

10-Min Daily Mobility Routine (Desk Warrior Recovery)

0:00-1:00 | World's Greatest Stretch (W.G.S)

Step one foot forward into a lunge, both hands inside the front foot.

Rotate the same-side arm up to the ceiling (thoracic twist).

Drop elbows to the ground if possible for a deeper hip stretch.

Switch sides after 30 seconds.

1:00-2:00 | Thread the Needle (Thoracic Twist)

Start on all fours (tabletop position).

Slide your right arm under your left arm, palm up, resting your shoulder and temple on the floor.

Keep your left hand planted or reach it overhead for a deeper twist.

Your hips should stay stacked over your knees - don't let your butt shift too far back.

Take deep breaths, focusing on opening your upper back.

Switch sides after 30 seconds.

2:00-3:00 | Forward Fold + Thoracic Spine Twists

Hang forward from the hips, knees slightly bent.

Alternate opening one arm to the sky while the other touches the floor or shin.

Perform 3-5 reps per side with control.

3:00-4:00 | Pigeon Pose

From a plank, bring one knee forward and angle the shin across the mat.

Slide the back leg straight behind you. Fold forward for a deeper stretch.

Switch sides after 30 seconds.

Tip: Place a cushion under the hip of the bent leg if tight.

4:00-5:00 | Hamstring Stretch (Lying or Standing)

Lying: on your back, use a strap or towel to gently pull one straight leg toward your chest.

Standing: hinge at the hips and reach toward toes.

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Switch or alternate legs after 30 seconds.

5:00-6:00 | Frog Pose (Adductors)

Knees wide, ankles in line with knees, forearms on the floor.

Gently rock forward and back or hold still.

Engage your core to protect the low back.

6:00-7:00 | Squat with Rotation

Sit in a deep squat (heels down). Place one hand on the floor, rotate the other arm up.

Hold 2-3 seconds, switch sides.

Keep chest tall, knees out, and feet flat.

7:00-8:30 | Bonus: Cat-Cow + 90/90 Hip Switches

30 sec Cat-Cow: inhale as you arch, exhale as you round.

1 min 90/90 switches: seated, rotate hips between internal/external rotation.

8:30-10:00 | Relaxed Breathing + Supine Twist or Child's Pose

Supine Twist: Lie on back, drop knees to one side, arms open like a T.

Child's Pose: Sit back on heels, arms stretched forward.