

The Ultimate “Deskercise” Stretch Routine

This article comes from the awesome writers at [healthline.com](https://www.healthline.com).



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The Daydream

Gently pull each elbow to the opposite side overhead. Just pretend you’re under a Tahitian waterfall and need to scrub your shoulder blade



The Carpet Gazer

Remaining seated, extend your legs and reach toward your toes. Stare at the purplish-gray office carpet or search for lost bits of popcorn for 20 seconds.



The Half-Bear Hug

Hug one knee at a time, pulling it toward your chest. Tell passers-by you need a mini childhood flashback, or that “this is how you roll.”



The Olympic Diver

Clasp your hands in front of you and lower your head in line with your arms. Pretend you actually know how to dive correctly, and use this “proper technique” to impress your cubicle companions.



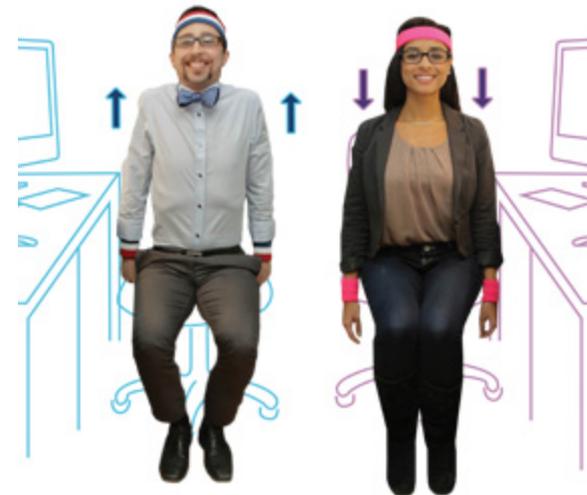
The Almost-Aerobics Reach

Extend each arm overhead and to the opposite side as you imagine Richard Simmons goading you toward a fabulous body.



The “Who Cares if I’m at Work” Shrug

Raise both shoulders at once up toward the ears. Drop them and repeat as you explain to your boss that you are, indeed, listening with interest.



The Freedom Search

Clasp hands behind your back, push the chest outward, and raise the chin. Count yourself lucky if you're not looking at suspended ceiling tiles and fluorescent bulbs.

Tip: If you're feeling really tight, try holding the pose for longer.



The Spine-Popping Chatterbox

Cross your legs and alternate twists toward the back of the chair. Use the rear-facing position to comment on your neighbor's color-coded file system with near genuine admiration.

Tip: Exhale as you lean into a stretch for a greater range of motion.



The Happy Cheer

Clasp hands together above the head, stretching upward. Follow up with “spirit fingers” or some other equally cheesy high school rom-com reference to aerobic activities.



The Leaning Tower of Cheer

Repeat The Happy Cheer, but lean arms and shoulders to the side—as if you’ve had too much to drink and the floor really *is* that crooked under your chair.



The Dead Robot Dance

Lean your head forward and slowly roll from side to side. Picture all of the times you finished a less-than-polished robot dance with dangling head and arm, and vow to record it next time.



The Sophomore Headshot

Gently pull your head toward each shoulder. Think of your yearbook photo—the one in which you tried to pose like a model but ended up looking off-kilter and half-blinking.

Tip: With each stretch, you may find yourself more flexible. Don't go further than is comfortable



The “Get Back to Work” Finale

No stretch here, silly. This is where you drop the Deskercise routine and get back to your work-filled reality. Sorry! Do this again in two hours!!!

