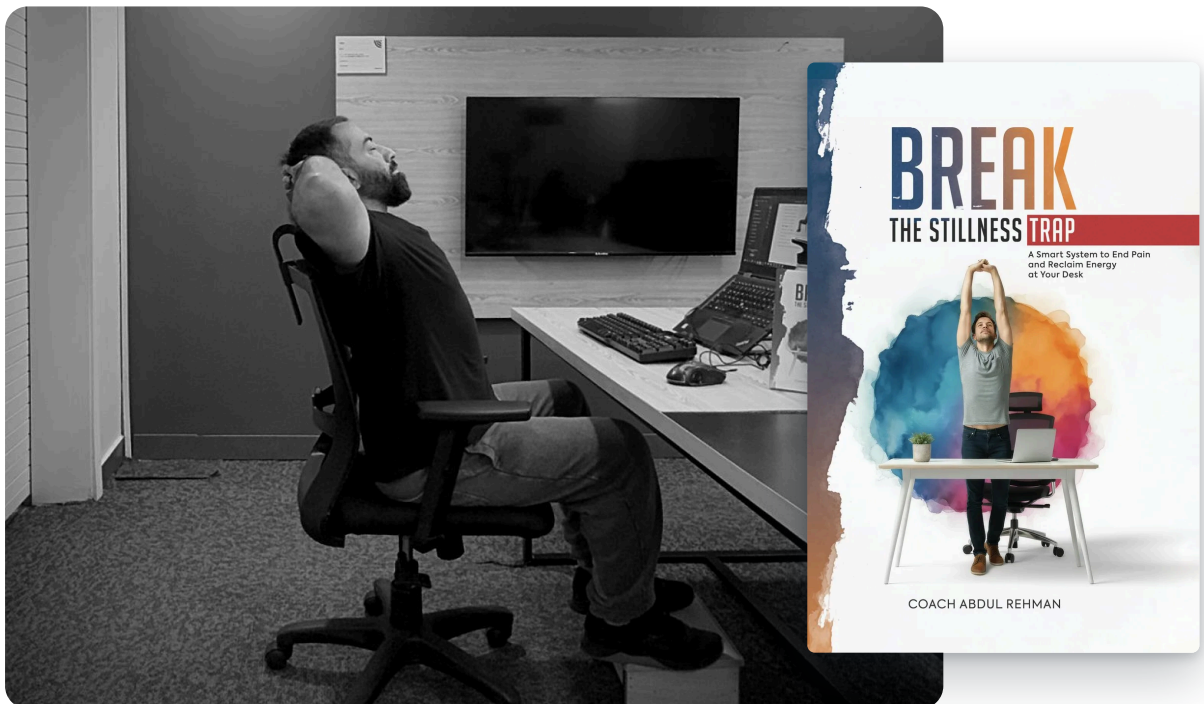


THE COMPANION WORKBOOK

BREAK THE STILLNESS TRAP

The visual partner to the audiobook. Every diagram, checklist and worksheet in one place.



CREATED BY

Coach Abdul Rehman

Human Performance Specialist
coachabdulrehman.com

13
sections

10
moves on video

4
week scoreboard

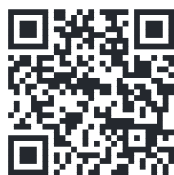
HOW TO USE THIS WORKBOOK

This is the companion to the *Break the Stillness Trap* audiobook. Keep it open beside you, print the pages you'll use daily, and tape the checklists where you can see them.

Every diagram, checklist and worksheet the audio mentions lives in here.

► Watch the demos

Every three-minute routine in this system is demonstrated on video. Watch each one once, then use these pages as your reminder. Look for the **Watch the demo** tag throughout.



YOUTUBE

YouTube: @Coach.abdulrehman

THE DASHED BOXES ARE YOURS

Pages marked with a dashed box are where you write your own answers.



PRINT ME

Pages with this tag are made to print. Tape them where you can see them: by your screen, on the wall, inside a cupboard door.

WHAT'S INSIDE

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IMPORTANT — PLEASE READ

This workbook is for general education and information only. It is not medical advice, diagnosis or treatment. Coach Abdul Rehman is not a licensed medical provider and does not diagnose, examine or treat medical conditions of any kind.

Consult your doctor before beginning this or any exercise program, particularly if you have a pre-existing condition, an injury, are pregnant, or have been inactive for a long period.

All exercises are performed at your own risk. If at any point you feel faint, dizzy, short of breath or any physical discomfort, stop immediately and seek medical advice.

The author and publisher disclaim any liability for injury or loss arising from the use of the exercises, instructions or information in this workbook.

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THE COST OF **STAYING STILL**

The trap is quiet. Hour after hour at the desk, the body slows down. Circulation drops, the heart works harder against stiff vessels, and energy quietly leaks away. None of it announces itself, which is exactly why it wins. Here's the chain reaction this book is built to interrupt.

01

Sitting for hours

The system idles. Movement is the switch that turns it back on.

02

Strain and sluggish flow

The heart pumps harder, vessels constrict, circulation falls.

03

Reduced energy, rising fatigue

The 3pm wall, the foggy afternoon, the heavy legs.

04

Long-term health risk

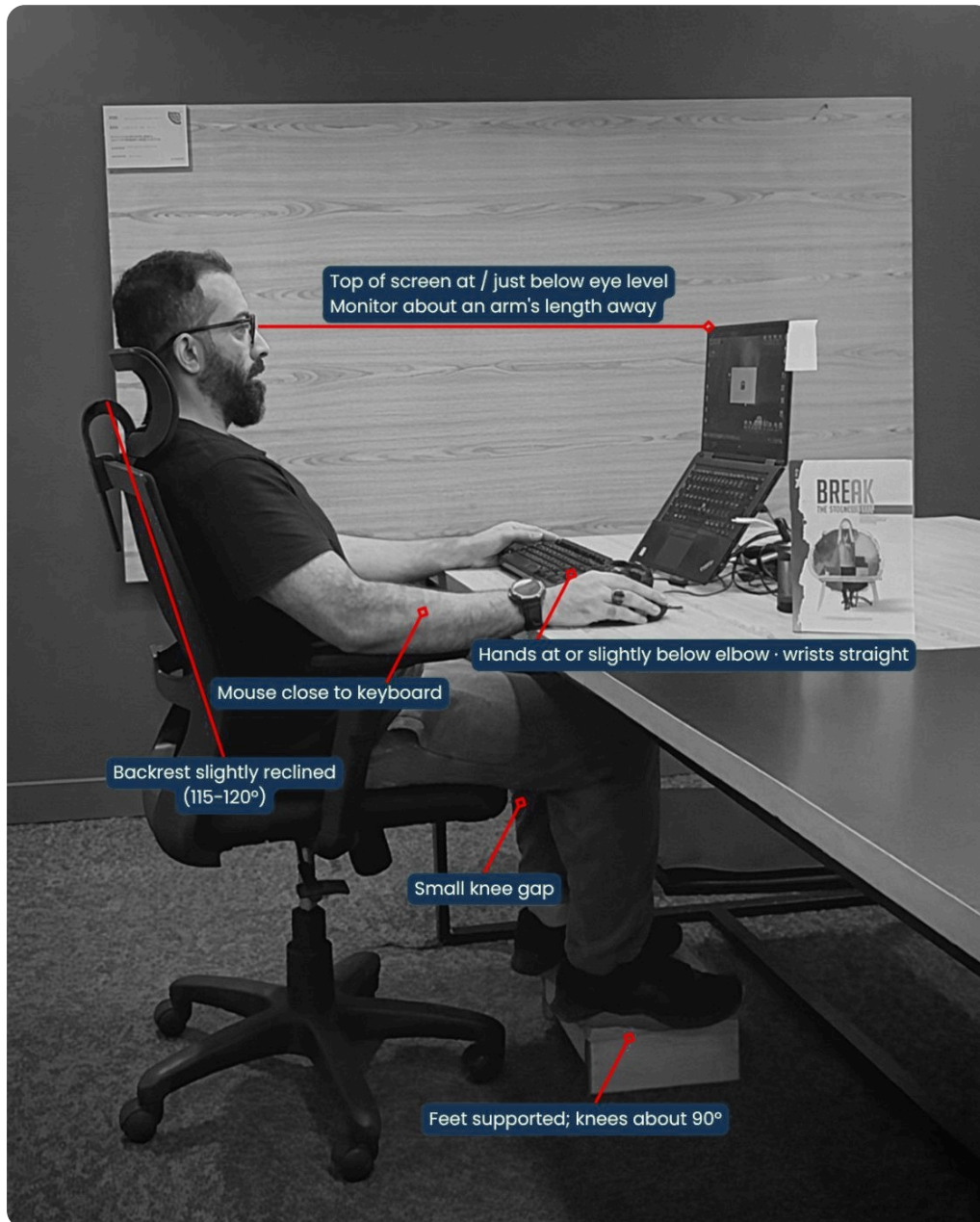
Left unbroken, the small daily cost compounds. So we break it.

THE GOOD NEWS

It only takes small, repeated movement to switch the system back on. That's the whole protocol.

YOUR DESK SETUP

Set your workspace once, and it coaches your body all day. Match your desk to the diagram below. Three zones, one good posture.



1

CHAIR & BODY

Feet, lower back and elbows supported.

2

SCREEN & KEYBOARD

Eyes level, wrists flat, mouse close.

3

WORKSPACE HABITS

Legs free to move, reach kept short.

DIAL IN EACH ZONE

01

ZONE 1 — CHAIR & BODY

- **Feet flat** on the floor. Use a box or books if they don't reach.
- **Lower back supported** by the chair's lumbar curve, or a rolled towel.
- **Elbows close to the body**, bent about 90 degrees, resting on armrests that take their weight.
- **Backrest reclined slightly**, about 115 to 120 degrees rather than bolt upright. A small recline takes load off the lower back.
- **A small gap behind your knees.** Two or three fingers should fit between the back of your knee and the front edge of the seat. If the seat presses into the back of your knee, it restricts circulation in exactly the place you can least afford it.

02

ZONE 2 — SCREEN & KEYBOARD

- **Monitor an arm's length away.** Fingertips just about touch it.
- **Top of screen at or slightly below eye level.** Raise it on a stand or books.
- **Laptop on a stand** plus an external keyboard and mouse.
- **Wrists flat.** Not bent up or down. Mouse right beside the keyboard.
- **Never cradle the phone** between ear and shoulder. Use a headset or speaker.

If you wear bifocals or progressives, lower the monitor further than the standard advice. The usual rule puts the top of the screen at eye level, but with bifocals you read through the lower part of the lens, which makes you tilt your head back to see the screen. That tilt is what gives you the neck ache. Drop the screen until you can read it with your head level and your chin relaxed, even if that means the top of the screen sits well below your eyes. Your neck matters more than the rule. Single-vision computer glasses solve it properly if you use a screen all day.

03

ZONE 3 — WORKSPACE HABITS

- **Keep the space under your desk clear** so your legs can shift and fidget.
- **Keep what you reach for most within easy reach.** No twisting for it forty times a day.

SCREEN & KEYBOARD CHECKLIST

Print this page. Tape it to the wall behind your monitor. Run through it once a week.

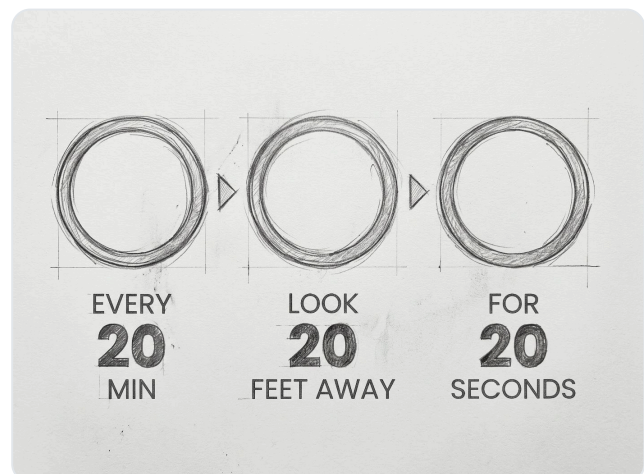
- ☐ Monitor one arm's length from your face
- ☐ Top of screen at or slightly below eye level, lower still if you wear bifocals
- ☐ Laptop raised on a stand
- ☐ External keyboard and mouse on the desk
- ☐ Wrists flat and neutral while typing
- ☐ Mouse right beside the keyboard, no side-reach
- ☐ Headset or speaker for calls, never the cradle
- ☐ Space under the desk clear for your legs

BONUS

THE 20-20-20 RULE

Every **20 minutes**, look at something **20 feet away** for **20 seconds**. It resets tired eyes and gives you a built-in cue to move.

While you look away, blink slowly three times, all the way shut and all the way open. That re-coats the surface of the eye with the moisture it has been missing.



THE DESK REDESIGN

Twenty minutes this weekend. It pays you back every workday for the next ten years.

Work down the list. Tick what you've done.

1 THE PHYSICAL SETUP

- ☐ Laptop on a stand at or slightly below eye level, external keyboard and mouse below
- ☐ A full liter of water on the desk, on your dominant side, where you reach without deciding
- ☐ Resistance band hanging off the corner of the monitor, visible all day
- ☐ Wrist rest positioned so your wrists stay flat, not bent up
- ☐ Space under the desk clear so your legs can move
- ☐ Phone on a charger across the room, face down

2 CUT THE NOTIFICATIONS

- ☐ Turn off all badge counts on work apps. The red dot is the trigger, not the message.
- ☐ Move every work app into a single folder, off your home screen
- ☐ Set your phone to Do Not Disturb during focus blocks, with a short allow-list for the people who genuinely need to reach you
- ☐ Turn off desktop pop-ups for email and chat. Check on your schedule, not theirs.
- ☐ Unsubscribe from one recurring notification you have never once acted on

3 THE CALENDAR

- ☐ Block a recurring 30-minute lunch and mark it busy
- ☐ Set your default meeting length to 25 or 50 minutes, so there is a gap between calls
- ☐ Block two short movement windows a day and treat them like meetings
- ☐ Publish your working hours on your calendar so invites land inside them
- ☐ Add a recurring weekly 15-minute block called *redesign one thing*

BOUNDARIES YOUR TOOLS ENFORCE FOR YOU

4 AUTO-REPLIES DONE RIGHT

A good auto-reply does three things: it states when you are available, it sets a response expectation, and it gives an escape route for genuine urgency.

☐ Add your finish time to your email signature and chat status

☐ Write an after-hours auto-reply. Something like:

"Thanks for your message. I'm offline after 7pm and will reply first thing tomorrow. If it's urgent, call me."

☐ Say **when** you will reply, not just that you are away. Silence creates follow-ups.

5 TIMER PROTOCOLS

☐ One recurring timer on your computer named **stand and breathe**

☐ Set it for every 30 to 60 minutes across your workday

☐ Name it for the action, not the time. A timer called "10:30" gets dismissed. A timer called *stand and breathe* gets obeyed.

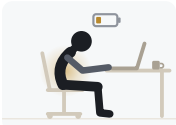
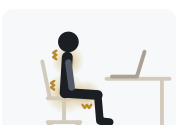
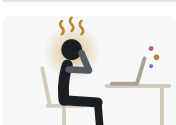
☐ When it fires, stand up first and decide second. The standing is the win.

THE PRINCIPLE BEHIND ALL TWELVE

A redesigned desk means you stop relying on willpower. The water is already there. The band is already visible. The timer already fired. You are not choosing to be healthy forty times a day. You built a room that chooses for you.

THE SEVEN PROFILES

Find your profile, then run its signature moves. Your primary combos are taught in the audio, and every three-minute routine is on video.

PROFILE	WHAT IT IS	YOUR MOVES	ON VIDEO
 01 The Dying Fire	metabolism, energy crash	March in Place · Desk Reviver Circuit	3-Minute Desk Reviver
 02 The Kink in the Hose	circulation, swollen legs	Ankle Pumps · Circulation Booster	3-Minute Circulation Booster
 03 The Crumpling Frame	posture, back and neck	Seated Chest Opener · Posture Reset	3-Minute Desk Posture Reset
 04 The Sticky Wetsuit	stiffness, mobility	Seated Hamstring · Full-Body Loosening	3-Minute Full-Body Loosening Routine
 05 The Disrupted Repair Crew	sleep	Cardio Burst · Evening Wind-Down	3-Minute Evening Wind-Down
 06 The Overheating Command Center	stress, tension headaches	Shoulder Roll & Breathe · Neck Relief	3-Minute Neck & Shoulder Tension Relief
 07 The Tense Typist	wrists, forearms	Quick Wrist Reset · Forearm & Wrist Sequence	3-Minute Forearm & Wrist Relief

► THE VIDEO LIBRARY

Every three-minute routine, demonstrated once so you have it for life. Scan a code or tap a title. All on YouTube at [@Coach.abdulrehman](#).



POSTURE



REVIVER



LOOSENING



TENSION



CIRCULATION



WIND-DOWN



WRIST

BONUS MOVES

Once your primary profile's combo feels automatic, layer these in. The first three are on video. Watch each demo once, then use this page as your reminder.



WALL ANGELS

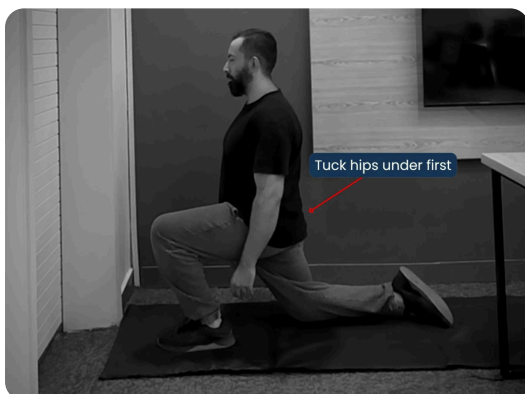
Stand with your back flat against a wall, head, upper back, lower back and elbows all touching. Elbows bent in a goalpost shape. Slide your arms up and down slowly, only as high as you can while keeping contact. Ten slow reps.

For → [The Crumpling Frame](#)

► [Watch the demo: Wall Angels](#)



DEMO



HIP-FLEXOR STRETCH

Half-kneeling. Tuck your hips under slightly first, then glide forward. The stretch should live in the front of your hip, not in your lower back. Thirty seconds each side. Use a cushion under the knee if you need it.

For → [The Sticky Wetsuit and The Kink in the Hose](#)

► [Watch the demo: Hip-Flexor Stretch](#)



DEMO



FLOOR COBRA

Lie face down, arms by your sides. Squeeze your shoulder blades together and lift your chest and your arms slightly off the floor, keeping the neck long and your eyes down at the floor. Hold three seconds. Ten slow reps.

For → [The Crumpling Frame](#)

► [Watch the demo: Floor Cobra](#)



DEMO

The three demos above live on YouTube at [@Coach.abdulrehman](#). Watch once, then come back to these pages.

FOUR MORE, FOR YOUR SECOND SLOT

Once your profile's main combo is automatic, pick whichever of these four matches what feels tight today. That is your second slot. The written instruction is enough for each.



Seated Thoracic Extension

Sit tall, hands behind your head, elbows wide. Gently arch backwards over the top edge of the chair back, opening the chest. Hold a moment, return. Five to eight slow reps.

For → [The Crumpling Frame](#)



Doorway Chest Stretch

Stand in a doorway. Forearm flat against the frame, elbow at shoulder height. Step gently forward until you feel the chest open. Hold 20 to 30 seconds each side.

For → [The Crumpling Frame](#)



Levator Scapulae Stretch

Turn your head about 45 degrees away from the tight side, then look down toward your armpit. Rest the same-side hand gently on the back of your head for a little weight. Hold 20 to 30 seconds each side. Never pull.

For → [The Overheating Command Center](#)



Seated Figure-Four

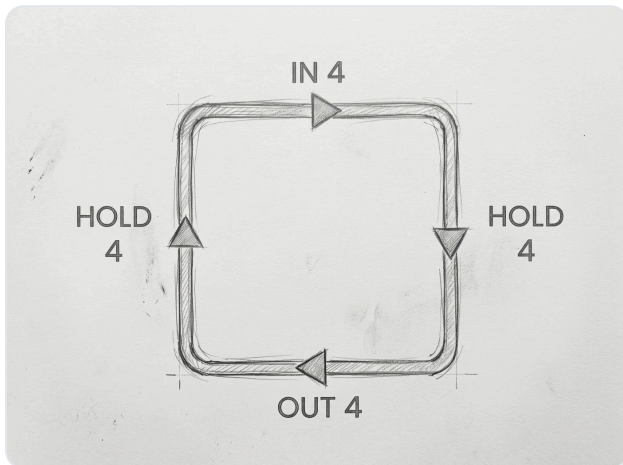
Sit at the front edge of your chair. Cross one ankle over the opposite knee, then hinge forward from the hips. Hold 30 seconds each side. Lock your chair wheels first.

For → [The Sticky Wetsuit](#)

Gentle always. You should feel tension, never pain. Pain means you have gone too far, so back off.

THE TWO BREATHING PATTERNS

Two breaths, two jobs. The **Anchor** is for daytime performance. The **Downshift** is for evening release.

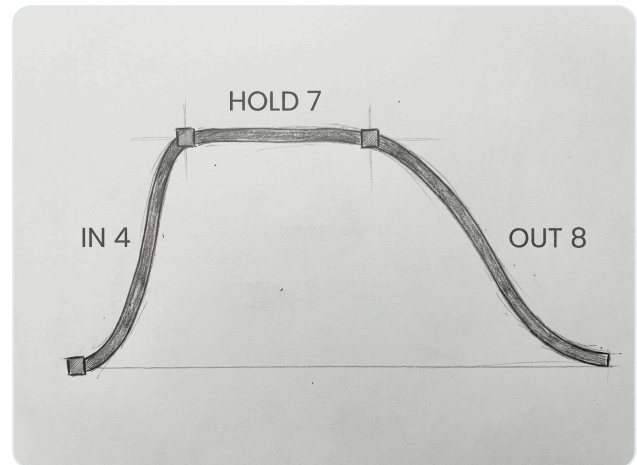


THE ANCHOR BOX BREATHING

For focus under pressure. Four equal sides:

Inhale 4 through the nose · Hold 4 · Exhale 4 through the mouth · Hold 4

That is one cycle. Repeat for four cycles.



THE DOWNSHIFT 4·7·8 BREATHING

For letting go and sleep. The long exhale is where the calm lives.

Start by emptying. Exhale completely through your mouth with a soft whoosh. Then:

Inhale 4 through the nose · Hold 7 · Exhale 8 through the mouth with a whoosh

That is one cycle. Repeat for four cycles.

The first full exhale is not optional. It empties your lungs so the four-count inhale has somewhere to go.

ANCHOR = DAYTIME
for performance

DOWNSHIFT = EVENING
for release

Keep it gentle. The counts are a guide, not a rule. Keep your neck and jaw soft, and breathe low into a soft belly rather than high in your chest. If you feel dizzy, shorten the counts or stop. The goal is calm, not strain.

THE SLEEP BODY-SCAN

Use this lying in bed, eyes closed. Move through each region in order, breathing slowly. Spend about **20 to 30 seconds** on each, consciously releasing the muscles there.

1	Forehead & scalp	let the brow go slack
2	Jaw & around the eyes	unclench, let the teeth part
3	Neck & throat	release any holding
4	Shoulders	let them drop from the ears
5	Arms, forearms, hands	let them feel heavy
6	Chest & upper back	soften with each exhale
7	Stomach & lower back	let the belly rise and fall freely
8	Hips & glutes	release fully into the bed
9	Thighs, knees, calves	let the legs sink
10	Feet & toes	let them fall open

4-7-8

Pair this with the **Downshift** breath from Section 6 for the fastest wind-down.

DAILY LOCKUP & BOUNDARIES

Glance at this once a day for the first week. After that, your brain has it.

THE DAILY LOCKUP — end of every workday

3

priorities written for tomorrow

2

tabs closed that are still humming

1

slow breath, say "Shutdown complete," walk away

FOUR CONNECTION SIGNALS

- **The check-in** — open a meeting with one human line.
- **The signal** — a five-second "I've got your back" message.
- **The sprint** — a silent 25-minute focus session with a teammate.
- **The opener** — once a week, share something real.

FIVE BOUNDARY RESETS

- **Set your hours** and publish them.
- **Run the Daily Lockup** every day.
- **Notification curfew** — no work pings after a set time.
- **The anchor walk** — 10 minutes outside after you close the laptop.
- **The weekly redesign** — change one draining thing each week.

"SHUTDOWN COMPLETE."

The two words that end the workday, and protect the rest of your life.

PERFORMANCE VS MASTERY

Design goals in pairs, so you always win on at least one, even on the weeks when life goes sideways and you can't hit your numbers.

PERFORMANCE GOAL

An outcome you can measure

"10 Movement Snacks a day."

MASTERY GOAL

Showing up and improving the skill

"Got better at noticing when I'm stiff."

*On a brutal week you might miss the performance number. But if you still practiced the skill, you kept the mastery goal. **That's how the habit survives the bad weeks.***

WRITE YOUR PAIR

MY PERFORMANCE GOAL

MY MASTERY GOAL

PLAY THE LONG GAME.
PROTECT THE STREAK, NOT THE SCORE.

PRE-WRITTEN IF-THEN PLANS

Decide in advance what you'll do when things go wrong. Keep this where you can see it.

IF THIS HAPPENS...

THEN I DO THIS

Meetings eat my 2pm window



One 60-second reset before I shut the laptop

I'm too drained to do my full combo



30 seconds of shoulder rolls plus 3 breaths

I have no time at all today



One single stretch, keep the chain alive

I lost motivation



Re-read my Why, then do the smallest version

I missed two days in a row



Restart today, not Monday. One rep counts

I'm traveling



A 5-minute walk after dinner

WRITE YOUR OWN

IF _____



THEN _____

IF _____



THEN _____

THE 4-WEEK SCOREBOARD

Tick a box every time you complete a target. The only way to lose is to quit entirely. A blank box is just a data point.

WEEK 1 SPARK THE UPRISING

TARGET	M	T	W	T	F
5 Movement Snacks	☐	☐	☐	☐	☐
1 Body Reset	☐	☐	☐	☐	☐
1 Mind Reset (60 sec)	☐	☐	☐	☐	☐

WEEK 3 THE OPTIMAL RHYTHM

TARGET	M	T	W	T	F
10 Movement Snacks	☐	☐	☐	☐	☐
2 Body Resets	☐	☐	☐	☐	☐
Mind Reset plus Shutdown	☐	☐	☐	☐	☐
Workspace audit (1 day)	☐	☐	☐	☐	☐

WEEK 2 FEED THE FLAME

TARGET	M	T	W	T	F
8 Movement Snacks	☐	☐	☐	☐	☐
1 to 2 Body Resets	☐	☐	☐	☐	☐
Workday Shutdown	☐	☐	☐	☐	☐

WEEK 4 THE MASTERPIECE

TARGET	M	T	W	T	F
10 Snacks (plus 1 longer)	☐	☐	☐	☐	☐
2 Body Resets	☐	☐	☐	☐	☐
Personal Peak (1 day)	☐	☐	☐	☐	☐
Shutdown plus Mind Reset	☐	☐	☐	☐	☐

DAY 29 CONTRACT. MY DEFAULT WEEK FROM HERE:

HYDRATION & THE PLATE

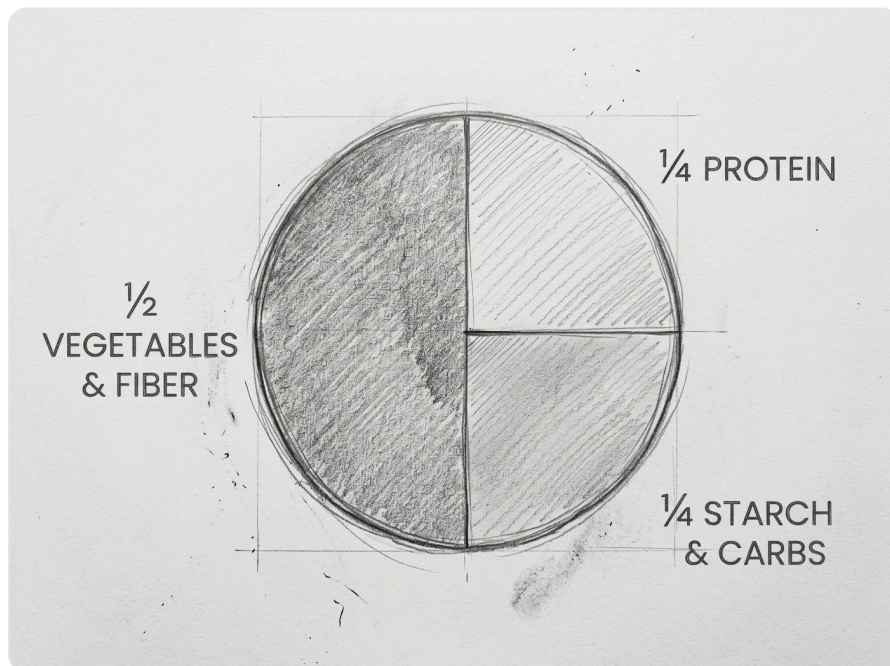
**STAND.
DRINK.
MOVE.**

THE ONE HYDRATION RULE

Every time you stand up, you drink. Refill the bottle three or four times across the workday and you're hydrated. No counting cups.

THE PLATE MODEL · THE PAIRING PRINCIPLE

Every time you eat anything starchy or sweet, put **protein, fat, or fiber** on the same plate. The company slows the sugar spike and kills the 3pm crash.



1/2 PLATE

vegetables and fiber

1/4 PLATE

protein

1/4 PLATE

starch and carbs

THE MATH, FOR THE PEOPLE WHO ASKED

THE HYDRATION MATH

You do not need this. "Stand. Drink. Move." already works. But here are the numbers.

The rough target. About 30 to 35 ml of fluid per kilogram of body weight per day, from everything you drink. For most desk workers that lands somewhere between 2 and 3 liters.

Worked example. A 75 kg person: 75×33 ml is roughly 2.5 liters a day.

What counts. Water, obviously. But also tea, coffee, milk, and the water in your food. Fruit, vegetables and soup contribute a surprising amount. Coffee is not the diuretic it is made out to be at normal intakes, so your morning cups count.

Add for these. Hot weather, air conditioning, a long flight, exercise, or a day of a lot of talking. Presenting and calls dry you out more than people expect.

The honest check that beats all the math. Look at the color. Pale straw is right. Dark yellow means drink more. Completely clear all day means you are probably overdoing it.

Why we still prefer the rule. A number you have to track competes for the same attention your job already owns. A trigger does not.

Medical note. If you have a kidney or heart condition, or take medication that affects fluid balance, follow your doctor's guidance rather than a general figure. And if you have a specific medical or performance reason to track intake precisely, that is a conversation for a registered dietitian who can look at your situation. This page is not a substitute for that.

THE CALORIE QUESTION

Calories are not the lever for the 3pm crash.

Timing and pairing are. You can eat a perfectly reasonable number of calories for the day and still hit the wall at 2:40, because the wall is about what you ate, when, and what you ate it with. Not how much.

What actually moves the needle, in order:

- 1 Eating something within 90 minutes of waking, which tells your metabolism the day has started
- 2 Pairing every starch or sugar with protein, fat or fiber, which flattens the spike
- 3 A small paired snack before the wall rather than during it
- 4 A real lunch away from the desk

On the arithmetic. A desk day burns meaningfully less than an active one, so a sedentary week genuinely needs less fuel than an active one. But counting it daily is a poor trade for most people. High effort, low accuracy, and it competes for the attention your actual job needs.

Use the plate instead. Half vegetables and fiber, a quarter protein, a quarter starch. Portion control without arithmetic, and it does the pairing automatically.

MEALS, SNACKS AND YOUR RHYTHM

THE THREE MEALS THAT MATTER

1

Something within **90 minutes of waking**, even a blended drink.

2

A real **15-minute lunch**, away from the desk, paired.

3

A small **paired snack at 2:30pm**, before the wall, not during it.

EATING-RHYTHM WORKSHEET

MY BREAKFAST TRIGGER (WITHIN 90 MIN OF WAKING)

MY REAL LUNCH TIME AND PLACE

MY 2:30PM PAIRED SNACK

MY HYDRATION TRIGGER, EVERY TIME I

THE DRAWER AND THE FORTY MINUTES

THE DESK-DRAWER STASH · 5 minutes, once

The job of this drawer is to be better than the vending machine at 2:30pm. That is a low bar and you only have to clear it once.

PROTEIN

- ☐ Mixed unsalted nuts, pre-portioned into small bags
- ☐ A protein bar you actually like the taste of
- ☐ Roasted chickpeas or edamame
- ☐ Beef or turkey jerky
- ☐ Single-serve nut butter sachets

FRIDGE, IF YOU HAVE ONE AT WORK

- ☐ Greek yogurt
- ☐ Cheese portions
- ☐ Hummus with cut vegetables
- ☐ Hard-boiled eggs

FIBER AND FRUIT

- ☐ Whole fruit that does not bruise: apples, oranges, pears. Visible on the desk, not hidden in the drawer.
- ☐ Dried fruit, paired with the nuts rather than eaten alone
- ☐ Whole-grain crackers or oatcakes
- ☐ Dark chocolate, 70% or higher, for when you want something sweet and want it to behave

DRINKS

- ☐ A water bottle on the desk, where you can see it
- ☐ Herbal tea bags, for the 4pm moment when you want a ritual rather than caffeine

The pairing rule still applies in here. Nuts with the dried fruit. Hummus with the crackers. Never the sweet thing on its own.

THE MEAL-PREP CHECKLIST · 40 minutes, once a week

You are not batch-cooking for an athlete. You are removing the 1pm decision.

Pick a slot. Sunday afternoon or any weekday evening. Put it on the calendar.

- ☐ **Cook one protein in bulk.** Chicken thighs, mince, eggs, lentils, chickpeas. Enough for three lunches.
- ☐ **Roast one tray of vegetables.** Whatever is cheapest. One tray, one oven, done.
- ☐ **Cook one starch.** Rice, potatoes, pasta. Cooked and cooled in the fridge.
- ☐ **Wash and cut raw vegetables** so they are ready to grab with no knife involved.
- ☐ **Portion into containers.** Three lunches, built on the plate model.
- ☐ **Restock the desk drawer** at the same time. Same forty minutes.
- ☐ **Put one lunch in the freezer** for the week that goes sideways.

The only rule. Do not build a system that needs you to be organized on a bad day. Build one that already did the work on a good day.



YOUR WHY

THE REASON YOU BREAK THE TRAP IS BIGGER THAN THE DESK.

You don't need a perfect week. You need an unbroken chain. One stretch, one breath, one stand-and-drink, repeated, is the whole renaissance. Keep this workbook close, and keep the chain alive.

READY TO TAKE THE FIRST STEP TODAY?

Follow along with the full demo library, and start your 4-week scoreboard now.

► [Watch the demos on YouTube — @Coach.abdulrehman](#)



YOUTUBE

Coach Abdul Rehman

Human Performance Specialist

Break the Stillness Trap — Companion Workbook

[COACHABDULREHMAN.COM](https://coachabdulrehman.com)