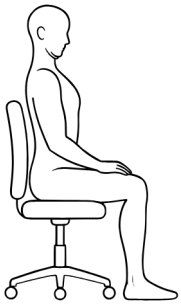
12 desk exercises
for a 5-minute break

Do them in order, or pick three whenever you get up. No equipment, work clothes are fine.

deskgym.app

1 — 8 reps



Chin tuck

Look ahead. Glide your chin straight back, hold, release.

2 — 5 each way



Gentle neck turn

Turn slowly to look over one shoulder, back to centre, then the other.

3 — 8 rolls



Gentle shoulder rolls

Lift your shoulders to your ears, roll them back, let them drop.

4 — 20 s each side



Cross-body shoulder stretch

Bring one arm across your chest and support it with the other.

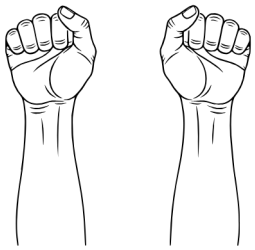
5 — 20 s each hand



Wrist circles

Loose fist, forearm still. Circle the wrist, then reverse.

6 — 10 reps



Open and close the hands

Spread your fingers wide, close into a gentle fist, repeat.

7 — 5 rounds



Seated cat-cow

Hands on knees. Round your back, return, then lift your chest.

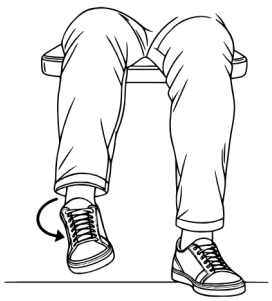
8 — 30 s



Seated march

Sit tall. Lift one knee, lower, lift the other. Keep a steady pace.

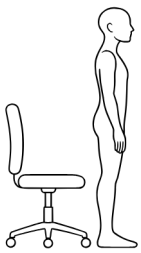
9 — 10 each foot



Seated ankle circles

Lift one foot. Circle the ankle slowly, then reverse.

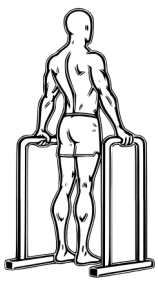
10 — 8 reps



Sit-to-stand from a chair

Sit at the front of a stable chair. Stand up, lower slowly.

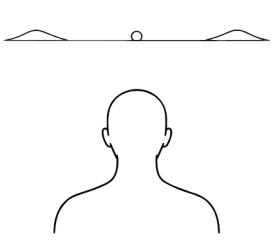
11 — 12 reps



Calf raises

Hold the desk. Rise onto the balls of your feet, lower slowly.

12 — 20 s



Distance focus reset

Focus on a fingertip, blink, then look 6 m (20 ft) away.

Move gently and stop if anything hurts. General guidance, not medical advice. If you have pain, an injury or a health condition, check with a health professional first. Use a stable chair without wheels for sit-to-stands.

Step-by-step drawings for every move: **deskgym.app/blog/printable-desk-exercises**

Drawings 4 and 11: Bryl Lim, CC BY-SA 4.0. Other drawings: Desk Gym. Free to print and share unchanged.