

10-Minute Desk Mobility Flow

Equipment: Chair, wall, open doorway

Why this helps

- Long meetings and travel create stiffness.
- A short daily flow reduces pain and boosts energy.

Timer: 10:00 total

Routine

1. Neck resets (0:45–1:00)
 - 3 slow nods
 - 3 turns per side [Line drawing: head nod; head turn]
2. Doorway pec stretch (1:00)
 - 30s each side; forearm on frame at 90 degrees; step through [Line drawing: doorway with elbow at shoulder height]
3. Seated thoracic rotations (1:00)
 - Sit tall; 5 per side; exhale as you rotate [Line drawing: seated figure with curved arrows showing rotation]
4. Hip flexor stretch (1:00)
 - Half-kneeling or standing; 30s per side; slight pelvis tuck [Line drawing: lunge position with forward arrow]
5. 90/90 hip switches (2:00)
 - 6 per side; chest tall; hands on floor for support [Line drawing: 90/90 legs with switch arrows]
6. Calf raises at desk (1:00)
 - 20 reps; 2 seconds up, 2 seconds down [Line drawing: heels lifting behind a chair]
7. Wall angels (1:00)
 - 8 reps; glide arms up and down; back lightly on wall [Line drawing: goalpost arms sliding upward]
8. Chin tucks (1:00)
 - 8 reps; glide chin straight back; hold 1–2s [Line drawing: head gliding back]
9. Sit-to-stands (1:00)
 - 10 reps; hips back, stand tall; control the lower [Line drawing: seated-to-stand sequence]
10. Forearm stretch (1:00)
 - 20s palm up; 20s palm down; switch sides [Line drawing: hand stretch positions]

Micro-breaks between calls (60s) Pick any 2:

- Wall angels x 8

- Chin tucks x 8
- Sit-to-stands x 10
- Forearm stretch x 20s each

Ergonomic checklist

- Screen at eye level; use an external keyboard and mouse.
- Hips and knees at 90 degrees; feet flat or on a footrest.
- Chair supports lower back; add a small cushion if needed.
- Elbows near 90 degrees; shoulders relaxed.
- Monitor about arm's length away; position the top of the screen near eye level.
- Keep often-used items within easy reach.

FAQs

- How often? Daily is ideal, or at least three times per week.
- Before or after workouts? Either. Short before, full after.
- Pain? Stop and see a qualified provider. Mobility should feel relieving, not painful.

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