

FREE 3 TO 5 DAY GUIDE

The Desk to Athlete Reset

A one week preview of how to rebuild strength, muscle, power, mobility, and athletic movement, all in the same week. For anyone who sits all day and wants to start moving athletically again, whether that's rec league sports on the weekend or just feeling strong, free, and fluid in your own body.

BEFORE YOU START

Why this exists

If you sit at a desk all day, you don't need another random workout. You need a starting point that reflects how people actually get back to moving well.

Most people trying to "get back in shape" jump straight to intensity: sprints, boot camps, max effort everything. It backfires. Moving well again takes a little of several things, trained consistently: range of motion you can actually use, muscle to build tissue capacity, strength on top of that, power to move fast, and the coordination to change direction and react.

So this guide doesn't give each day a single focus. **Every session trains all five qualities in a smart order**, and you pick a 3, 4, or 5 day week that fits your life. It's not the full program. It's a taste of how I coach.

THE 5 QUALITIES YOU'LL TRAIN EVERY WEEK

MOBILITY

RANGE OF MOTION
YOU CAN USE

HYPERTROPHY

BUILD THE MUSCLE

STRENGTH

THE FOUNDATION

POWER

STRENGTH,
EXPRESSED FAST

MOVE

CHANGE OF
DIRECTION

How to use this: Choose a 3, 4, or 5 day week on the next page. Every session takes 30 to 45 minutes and comes with a beginner, intermediate, and advanced version. Kettlebell is the most basic version of each exercise, but you can use dumbbells, bands, barbells, machines, or a loaded backpack. Each session lists tool options. Leave one or two reps in the tank on every set, and rest a day in between if you need to.

A quick note: this is general fitness information, not medical advice. If you have an injury, a health condition (including diabetes), or haven't exercised in a long time, check with your doctor before starting. Stop any exercise that causes sharp pain.

PLAN YOUR WEEK

Pick Your 3, 4, or 5 Day Week

Start with the number of days you can actually keep up. Three good sessions beat five that you skip.

OPTION	SESSIONS	EXAMPLE WEEK
3 days	Sessions 1, 2, 3	Mon / Wed / Fri
4 days	Sessions 1, 2, 3, 4	Mon / Tue / Thu / Fri
5 days	Sessions 1, 2, 3, 4, 5	Mon to Fri, weekend off

MOVEMENT PATTERNS COVERED

PATTERN	WHERE YOU'LL FIND IT
Squat	Sessions 1 and 5
Hinge	Sessions 2, 4, and 5
Push	Sessions 1, 2, 3, 4, and 5
Pull	Sessions 1, 2, 3, 4, and 5
Lunge	Sessions 1, 3, 4, and 5
Carry	Sessions 3, 4, and 5

Even the 3 day week (Sessions 1 to 3) covers all six patterns.

Cardio and conditioning are optional. On your days off, add an easy walk, bike ride, or light jog if you feel like it. Nothing crazy or hard. The focus of this week is building strength to support everything else, so keep the extra work easy enough that you show up fresh to your next session.

HOW IT WORKS

How Every Session Is Built

BLOCK 1 · 5 MIN

Mobility

Open up the range of motion for the movements you're about to train.

BLOCK 2 · 10 MIN

Power and Movement

Fast, crisp work while you're fresh.

BLOCK 3 · 14 MIN

Strength

Heavier, controlled sets with full rest.

BLOCK 4 · 12 MIN

Hypertrophy

Slower reps to build usable muscle.

Mobility isn't a step you finish. It's range of motion in specific movements, so it shows up in every session and the focus changes day to day: hips and ankles one day, upper back and shoulders the next. If something feels tight, spend extra time there, or repeat the block on a rest day.

Making it progress: When every set feels crisp and controlled, add a rep or two. Once you hit the top of the rep range on all sets, add a little weight. Short on time? Shorten the hypertrophy block first.

Squat and Side to Side

LOWER BODY EMPHASIS

🕒 About 40 minutes · Three levels below

1. MOBILITY 5 MIN

Focus today: Hips and ankles

90/90 Hip Switch	8 reps / side
Deep Squat Rock	10 reps
Ankle Rock (knee to wall)	10 reps / side

2. POWER AND ATHLETIC MOVEMENT 10 MIN

Fast and crisp while you are fresh. Rest fully between sets.

Jump Squat (add weight when ready)	4 x 5
Skaters (add weight when ready)	3 x 8 / side

3. STRENGTH 14 MIN

Heavier, controlled. Rest 90 seconds to 2 minutes between sets.

Goblet Squat (or Bodyweight Squat)	4 x 6 to 8
Push Up (add load if easy)	4 x 6 to 10

4. HYPERTROPHY 12 MIN

Slower reps to build muscle. Rest 60 to 90 seconds.

Tempo Split Squat (3 sec down)	3 x 10 / side
Band Face Pull	3 x 12 to 15
Plank Hold	3 x 30 to 45 sec

Coach note: Squat depth is where mobility pays off today. Notice how much easier the deep squat rock feels on rep 10 than rep 1, then carry that range into the goblet squat. Once bodyweight jump squats and skaters feel easy, hold a light weight to make them harder. Land softly and quietly.

BEGINNER	2 to 3 sets. Squat to a chair or box, push ups with hands on a bench, split squat holding a wall or door frame. Swap jump squats for fast bodyweight squats and skaters for small side steps.
INTERMEDIATE	Sets and reps as written. Moderate kettlebell goblet squat, full push ups, bodyweight jump squats and skaters.
ADVANCED	Add a set to each strength and hypertrophy move. Heavier goblet squat, feet elevated or loaded push ups, a light weight held on jump squats and skaters, and 4 seconds down on split squats.

Tools: Kettlebell is the default. Squat: dumbbell, sandbag, loaded backpack, or barbell front squat. Weighted jumps and skaters: light kettlebell or dumbbell at the chest, or a weight vest. Push up: band across the back or a plate on the back. Face pull: band or cable.

Hinge and Pull

BACK OF THE BODY EMPHASIS

🕒 About 40 minutes · Three levels below

1. MOBILITY 5 MIN

Focus today: Upper back and hamstrings

Open Book Thoracic Rotation 8 reps / side

World's Greatest Stretch 5 reps / side

Cat Cow 8 reps

2. POWER AND ATHLETIC MOVEMENT 10 MIN

Fast and crisp while you are fresh. Rest fully between sets.

Kettlebell Swing 4 x 12 to 15

Broad Jump 5 x 5

3. STRENGTH 14 MIN

Heavier, controlled. Rest 90 seconds to 2 minutes between sets.

Deadlift (any tool) 4 x 6 to 8

Inverted Row (table, bar, or band) 4 x 8 to 10

4. HYPERTROPHY 12 MIN

Slower reps to build muscle. Rest 60 to 90 seconds.

Push Up, slow eccentric 3 x 10 to 12

Glute Bridge / Hip Thrust 3 x 15

Single Leg Hip Hinge (KB or DB) 3 x 10 / side

Coach note: The swing is a hip hinge done fast, so keep your back flat and let the hips do the work. With 12 to 15 reps, keep a smooth rhythm and stop the set when your hips slow down. Jump for distance but land under control and quiet.

BEGINNER	2 to 3 sets. Deadlift with the weight raised on a block or books. Swings at 3 x 10 with a light bell. Short broad jumps, inverted row with a high table and bent knees.
INTERMEDIATE	Sets and reps as written. Moderate deadlift, a swing weight you can keep crisp for 12 to 15 reps, full broad jumps.
ADVANCED	Heavier deadlift, heavier swing, longer broad jumps with a held landing, inverted row with feet elevated or weight on the chest, and an extra set on the hypertrophy work.

Tools: Kettlebell is the default. Deadlift: kettlebell, dumbbells, trap bar, or barbell. Swing: kettlebell, or one dumbbell held at one end. Inverted row: table, bar in a rack or Smith machine, band, rings, or suspension trainer. Hip thrust: bodyweight, kettlebell, dumbbell, or barbell. Single leg hinge: kettlebell or dumbbell.

Press and Single Leg

UPPER BODY AND BALANCE EMPHASIS

⌚ About 40 minutes · Three levels below

1. MOBILITY 5 MIN

Focus today: Shoulders and upper back

Open Book Thoracic Rotation	8 reps / side
Wall Slide	10 reps
World's Greatest Stretch	5 reps / side

2. POWER AND ATHLETIC MOVEMENT 10 MIN

Fast and crisp while you are fresh. Rest fully between sets.

Kettlebell Clean + Forward Lunge (focus on deceleration)	4 x 5 / side
Single Arm Snatch (KB or DB)	4 x 5 / side

3. STRENGTH 14 MIN

Heavier, controlled. Rest 90 seconds to 2 minutes between sets.

Overhead Press (KB or DB)	4 x 6 to 8
Step Up (weighted if possible)	4 x 8 / side
Suitcase Carry	3 x 30 yards / side

4. HYPERTROPHY 12 MIN

Slower reps to build muscle. Rest 60 to 90 seconds.

Band or Cable Pulldown	3 x 10 to 12
Reverse Lunge, tempo	3 x 10 / side
Lateral Raise (DB or band)	3 x 12 to 15

Coach note: On the clean and lunge, the clean is just how you get the load into position. The real focus is controlling the landing and slowing yourself down on the lunge. That control is what protects your knees when you move athletically outside the gym. For the snatch, punch the weight up and let it float overhead instead of muscling it. On the suitcase carry, stand tall and don't let the weight pull you sideways.

BEGINNER	2 to 3 sets. Seated or half kneeling press with a lighter weight, step ups onto a low step with no weight. Practice the clean alone first, then add a short lunge back. Learn the snatch with a light weight, or swap it for swings until the pattern feels smooth. Light band on the pulldown, light carry.
INTERMEDIATE	Sets and reps as written. Moderate press, weighted step up, a weight you can clean and snatch smoothly.
ADVANCED	Heavier press or a one arm standing press, taller step with weight, heavier clean and lunge with a 2 second pause at the bottom, heavier snatch, heavier suitcase carry, and an extra set on the hypertrophy work.

Tools: Kettlebell is the default. Clean and snatch: kettlebell or dumbbell. Press: dumbbell, barbell, or band. Step up: dumbbells, bench, or a sturdy chair. Pulldown: band anchored overhead, cable, or lat pulldown machine. Suitcase carry: dumbbell or a loaded bag. Reverse lunge: bodyweight, kettlebell, dumbbell, or barbell.

Fast and Reactive

POWER AND CHANGE OF DIRECTION EMPHASIS

🕒 About 40 minutes · Three levels below

1. MOBILITY 5 MIN

Focus today: Hips and inner thighs

Cossack Lunge (bodyweight)	8 reps / side
90/90 Hip Switch	8 reps / side
Ankle Rock (knee to wall)	10 reps / side

2. POWER AND ATHLETIC MOVEMENT 10 MIN

Fast and crisp while you are fresh. Rest fully between sets.

Broad Jump	4 x 3
Lateral Bound	3 x 5 / side
Skater Hop	3 x 6 / side

3. STRENGTH 14 MIN

Heavier, controlled. Rest 90 seconds to 2 minutes between sets.

Deadlift (any tool)	3 x 6
Push Up (add load if easy)	3 x 6 to 10
Farmer's Carry	3 x 30 to 40 yards

4. HYPERTROPHY 12 MIN

Slower reps to build muscle. Rest 60 to 90 seconds.

Single Arm Row (KB or DB)	3 x 12 / side
Walking Lunge, tempo	3 x 10 / side
Copenhagen Dip or Hold	3 x 6 to 8 dips or 15 to 20 sec / side

Coach note: This is the most athletic session of the week, so quality beats quantity. Every jump should be crisp and fully recovered between sets. If your legs feel heavy, cut the volume in half and keep the speed.

BEGINNER	2 to 3 sets. Short broad jumps, lateral bounds as small side hops with a soft landing, shallow cossack lunges holding a support, lighter deadlift and carry. Copenhagen hold with the bottom knee on the floor and the top knee on a bench.
INTERMEDIATE	Sets and reps as written. Full broad jumps and bounds, moderate deadlift and carry.
ADVANCED	Longer jumps and bounds, hold each landing for 2 seconds, heavier deadlift and carry, push ups with feet elevated or weight on the back, and an extra set on rows and lunges.

Tools: Kettlebell is the default. Deadlift: kettlebell, dumbbells, trap bar, or barbell. Farmer's carry: dumbbells, trap bar, or loaded bags. Single arm row: kettlebell, dumbbell, band, or cable. Copenhagen: bench, sturdy chair, or box. Walking lunge: bodyweight, kettlebell, or dumbbell. Jumps and bounds only need floor space and good shoes.

Total Body Strength

FULL BODY STRENGTH EMPHASIS

🕒 About 40 minutes · Three levels below

1. MOBILITY 5 MIN

Focus today: Hips and upper back

- Deep Squat Rock10 reps
- Open Book Thoracic Rotation8 reps / side
- 90/90 Hip Switch8 reps / side

2. POWER AND ATHLETIC MOVEMENT 10 MIN

Fast and crisp while you are fresh. Rest fully between sets.

- Kettlebell Swing (heavier)4 x 6
- Step Up Snatch (KB or DB)3 x 5 / side

3. STRENGTH 14 MIN

Heavier, controlled. Rest 90 seconds to 2 minutes between sets.

- Goblet Squat4 x 6 to 8
- Inverted Row (table, bar, or band)4 x 8 to 10
- Farmer's Carry3 x 30 to 40 yards

4. HYPERTROPHY 12 MIN

Slower reps to build muscle. Rest 60 to 90 seconds.

- Curtsy Lunge3 x 10 / side
- Floor Press (KB or DB)3 x 10 to 12
- Cable Rotation (or band)3 x 12 / side

Coach note: This session closes the week with heavier, slower work. Take full rest between the main sets, 90 seconds to 2 minutes, so each set is actually strong. Control the movement before you add load or speed. On the step up snatch, drive through the lead leg and let the weight float overhead as you reach the top of the step.

BEGINNER	2 to 3 sets. Goblet squat down to a box, swings at 3 x 10 with a light bell, step up snatch onto a low step with a light weight, inverted row with a high table, curtsy lunge holding a support, light carry, floor press with a lighter weight.
INTERMEDIATE	Sets and reps as written. A heavy but crisp swing, a moderate step up snatch, moderate goblet squat, full inverted row.
ADVANCED	Heavier goblet squat or a double kettlebell front squat, heavier swing, a taller step with a heavier snatch, inverted row with feet elevated, heavier carry, a weighted curtsy lunge, and an extra set on each strength move.

Tools: Kettlebell is the default. Squat: dumbbell, barbell, or loaded backpack. Swing and step up snatch: kettlebell or dumbbell, plus a box, bench, or sturdy step. Inverted row: table, bar in a rack or Smith machine, band, rings, or cable. Carry: dumbbells, trap bar, or loaded bags. Floor press: dumbbell, kettlebell, or barbell. Cable rotation: cable machine or a band anchored at chest height.

Training in Cycles, Not All at Once

This week gave you a little of every quality in every session. If you're new or coming back after time away, that's a great way to start. Your baseline is low, so almost everything you do will improve several qualities at once. But the longer you train, the more it changes. I tested this on myself: I tried to progress strength, power, speed, and conditioning equally, all at once. I ended up beat up and fatigued, with uneven progress. Exercise science has a name for part of this: the **interference effect**. Competing training demands can blunt each other when you stack too much at once.

The fix isn't picking one and ignoring the rest. It's training in **cycles**: prioritizing one or two qualities for a block of weeks, while keeping the others on a smaller maintenance dose, then rotating your focus. That's how the full "Move Again" program is built.

CYCLE 1

Hypertrophy + Strength

Build the muscle tissue, then the foundation that supports everything else.

CYCLE 2

Power + Speed

Turn that foundation into fast, explosive output.

CYCLE 3

Conditioning + Endurance

Build the capacity to keep going, with longer efforts and faster recovery between them.

Mobility and athletic movement don't get their own cycle. They run through every one, because range of motion and coordination matter no matter what you're prioritizing.

Why this matters for you: If you've been trying to "do it all" and feel like you're not progressing in anything, this may be part of why. This week gave you a sample of every quality. The full program builds each one properly, in the right order, so you keep progressing instead of spinning your wheels.

WHERE TO GO FROM HERE

You just got a preview. Here's the full picture.

This reset is exactly that: a reset. A taste of mobility, hypertrophy, strength, power, and athletic movement in one week, so your body remembers what training with a real plan feels like.

Move Again: 12 Week Coaching

This is the full version of what you just sampled, built in proper cycles and programmed for busy adults who sit all day and want their body to say "yes" to anything again. Available online or in person in Northridge, CA.

- 1 Finish this week's reset and notice how your body feels by the end of it.
- 2 Book a free intro call at cal.com/naveedsperspective/freecall (or DM me "READY" on Instagram, @naveedsperspective) and I'll walk you through what a real training cycle looks like for your goals.
- 3 If it's a fit, we'll talk about the full Move Again program or 1:1 coaching. No pressure, just the next honest step.

Coached by **Naveed Emadi**, Personal Trainer & Strength Coach, Northridge, CA · Type 1 diabetic since age 10, helping busy adults rebuild strength and move well again.

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