

# ERGONOMIC DESK RESET FLOW

A quick, repeatable routine for anyone who sits for work — designed to restore posture, support your nervous system, and reduce strain.

Optimal Frequency: One or all parts every 30–60 Minutes

This reduces spinal load, boosts circulation, and helps posture muscles reset.

## Vagus Nerve Breath + Shoulder Roll

This calms the nervous system and reduces tension-driven posture collapse.

Frequency: 1–2 times per hour/  
As often as feels helpful!

Inhale slowly through your nose (4 seconds)  
as you lift your shoulders high toward ears

Long exhale through your mouth (6–8 seconds).  
Focus on rolling your shoulders backward and  
as far away from your ears as you can

Repeat 2–3 rounds in a slow, fluid motion



## Posture Reset

Do this before returning to work

Feet grounded  
Ribcage stacked over pelvis  
Neck long with a gentle chin tuck  
(Other ideal seated posture cues)

# MOVEMENT BREAKS

## Standing Routine

1. March in place for 20 seconds then do 10–15 calf raises  
OR do 30-Second Hop in Place

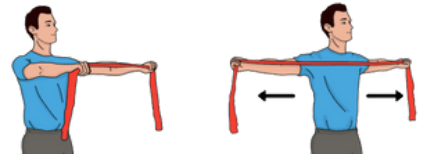
2. Chin Tucks (10 reps)

Glide your chin straight back (not down)



3. Scapular Retraction / Scap Pinches (10 reps)

Gently pull shoulder blades back and down while opening arms



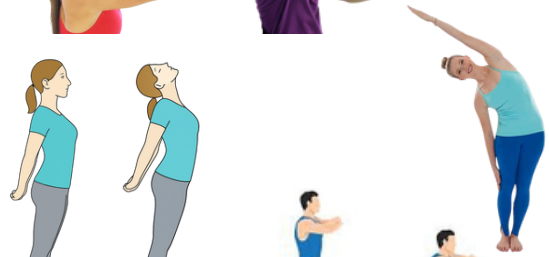
4. Wrist & Forearm Stretch (20 seconds each)

Stretch both wrist flexors (palm “out”) and extensors (fist down)



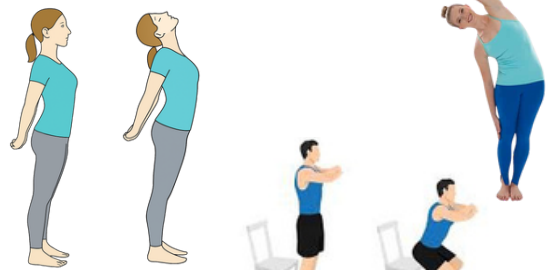
5. Arm-Up Side Bends (5 each side)

Reach one arm overhead and lean gently to the opposite side



- \*6. Hands Behind Back + Look Up (20–30 seconds)

Interlace hands or clasp behind your back, open the chest, and lift your gaze



7. Chair squat/Assisted squat (10 reps)

Stand tall, sit back and lightly touch onto chair, then stand tall again  
Alternate: Stand behind chair and hold onto backrest for support



8. Good Morning (10 reps)

Hands behind head, knees soft. Hinge forward from your hips, then return to standing by squeezing your glutes



## Seated Routine

1. Figure-4 Stretch (20–30 seconds each side)

Cross ankle over opposite knee, sit tall, and hinge gently forward



2. Seated Chest Opener (20-30 seconds)

Sit tall at the edge of the chair, hands on your head, and gently draw your shoulder blades back and down to open your chest



3. Seated Upper Trap Stretch (20-30 seconds)

Sit tall, anchor your right hand under your hip, and gently tilt your head left to stretch the right side of your neck



- \*4. Seated Hip Flexor Stretch (20–30 seconds each side)

Sit on the edge of your chair, slide one leg behind you, and lift your chest.

