

MOVEWELL • TOM HARRIES

THE REWIRE PROTOCOL

4 weeks. Fully 1:1. We rewire how you move, how you think about movement, and point that towards what you actually want to do with the body.

Most people who come to me are already doing something. Running, the gym, a class, yoga or a bit of everything. Others have tried plenty and nothing stuck. Either way, the body's still stiff in the same places and niggling injuries just keep coming back.

Here's the thing. Almost all of it works the engine. Improves the cardio, reduces body fat or increases muscle mass. Very little of it rewires how the body actually moves underneath. So you stay busy, you stay active but nothing really changes.

And there's a reason for that. Nobody ever read your body before handing you the plan. You got a template, a programme off the internet, a routine that worked for dozens or hundreds of others. Same plan, different reps and sets.

This starts the other way round. We actually audit your body first, then build the 4 weeks around what you actually want to be able to do.

WHY IT'S DIFFERENT

Most training keeps you active. This rewires how your body moves and carries load underneath all of it. That's the difference between managing your body and actually upgrading it.

And it isn't only physical. Most people arrive thinking about movement as reps and workouts to get through. Part of the work is changing that, so you start reading your own body and training it like a human, not a machine. Change how you think about movement and the way you move changes with it.

WHAT'S IN IT

A proper movement audit. Not a form to fill in. An actual assessment of how you move, where you're restricted, and what's going on underneath whatever you're already doing. Most people have never had this done.

2-3 goals worth chasing. A first pull-up. A handstand. A specific skill you've seen. Proper range back in a shoulder, reduced back pain or running again pain free. Even something simple like getting off the floor without thinking about it. We pick things that mean something to you, because that's what keeps you training on the days you'd rather not.

A plan built around your actual week. Not one that assumes hours of free time you don't have. Short sessions that fit around the job. If you travel, it works when you travel.

Me in your corner for the month. Direct access, adjustments as your body and your diary change, and someone actually watching what you're doing instead of leaving you to a PDF.

WHO IT'S FOR

This tends to be right for one of three people.

Someone who wants a **new challenge**. Bored of the same training, ready to point the body at something that actually interests them and expand its capabilities.

Someone who likes the look of my work but isn't sure where to start. Four weeks is a proper taste of it without committing to the long haul.

Or someone who's tried everything for a niggling injury and it still won't shift. We go looking for the source rather than chasing the symptom.

If one or more of these is you, this is built for you.

DETAILS

£500

4 weeks, fully 1:1. Movement audit, 2-3 goals, a plan built around your week, and me coaching you the whole way through.

4 weeks won't rebuild everything, and it isn't meant to. Although you'll be surprised at what can happen in that time.

What it definitely does give you is an honest picture of where your body actually is, a different way of moving that fits your life, and some real proof you can do more than you've told yourself. You'll finish knowing where to go next. It's the short way into how I work.

RESULTS YOU CAN EXPECT

[Matt is learning handstands and capoeira in his 40s](#)

[Laura is unlocking handstands despite a chiro telling her she couldn't](#)

[Dom went from crippling back pain to training BJJ 4 xper week](#)

[Click here](#) to see more client case studies

4 of 7 spaces left for August. Next intake is September/October where price will go up.

<https://calendly.com/tom-movewellcoach/consult-call>

This will be 20-30 minutes, it's not a sales call. We chat about where your body's at and what you want it doing, I'll tell you how I can help.

Already know you want in? [Pay here](#) and we'll book your audit straight after.

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