

FREE GUIDE

10-Minute Mobility for Desk Workers

From the coaches at CrossFit OTL



Why your body feels stuck

Hours in a chair keep your hips bent, your shoulders rolled forward and your head pushed toward the screen. Your body gets good at whatever position you hold most. This routine spends 10 minutes in the opposite positions.

How to use it

- **Once a day**, any time. Before work, at lunch, or while dinner cooks.
- **Breathe slowly** through your nose. A stretch should feel like a strong pull, never a sharp pain.
- **Go easy on day one.** You'll get further every week.
- If you have an injury or numbness, ask a doctor or physical therapist first.

The hourly reset (1 minute)

1. Stand up
2. 5 slow air squats
3. 5 chin tucks: pull your head straight back, make a double chin, hold 2 seconds
4. 10 shoulder rolls backward
5. Reach both arms overhead and take 2 big breaths

Set a reminder on your phone. Most people forget by 10 AM.

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The 10-minute routine

1 • Cat-cow (1 min)

On hands and knees. Breathe in, drop your belly and look up. Breathe out, round your back and tuck your chin. Slow.

2 • Thread the needle (30 sec each side)

From hands and knees, slide one arm under your body along the floor until your shoulder rests down. Feel it between your shoulder blades.

3 • Half-kneeling hip stretch (45 sec each side)

One knee down, other foot in front. Squeeze the glute of the down knee and shift forward a little. Feel it in the front of the hip. Don't arch your back.

4 • 90/90 hip switches (1 min)

Sit with both knees bent to one side. Lift and switch both knees to the other side, slowly. Use your hands behind you.

5 • Deep squat hold (1 min)

Hold a counter or door frame and sit down into the bottom of a squat. Heels down, chest up. Rock side to side.

6 • Doorway chest stretch (30 sec each side)

Forearm on a door frame at shoulder height, step through until you feel the chest and the front of the shoulder open up.

7 • Wall slides (1 min)

Back, head and arms against a wall in a goalpost shape. Slide your arms up and down slowly, keeping them on the wall.

8 • Hamstring hinge (1 min)

Stand with soft knees, hands on your thighs, and push your hips back until you feel the back of your legs. Stand up, repeat 10 times slowly.

Make it stick

Pair it with something you already do

- Coffee is brewing: hourly reset.
- Lunch break: moves 3, 5 and 6.
- Evening TV: the whole routine on the floor.

Signs it's working

- Getting out of the car feels easier.
- Your neck isn't tight by 3 PM.
- The deep squat feels less like work.

Want to move better for good?

Stretching helps. Getting stronger through a full range of motion helps more. Every CrossFit OTL class starts with a coached warm-up like this one, then strength work that's scaled to you. Come see it at a free intro: sit down with a coach, talk about your goals, and tour the gym.

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