

# Office Exercises Essentials.



Nine tiny, goofy, uncoordinated exercises you can do right at your desk. **Wiggle. Stretch. Shake.** Your spine has been filing complaints all day — here's the part where you answer the memo.

★ NINE MOVES · 30 SECONDS EACH ★



OBLIQUES

01

### Side-to-Side Bends

Stand feet shoulder-width. One hand on hip, the other overhead. Bend at the waist, hold, switch. Wakes up sleepy obliques and resets posture.



UPPER BODY

02

### Desk Push-Offs

Hands on the edge of your desk, step back, push your body away like a standing push-up. Chest and arms — secretly empowering.



BACK RELIEF

03

### Seated Spinal Twist

Sit tall. Right hand on the outside of your left thigh, gently twist. Hold, switch. A juicy stretch and posture reset button.



LOWER BODY

04

### Chair Squats

Stand in front of your chair, feet slightly wider than hips. Lower until your butt just hovers, push through heels to stand. Repeat.



SPINE WAKE

05

### Stretch & Reach

Stand tall, feet shoulder-width. Both arms overhead, reach high, then alternate reaching each hand higher — like grabbing the ceiling.



SHOULDERS

06

### Overhead Circles

Arms overhead, small controlled circles forward and backward. Like stirring the air around your ideas. Your shoulders will thank you.



CIRCULATION

07

### Seated Marches

Sit tall. Alternate lifting your knees like you're marching. Add arms for more movement. Wakes up those hip flexors.



TENSION

08

### Neck Rolls

Sit or stand. Slowly roll your head in a gentle circle, one direction then the other. Calms your nervous system after a spreadsheet stare-off.



CARDIO

09

### Mini Jump Rope

Next to your desk. Mimic jumping rope — light bounces on your toes while your hands circle at your sides. Gentle and rhythmic.



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