

# The Desk Stretch Cheat Sheet

6 moves, about 5 minutes, no equipment. Do them right next to your chair, in work clothes.

1

## Chest Opener

**30–45 SEC**

Clasp your hands behind your back and pull your shoulders back and down. Undoes the typing hunch.

2

## Hip Flexor Stretch

**30–45 SEC PER SIDE**

Step one foot back into a gentle lunge and tuck your hips under. Sitting keeps these muscles shortened all day.

3

## Upper-Back Rotation

**30 SEC**

Sit or stand tall and rotate your upper body side to side, hips facing forward. Brings back the twist that sitting takes away.

4

## Chin Tucks

**10 SLOW REPS**

Pull your head straight back, like making a double chin. Counters the forward-head posture from screens and phones.

5

## Wrist Stretches

**30 SEC PER SIDE**

Arm forward, palm up then palm down, and gently pull the fingers back. Eases typing and mouse strain.

6

## Calf Raises

**30 SEC, STEADY PACE**

Rise onto your toes and lower slowly. Helps push blood back up from legs that have been still for hours.

### When to use it

- **Between meetings (2 min):** pick any two moves.
- **Mid-afternoon slump (5 min):** run all six, top to bottom.
- **After work:** chest opener + hip flexor stretch before you sit down again.

**One rule:** stand up at least once an hour. Changing position beats holding a "perfect" one.