ULTIMATE FLEXIBILITY AND MOBILITY EXERCISES FOR DESK JOB

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Are you a desk job worker or a college student who spends a lot of your time sitting down? Studying? Working?

It is recommended that for every 30 minutes of sitting you should be doing at least 4 minutes of mobility during the day.

Whatever it may be here are some mobility exercises you can do:

Stretching Session

Warmup:

Foam Roll

Adductors 30 sec

Calves 30 sec

Hamstrings 30 sec

Quads 30 sec

Exercises:

Deep Squat 3x30 sec

Hamstring Mobility 3x30 sec

90-90 Stretch 3x30 sec

Psoas Stretch 3x30 sec on each side

T spine Mobility 3x30 sec on each side

Doorway Pec Stretch 3x30 sec on each side

For personalized meal plans, workout programs, stretching programs, and overall accountability contact me on IG: @chm.fit or fill out this form

Personalized Performance Optimization Program Application

Thank you for your interest in being coached by me and the braveness to make a change! **Please complete the form below thoroughly**. This is for me to make an assessment to see where you are currently and how I can help you to the best of my abilities. This form will give you a **FREE** 10 minute call with me! Click **SUBMIT** when you are done!

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* Indicates required question

Email *

Your email