

Unstuck: The 10-Minute Mobility Fix for Office Bodies and Everyday Aches

How to move better, feel looser, and reduce pain without giving up training



TPPT 

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Welcome

If you spend most of your day sitting at a desk, in the car, or on the couch, you've probably felt stiff, sore, or locked up. Maybe you've tried stretching or foam rolling, but nothing seems to stick.

The tightness always comes back.

The problem isn't your effort. It's the approach.

Stretching and foam rolling can give temporary relief, but they don't fix the root cause.

Real mobility means strength and stability, not just flexibility.

This is your shortcut to feeling better, without spending hours in the gym or rolling around on the floor.

My Story

How I Discovered Mobility Was the Missing Link

When I first started training in high school, like most people, I was chasing aesthetics.

I wanted to look good, lift heavy, and train hard. I pieced together random workouts from the internet and did what the gym culture told me to do: more weight, more sessions, push harder.

But over time, I started running into the same problems:




- Chronic tightness
- Constant niggles
- Recurring injuries

I kept thinking I just needed to stretch more or push through it. I was foam rolling, stretching, and ticking the boxes, but the stiffness and pain always came back.

I couldn't figure out why I felt stuck in my body, even though I was training consistently.

What changed everything was when I realised that mobility isn't just stretching. It is strength.

I found that most people, like me, were missing the deeper work:

-  Learning how to move well
-  Building stability in new ranges of motion
-  Strengthening weak links instead of just stretching tight spots

That is why I created this guide

To help people who feel stuck, tight, or broken learn what I wish I had known years ago: that real mobility is about restoring, strengthening, and simplifying your movement in a way that lasts.

If you are stuck chasing temporary fixes, I've been there. And I can help you get unstuck for good.

Why You Feel Stuck

Sitting all day wrecks your body.
Here's what happens:

- ✗ Tight hip flexors from sitting in a ninety degree position.
- ✗ Weak glutes from being switched off all day.
- ✗ Rounded shoulders and stiff necks from hunching forward.
- ✗ Weak upper back and a disconnected posterior chain.

Foam rolling and static stretching offer short-term relief but don't solve the underlying issue: weakness and poor movement patterns.



Restore and Strengthen

You don't need complicated routines. You need smart, simple mobility that restores function and builds resilience.

Here's the approach I use:



Open the Front

Loosen up tight hip flexors, quads, and chest.



Strengthen the Back

Build glute, upper back, and core strength.



Relax and Breathe

Don't hold your breath or tense your face during mobility work. Send your body the right signals to



Superset Opposites

Pair front-side stretches with back-side activations to improve mobility faster.



Keep It Simple

Pick one exercise per area and stick with it consistently.

The Ten-Minute Desk Body Reset

A quick, daily mobility circuit to unlock your body and relieve stiffness:

1.

Cat-Cow and Butcher's Block

Mobilise the spine and shoulders.

2.

Couch Stretch

Open tight hip flexors.

3.

Pigeon Pose

Stretch the glutes and hips.

4.

Split Squat

Strengthen and lengthen the hips.

5.

Elephant Walks

Stretch hamstrings and calves.

6.

Wall Angels

Activate the upper back and shoulders.

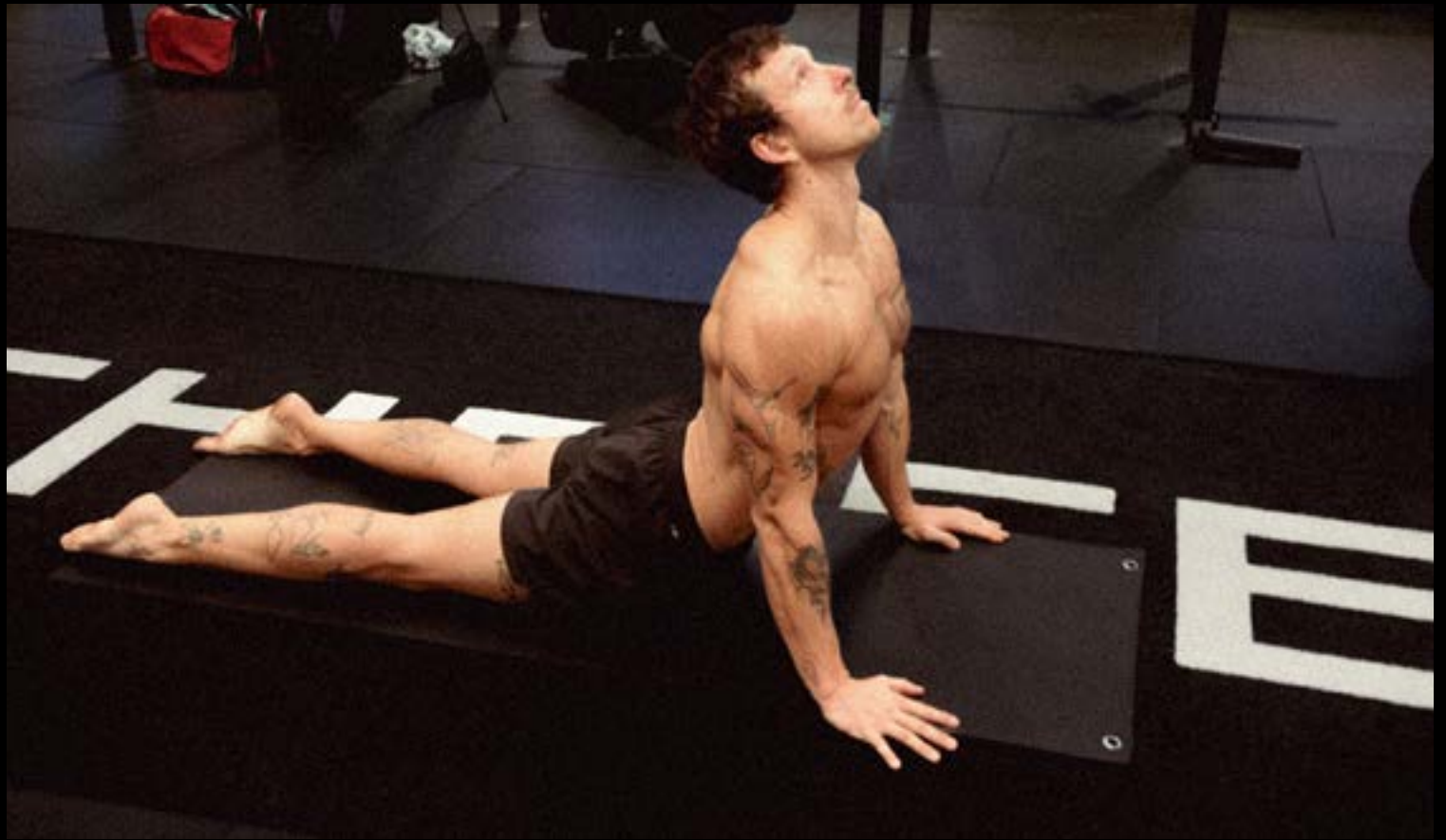
REMEMBER:

Breathe deeply and keep your face relaxed in every stretch.

Perform each movement for thirty to sixty seconds.

Superset opposing muscles to get the most benefit in the least time.

Ten minutes, three to four times per week is enough to make a noticeable difference.



What's Next

Ready to Move Better for Life?

Mobility isn't just something you add on when things hurt. It's the foundation of long-term strength, pain-free movement, and training that lasts.

With years of coaching experience, movement assessments, and real-world results behind me, I've seen what works and what doesn't.

If you're ready to stop patching things up and start fixing the root cause, I'm here to help you do it differently.

This is about building a body that moves well, feels good, and keeps you doing what you love now and in the future.

[Book a free clarity call](#) and let's map out a smarter, more sustainable path forward.

Let's build a body that's not just flexible, but resilient, strong, and ready for life.

