

Desk Stretch Routine — 5 Minutes

A short routine you can do at your desk to reduce stiffness, improve posture, and boost focus. Perfect for office workers and remote teams.

Exercise	Duration / Reps	Notes
Neck Rolls	30 sec	Slow circles, 15 sec each direction
Shoulder Shrugs & Rolls	30 sec	Raise shoulders to ears, then roll
Seated Chest Opener	20 sec	Clasp hands behind chair, gently lift chest
Seated Spinal Twist	20 sec per side	Hands on chair, rotate gently
Wrist & Finger Flexes	30 sec	Open/close hands and gentle wrist circles
Seated Hamstring Stretch	20 sec per leg	Extend one leg, hinge at hips

Tip: Do this routine once every 1–2 hours, or whenever you feel tight. These moves are low-impact and can be done in office clothes.