5 minute desk mobility routine

1 continuous circuit. 1 set per exercise. 45-60 seconds per movement

1. Seated Cat & Cow Flow



Cat - round

- sit tall with your feet flat on the floor
- place your hands on the tops of your knees
- breathe out as you gently tuck your chin
- round through your upper, middle & lower back
- allow shoulder blades to spread

Cow - arch

- breathe in as you gently lift your chest
- draw your shoulders back and down
- allow your abdomen to soften
- gently arch through your spine
- look slightly up without straining your neck

Flow

Move slowly between the two positions with your breathe. One slow continuous movement.

INHALE → COW

EXHALE → CAT

Repeat for 8-10 slow breaths.

2. Seated Shoulder Rolls & Reaches



Shoulder Rolls

- sit tall with your feet flat on the floor
- rest your hands comfortably on your thighs
- gently lift your shoulders towards your ears
- roll you shoulders back and down in a slow and controlled circle
- keep your neck relaxed and allow your chest to gently open
- 15 seconds backwards, 15 seconds forwards

Overhead Reach

- sit tall with your feet flat on the floor
- breathe in and slowly reach one arm towards the ceiling
- keep your shoulder relaxed and away from you ear
- you shoulder feel a nice deep stretch don't force to an uncomfortable level
- breathe out as you lower your arm
- repeat on the opposite side
- 8-10 reaches per arm

Side Reach

- sit tall with your feet flat on the floor
- raise one arm overhead
- gentle lean towards the opposite side
- keep both keeps grounded on the chair
- feel a gentle stretch through the side of your body and ribs
- breathe slowly and comfortably
- return to the centre and repeat on the other side
- 8-10 side reaches per arm

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3. Seated Neck Side Stretch



Seated Neck Side Stretch

- sit tall with your feet flat on the floor
- rest your hands comfortably on your thighs
- keep your shoulders relaxed and down
- gently tilt your head to one side, bringing your ear to your shoulder
- place your hand lightly on the side of your head for a gentle stretch
- keep the opposite shoulder relaxed and avoid lifting towards your ear - TIP - grab the seat of the chair to anchor that shoulder down and increase the stretch along the side of the neck
- hold for 15 seconds, return to centre and repeat on the opposite side

4. Seated Spinal Twist



Seated Spinal Twist

- sit tall with feet flat on the floor
- rest your hands comfortable on your thighs
- keep your shoulders relaxed and lengthened through your spine
- breathe in and sit a little taller
- breath out as your gently rotate your upper body to one side
- place your opposite hand on the outside of yo thigh and your other hand on the chair for support
- keep both hips grounded and avoid forcing the movement
- feel a gentle stretch through your back, waist and sides
- breathe slowly and comfortably
- hold for 15 seconds, return to centre and repeat on the other side

5. Seated Chin Tucks & Posture Reset



Seated Chin Tucks & Posture Reset

- Sit tall with your feet flat on the floor
- rest your hands comfortably on your thighs
- keep your shoulders relaxed and your chest gently open
- look straight ahead, keeping your head in a neutral position
- gently draw your chin straight backwards as though making a small double chin
- avoid looking down or tipping head back
- feel your neck lengthen at the back with head over shoulders
- hold for 3-5 seconds
- relax the chin and gently roll your shoulders back and down
- sit tall through the top of your head and notice your upright posture
- repeat 5-10 reps, keeping the movement small, slow and controlled