



A FREE DESK MOBILITY GUIDE

DeskWell

Seven quiet minutes to undo the laptop slump.

Eight small, breath-led movements you can do without leaving your chair — no gym, no sweat, no special clothes. Free to keep, print, and share.

The idea behind the routine

Working at a laptop asks your body to hold one shape for hours — head forward, shoulders rounded, hips folded. Nothing is wrong with that shape. It only becomes uncomfortable when it is the *only* shape you visit all day.

DeskWell isn't about fixing your posture or building strength. It's a short, repeatable way to **visit the opposite shapes** — opening where you've been closed, lengthening where you've been compressed — so your body remembers it has options.

Every step is paced by your breath, not by counting reps. When you move at the speed of your breath, the whole thing feels less like exercise and more like a reset.

The breath that carries every step

One rhythm runs through the whole routine. Learn it once and each movement gets easier.

IN**Breathe in through your nose — about 4 counts.**

Let the air arrive low, so your ribs widen rather than your shoulders lifting.

HOLD**Pause softly at the top — about 1 count.**

No strain. Just a gentle held moment before you begin to release.

OUT**Exhale slowly through your mouth — about 6 counts.**

This longer exhale is your cue to ease deeper into each stretch. Never force it.

Throughout the routine: **move on the exhale, rest on the inhale.**

A simple, optional self-check

Before you begin, notice where you are today. There's no score to reach — just move a little more gently wherever you feel it.

- My neck feels tight or stiff
- My shoulders creep up toward my ears
- My upper back feels rounded or achy
- My lower back feels compressed after sitting
- My wrists or forearms feel tired
- My breathing feels shallow or held

The routine — all eight steps

Move slowly. Each step takes under a minute. Stay within a range that feels easy and kind.

STEP 1

Slow neck release

Sit tall. On a long exhale, let your right ear drift toward your right shoulder — only as far as feels kind. Breathe in to hold, breathe out to soften a little more. Three breaths each side.

Cue: imagine the crown of your head lengthening away, not crunching down.

STEP 2

Slow shoulder rolls

Breathe in and lift both shoulders up toward your ears. Breathe out and roll them back and down, like setting down something you've been carrying. Five slow circles back, then five forward.

Cue: let each exhale make the shoulders heavier, not busier.

STEP 3

Seated chest opener

Bring your hands behind your head, elbows wide. On a long exhale, gently draw the elbows back and lift your breastbone toward the ceiling. Feel the front of your chest open. Hold for three unhurried breaths.

Cue: keep your ribs soft — open the chest, don't jut it forward.

STEP 4

Seated thoracic twist

Sit tall, feet grounded. Rest your right hand on the outside of your left thigh and your left hand behind you. On an exhale, rotate gently to the left, leading with your ribs and letting your gaze follow last. Three breaths, then switch sides.

Cue: grow taller on the inhale, twist a touch more on the exhale.

STEP 5

Seated cat-cow

Hands on your knees. Inhale and arch gently — chest forward, gaze lifting. Exhale and round — chin toward chest, navel drawing back. Let your spine move like a slow wave for five unhurried rounds.

Cue: let the breath lead the movement, not the other way around.

STEP 6

Wrist & forearm reset

Extend your right arm, palm up. With your left hand, gently draw the fingers down and back until you feel a soft stretch in the forearm. Hold three breaths, then turn the palm down and repeat. Switch arms.

Cue: keep the shoulder relaxed — the stretch lives in the forearm, not the grip.

STEP 7

Standing hip-flexor release

Stand behind your chair, holding it lightly. Step your right foot back, tuck your tailbone slightly, and feel the front of your right hip lengthen. Three slow breaths, then switch. (Short on space? Stay seated at the edge of your chair and let the same leg trail back.)

Cue: think length, not depth — a gentle opening is plenty.

STEP 8

Closing full-body breath

Sit tall, hands resting in your lap. Inhale and let your arms float out and up overhead; exhale and lower them slowly, settling everything you've loosened back into place. Three full rounds. Notice how you feel now versus when you started.

Cue: this last breath is the reward — take it slowly.

Keep this by your laptop

The whole routine at a glance — about 7 minutes, top to bottom.

1	Slow neck release	3 breaths each side
2	Slow shoulder rolls	5 back · 5 forward
3	Seated chest opener	3 breaths
4	Seated thoracic twist	3 breaths each side
5	Seated cat-cow	5 slow rounds
6	Wrist & forearm reset	3 breaths each arm
7	Standing hip-flexor release	3 breaths each side
8	Closing full-body breath	3 full rounds

Remember: move on the exhale, rest on the inhale. If anything hurts, stop.

A gentle but important note. DeskWell is a general wellness guide for comfort and movement. It is not medical advice, and it is not a diagnosis or treatment for any condition. Move slowly and stay within a range that feels easy. If anything hurts, feels sharp, or makes you dizzy, stop right away. If you are pregnant, recovering from an injury or surgery, or have any concerns about your neck, back, or joints, please talk with a qualified healthcare professional before trying this routine.