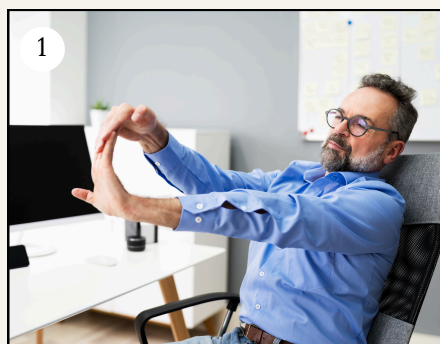# 5 MINUTE DESK STRETCHES

1

Wrist & Forearm Stretch
- Extend your right arm forward with your palm facing up.
- Use your left hand to gently pull back on your fingertips, stretching your forearm.
- Hold for 15 seconds, then flip your palm down and gently press on the back of your hand.
- Switch to the other hand and repeat.

💡 Tip: Perfect for relieving keyboard and mouse tension.

2

Seated Spinal Twist
- Sit tall with feet flat on the floor.
- Place your right hand on the back of your chair and your left hand on your thigh.
- Gently twist your torso to the right, looking over your shoulder.
- Hold for 15–20 seconds and repeat on the left side.

💡 Tip: Move gently, don't force the twist.

3
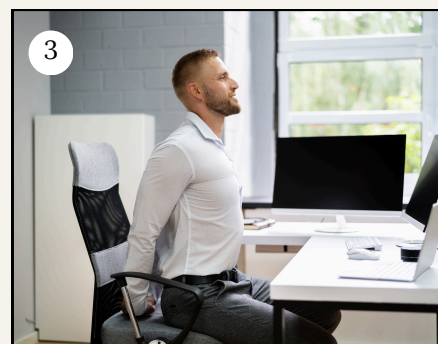
Chest Opener
- Sit on the edge of your chair or stand behind it.
- Clasp your hands behind your back (or grab the backrest) and gently squeeze your shoulder blades together.
- Lift your chest and open up through the front of your shoulders.
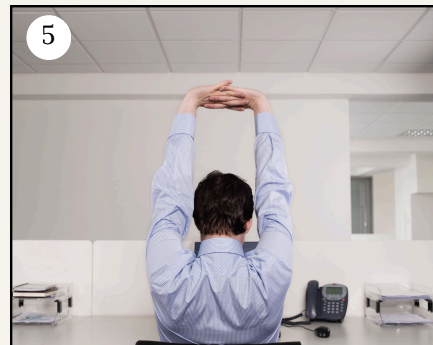- Hold for 20–30 seconds while breathing deeply.

💡 Tip: Great for counteracting "desk hunching".

4

Neck Release
- Sit tall with your feet flat on the ground.
- Gently tilt your head to the right, bringing your ear towards your shoulder.
- Hold for 15 seconds, feeling the stretch along the side of your neck.
- Switch sides and repeat.

💡 Tip: Avoid lifting your shoulder — keep it relaxed.
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5

Overhead Reach
- Sit or stand tall with your feet hip-width apart.
- Interlock your fingers and turn your palms upward toward the ceiling.
- Stretch your arms above your head and take a deep breath in.
- Hold for 15-20 seconds, then release and repeat 3 times.

💡 Tip: As you exhale, lengthen your spine and reach a little higher to release tension.

6

Tricep & Side Stretch
- Raise your right arm and bend your elbow, bringing your hand behind your head.
- With your left hand, gently pull your right elbow toward your head to stretch your tricep.
- Hold for 20–30 seconds, feeling the stretch down the back of your arm and side.
- Switch sides and repeat.

💡 Tip: Keep your ribs relaxed and avoid arching your back.