentle and adaptable. That said, always check with your doctor or healthcare provider before beginning if you are recovering from an injury or managing a medical condition.

#### What if I miss a session?

No problem. Just pick up where you left off. You can repeat the missed session or move on to the next one. The goal is consistency, not perfection. Skipping a day does not mean starting over.

#### What should I feel during the exercises?

Expect to feel mild stretching, gentle muscle engagement, and sometimes light fatigue in areas that are working. You may feel a little stiff at first, especially if it has been a while since you moved in these ways. You should never feel sharp pain or anything that feels wrong.

#### Can I repeat the program?

Absolutely. Many people go through the full three weeks multiple times. Some use it as a seasonal reset. Others work it into their weekly routine. The more often you revisit the program, the more benefits you will notice over time.

## BEFORE YOU BEGIN CHECKLIST



### A Few Simple Steps to Set Yourself Up for Success

Before you start your first session, take a minute to get prepared. Creating the right environment will help you stay focused, move confidently, and get the most out of your Chair Mobility experience.

Use this checklist to make sure you're ready to go.



### Your Quick Setup List

- ☐ Find a sturdy, non-slip chair with no wheels
- ☐ Clear space around the chair so you can reach, twist, and move freely
- ☐ Grab a towel, pillow, yoga block, or pad if your program calls for one
- ☐ Wear comfortable clothing that allows for easy movement
- ☐ Remove shoes or wear supportive, non-slip footwear if needed
- ☐ Sit tall, take a breath, and get ready to move

### Pro Tip

You do not need the perfect setup to begin. Just a safe space, a solid chair, and the willingness to show up. The rest will come with practice.



## TRACK YOUR PROGRESS + FINAL ENCOURAGEMENT

### Build Awareness. Notice Change. Stay Consistent.

This isn't about checking boxes or logging stats. Progress in Chair Mobility is about how you feel, how consistently you show up, and how connected you become with your movement.

Use the ideas below as a mental guide for reflecting on your experience throughout the 3-week program.

### Check In With Yourself Weekly

#### Ask yourself:

Did I show up this week, even when I didn't feel like it?

Do I feel looser, stronger, or more in control than last week?

Are certain movements starting to feel easier?

Am I becoming more aware of my posture, breathing, or stiffness?

### Notice These Signs of Progress

You may not feel “transformed” after one session—but here are signs that things are moving in the right direction:

- ✓ Less stiffness in the morning or after sitting
- ✓ Better posture at your desk or while walking
- ✓ Easier transitions in and out of chairs
- ✓ More energy and focus during the day
- ✓ Less pain during simple movements
- ✓ Greater confidence in your body

### Reflection Prompt (Mentally or in Your Notes App)

After a session or at the end of the week, reflect on this: “What did my body teach me today?” It could be something surprising, challenging, or worth celebrating.





## FINAL ENCOURAGEMENT

You've started something powerful.

Chair Mobility is not a finish line. It's the foundation. Whether you use it for recovery, daily movement, or long-term wellness, the benefits build over time.

You showed up. You moved. You gave your body what it needs. That's progress worth celebrating.

### **You Did It. And This Is Just the Beginning**

You made the time. You showed up. You gave your body what it needed.

That is the win.

Chair Mobility isn't about perfection. It's about reconnection. You've started rebuilding trust in your movement, your joints, and your confidence.

This is your foundation. Use it to walk longer. Sit taller. Move easier. Live better.

You can repeat the program anytime. Make it your weekly reset or daily warm-up. What matters most is that you keep going.

### **The chair isn't a limitation. It's your launchpad.**

So, take this momentum and move forward—stronger, more aware, and ready for what's next.

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