MKFIT FIELD GUIDE

MASTER MOBILITY FOR THE DESK-BASED WORKER

A desk reset, a gentle daily routine and a weekly habit plan for more comfortable movement.

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General information, not medical advice or a personalised programme. Use the safety notes inside and seek appropriate advice when needed.

COMFORT BEFORE RANGE

MOVE MORE, NOT PERFECTLY

Long desk days can leave you feeling stiff. You do not need to hold one perfect posture all day. Change position, walk when you can and explore movements that feel comfortable. Mobility complements strength training and everyday activity; it does not diagnose or treat an injury.

USE A COMFORTABLE RANGE

Move slowly and keep breathing. A mild stretch is enough. Do not bounce, force a joint or pull yourself further with your hands. More range is not automatically better, and stiffness is not a reason to force a painful position.

PREPARE YOUR SPACE

Use a stable, non-wheeled chair on a clear floor. Wear footwear that feels secure and keep a support within reach for standing movements. If balance is uncertain, choose seated options or ask for professional advice.

WHEN TO STOP

Stop for pain, dizziness, tingling, numbness or symptoms that increase with movement. Persistent symptoms deserve assessment by a GP or physiotherapist. New or severe symptoms need prompt medical advice. If you have an injury, recent surgery or a relevant health condition, check that these movements are suitable.

ATTACH A BREAK TO YOUR DIARY

A short break between meetings or roughly every 30 to 60 minutes can be a useful reminder when your work allows. This is a habit prompt, not a medical prescription. Stand, walk or change position in a way that suits you, then get back to the task.

YOUR THREE-MINUTE DESK RESET

01 | EASY WALK FOR ABOUT ONE MINUTE

Walk around the room at a comfortable pace and let your arms move naturally. If walking is not suitable, change your sitting position and choose gentle seated movement. Clear the route first; this is not a speed challenge.

02 | SHOULDER ROLLS FOR ABOUT 30 SECONDS

Roll your shoulders slowly up, back and down. Keep circles small and your neck relaxed. Try a few in the opposite direction if comfortable. Do not force a big movement or pull your shoulders into a rigid position.

03 | SEATED UPPER-BACK TURNS FOR ABOUT 30 SECONDS

Sit with feet grounded and cross your arms loosely. Turn your chest gently left and right while keeping your hips facing forwards. Stop before strain; do not use the chair back to pull yourself around.

04 | SIT-TO-STAND FOR ABOUT 30 SECONDS

Stand from a stable chair and sit slowly, using your hands if helpful. Keep feet planted. Choose a higher seat or a smaller movement if needed. If standing is uncomfortable, skip it rather than forcing through.

05 | EASY REACHES FOR ABOUT 30 SECONDS

Reach one arm gently upwards, then the other. Keep your ribs comfortable and avoid arching your back to gain extra height. A shorter reach is fine. Let your breathing continue normally.

NOTICE, DO NOT TEST

At the end, ask whether you feel comfortable enough to return to work. There is no pass mark. Skip an uncomfortable movement next time and seek advice if symptoms persist. Repeatability matters more than doing every item.

UPPER BACK AND SHOULDERS

START WITH AN EASY WALK

Before the longer routine, walk gently for a minute or change position and make a few relaxed shoulder movements. Allow about 8 to 10 minutes for the complete routine across this page and the next.

SEATED ROTATIONS | 5 EACH SIDE

Sit tall without stiffening. Slowly turn your chest to one side, pause briefly and return to centre. Keep the hips steady. Use a small range and breathe out as you turn if that feels natural.

WALL SLIDES | 6 SLOW REPETITIONS

Stand near a wall and raise your forearms into a comfortable position. Slide your arms upwards only as far as you can without strain or a large back arch. Your hands and elbows do not need to stay pressed against the wall. Lower slowly.

SEATED FORWARD REACH | 5 REPETITIONS

Sit with feet on the floor and reach your hands gently forwards, allowing the upper back to move a little. Return to an easy upright position. Avoid rounding into discomfort or tugging on your neck.

COMMON ADJUSTMENTS

If overhead movement is uncomfortable, make the reach lower or leave it out. If sitting twists feel awkward, reduce the turn and keep both feet firmly planted. Neck tension is a cue to soften the movement, not to add effort.

KEEP STRENGTH IN THE PICTURE

Rows, carries and other well-chosen strength movements can support a broader training plan. Stretching alone is not a replacement for strength work. Ask a coach to help you choose exercises if you are unsure where to start.

HIPS AND ANKLES

SUPPORTED HIP-FLEXOR STRETCH | 15 TO 20 SECONDS EACH SIDE

Hold a stable chair and take a small split stance with one foot behind. Soften both knees and gently tuck your pelvis. Shift only enough to feel a mild stretch at the front of the rear hip. Stay tall and avoid leaning back.

ANKLE ROCKS | 6 EACH SIDE

Holding a stable support, place one foot forwards and keep its heel down. Move the knee gently forwards over the toes, then return. Use a small comfortable range and keep the foot grounded. Do not force the knee further by lifting the heel.

SUPPORTED SIT-TO-STAND | 5 TO 8 REPETITIONS

Use the same controlled movement from the desk reset. This adds a little active movement alongside stretching. Take your time and use your hands if needed. Choose a higher seat if a lower chair makes the exercise uncomfortable.

FINISH WITH AN EASY WALK

Walk for about a minute and notice how movement feels. You are not looking for a dramatic change after one routine. A comfortable session that you can repeat is a useful result.

DO LESS IF NEEDED

Begin with one round and fewer repetitions if you are unsure. Do not add extra stretching because you feel stiff afterwards. If the routine makes you feel worse, stop, review the movements and seek appropriate advice.

NO FLOOR WORK REQUIRED

All of these options use standing or sitting. If standing is not suitable, keep to comfortable seated movements and ask a professional to adapt the routine. You do not need to get on the floor to take a useful desk break.

TURN IT INTO A WORKING-WEEK HABIT

START SMALL FOR THE FIRST WEEK

Choose three days for the longer routine. On working days, link a short desk reset to an event you already remember, such as finishing a meeting or returning from lunch. A missed day is not a reason to abandon the week.

MAKE THE REMINDER VISIBLE

Write the habit next to your diary or use a gentle reminder. Keep a clear patch of space and a stable chair ready. The easier the setup, the less likely you are to put it off on a busy day.

RECORD COMFORT, NOT JUST COMPLETION

Note the movements you tried and whether any felt uncomfortable. If one item does not suit you, leave it out and ask for an alternative rather than repeatedly testing it. You can keep the rest of the routine if it remains comfortable.

AFTER TWO WEEKS

Review whether the habit is realistic and how you feel. Add a break or repeat a routine only when it fits comfortably. If persistent pain is the reason you started, seek assessment rather than relying on the guide as treatment.

THE BIGGER PICTURE

Keep walking and building strength alongside these breaks. A useful plan combines movement during the workday with exercise you can sustain outside it. Mike can help adapt that plan to your current ability and diary.

Day / routine	Comfort / adjustments	Next step

YOUR NEXT STEP

A guide is a starting point. A useful coaching plan takes account of your goals, your current ability, any clinical advice and the time you can realistically give it.

CHOOSE THE SUPPORT THAT FITS

1:1 PERSONAL TRAINING | £60 PER HOUR

Private studio sessions in South Croydon, with a programme tailored to you.

ONLINE COACHING | £140 PER MONTH

A tailored TrueCoach programme to follow at home or in your own gym, with no studio sessions.

HYBRID COACHING | £180 PER MONTH

Online programming and support plus one monthly in-person studio session.

SUPPORT BETWEEN SESSIONS

Coaching includes a fully tailored programme in TrueCoach, a weekly accountability session and 24/7 WhatsApp support.

BOOK A FREE CONSULTATION

Open the consultation enquiry form at mkfitpt.com/contact
WhatsApp Mike or call +44 7766 951325.

Tell Mike which guide you read, what you want to work towards and what currently gets in the way. The enquiry form emails Mike directly so he can reply to you.

STUDIO AND SESSION DETAILS

Capital Business Centre, 22 Carlton Rd, South Croydon CR2 0BS. Parking at the business centre is free. Sessions are daytime only; Mike works with you to find the best time. One calendar month's notice is required to stop sessions entirely.

This guide does not enrol you into coaching or start an email newsletter. Coaching is not a substitute for assessment or treatment from a qualified healthcare professional.