

ATHINA FIT

— FREE GUIDE —

THE DESK JOB BODY.

Fix the damage. Move better. Feel human again.

YOUR COACH

Hi, I'm Athina,

I'm a certified personal trainer and online coach with over 6 years of experience helping busy professionals undo the damage of desk life – tight hips, weak glutes, rounded shoulders and chronic back pain.

If you spend 6–10 hours a day sitting, this guide was written for you. The good news: the damage is reversible. You don't need hours in the gym – you need the right movements, done consistently.

MY CREDENTIALS

- Level 3 Personal Trainer & Online Coach
- Specialist in strength, body composition & nutrition
- Habit-based coaching strategies
- Clients across the UK, EU & worldwide

WHAT THIS GUIDE COVERS

- What sitting all day actually does to your body
- The 5 damage zones every desk worker develops
- Your Daily Movement Protocol – 10 minutes, anywhere
- The Desk Job Workout Plan – 4 × 30 minutes per week
- A sample desk worker day done right
- Your action plan – start today

TIME TO UNDO THE DAMAGE.

THE REAL PROBLEM

Sitting isn't just uncomfortable. It's physically remodelling your body – and most people have no idea.

WHAT 8 HOURS OF SITTING DOES

Your hip flexors shorten. Your glutes switch off. Your thoracic spine rounds forward. Your neck juts out. Your hamstrings tighten. Your deep core stops activating.

These adaptations change how your body moves, how it loads joints, and how efficient your workouts can ever be.

WHY EXERCISE ALONE DOESN'T FIX IT

An hour in the gym doesn't undo 8 hours of sitting. If you go from chair to commute to gym to sofa, your body spends 23 hours compressed. The fix isn't just working out more – it's targeted movement that directly counteracts what the desk is doing.

THE MOST COMMON SYMPTOMS

- Lower back pain or tightness after sitting
- Tight hips – especially when squatting or lunging
- Weak glutes that don't activate during training
- Rounded upper back and forward head posture
- Low energy and stiffness in the afternoon

WHAT SITTING DOES TO YOUR BODY

Prolonged sitting creates specific, predictable changes. Here's exactly what's happening.

ADAPTIVE SHORTENING

Muscles held in shortened positions adapt by losing sarcomeres. Your hip flexors, hamstrings and chest become structurally shorter – not just tight. This takes targeted mobility work to reverse, not just occasional stretching.

GLUTEAL AMNESIA

Sitting compresses the glutes for hours. Over time, the neural connection between your brain and glutes weakens. Your body learns to use your lower back and hamstrings instead – a leading cause of back pain and injury.

THORACIC KYPHOSIS

Your mid-back rounds forward when you sit. Over years the vertebrae adapt to this shape. A rounded thoracic spine limits shoulder mobility, compresses the neck, and makes pressing and pulling movements painful.

THE 5 DESK JOB DAMAGE ZONES

Every desk worker develops the same five problem areas. Most people have all five.

01

HIP FLEXORS

Shortened and chronically tight. Causes anterior pelvic tilt, lower back compression, and limits your squat depth and stride length.

02

GLUTES

Inhibited and weak from constant compression. Leads to lower back pain, knee tracking issues, and inability to generate power.

03

THORACIC SPINE

Rounded and stiff. Limits shoulder mobility, causes neck pain, and makes pressing and pulling patterns inefficient.

04

DEEP CORE

Switches off when seated and supported. Without an active core, your lower back takes over — leading to chronic tightness.

05

NECK & SHOULDERS

Forward head posture and rounded shoulders from screen work. Creates headaches, upper trap tightness, and impingement risk.

DAILY MOVEMENT PROTOCOL

Do this every day – 10 minutes. Directly targets all 5 damage zones.

HIPS & GLUTES

3 min

- 90/90 hip stretch – 60s each side. Sit on floor, both legs at 90 degrees, lean into front leg.
- Glute bridge – 3 × 15. Drive through heels, squeeze hard at top. Pause 2 seconds.
- Hip flexor stretch – 60s each side. Low lunge, tuck pelvis under.

THORACIC SPINE

3 min

- Cat-cow – 10 slow reps. Full spinal flexion and extension. Move from the mid-back.
- Thoracic rotation – 10 reps each side. Rotate upper back only.
- Chest opener – 60s. Clasp hands behind back, open chest, look up slightly.

CORE & NECK

4 min

- Dead bug – 3 × 8 each side. Slow and controlled. Lower back stays flat on the floor.
- Chin tucks – 10 reps. Pull head straight back, hold 3 seconds. Reverses forward head.
- Plank – 2 × 30 seconds. Brace core, neutral spine.

THE DESK JOB WORKOUT PLAN

4 sessions per week, 30 minutes each. Built around the movements desk workers need most.

SESSION A FULL BODY	Glute bridge 3×15 · Goblet squat 3×12 · Push-up 3×10 · Bent-over row 3×10 · Dead bug 3×8/side · Hip flexor stretch 60s/side.
SESSION B UPPER BODY	Band pull-apart 3×15 · DB row 3×10/arm · Push-up 3×12 · Shoulder press 3×10 · Thoracic rotation 2×10/side · Chin tucks 2×10.
SESSION C LOWER BODY	Romanian deadlift 3×10 · Bulgarian split squat 3×8/leg · Lateral band walk 3×15/side · Single-leg glute bridge 3×12/side.
SESSION D MOBILITY	World's greatest stretch 5/side · Pigeon pose 90s/side · Cat-cow 15 reps · Pallof press 3×10/side · Plank 3×40s.

Warm up with 5 minutes of the Daily Movement Protocol before each session.

A SAMPLE DESK WORKER DAY

Small changes to how you structure your day make a bigger difference than any single workout.

07:00 MORNING	10-minute Daily Movement Protocol before anything else. Primes your glutes and core before they get switched off by sitting.
09:00 DESK START	Set a timer: every 45–60 minutes, stand up, walk, do 10 bodyweight squats.
11:00 MID-MORNING	2-minute break – 10 hip circles each side and 10 chest openers. Prevents mid-morning stiffness.
13:00 LUNCH	Eat away from your desk. 10-minute walk after lunch – resets your posture and reduces blood sugar spike.
17:30 TRAINING	30-minute session. Start with 5 minutes Daily Movement Protocol as warm-up.
21:00 EVENING	10 minutes floor mobility: hip flexor stretch, pigeon pose, thoracic rotation. Undoes the final hours of desk sitting.

YOUR ACTION PLAN

You have everything you need. Here's exactly what to do first.

STEP 1

Do the Daily Movement Protocol tomorrow morning. 10 minutes: glute bridge, hip stretch, dead bug. That's enough to start.

STEP 2

Set an hourly alarm on your phone: 'STAND UP'. When it goes off — stand, walk, do 10 squats.

STEP 3

Book Session A into your calendar this week: glute bridge, goblet squat, push-up, row, dead bug. 30 minutes.

STEP 4

Walk 10 minutes after lunch every day this week. No gym required.

STEP 5

Tap the link below to book your free consultation and get a plan built for your body.

WANT A PLAN BUILT AROUND YOUR LIFESTYLE?

Book a free 20-minute consultation — no sales pitch.

calendly.com/athina-fitt/30min (tap to book)

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