Posture exercises: a guided sequence you can follow

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Follow this seated introduction in order: shoulder circles for 30 seconds, upper-body turns for 35 seconds and a gentle shoulder-blade squeeze for 50 seconds. These are existing Renava routine intervals, arranged here as a public sample. Allow extra time to watch, rest and change position.

Download Renava

Guided routines and a 90-day program on iOS and Android. App sessions require a subscription.

App Store · Google Play · App and program details: renava.app

Online guide: https://renava.app/guided-posture-exercises/

Prepare a stable place to practise

Use a solid chair without wheels, keep both feet supported and clear space around your arms. Place the screen where you can see it without repeatedly twisting your neck. Watch each silent demonstration before starting its interval.

This sample is for adults looking for general movement practice. It is not an assessment of which exercises will suit an injury or a diagnosed condition. Stop a movement that causes pain, dizziness, numbness or feeling unwell.

The three-movement sequence

Order	Movement and interval	What to do
1	Seated shoulder circles · 30 seconds	Lift the shoulders gently, roll them back and let them settle. Keep the head still and use small, smooth circles.
2	Seated upper-body turns · 35 seconds in total	Cross the arms, turn the chest a little to one side, return to centre and change sides. Keep hips on the seat and do not pull on the chair.
3	Gentle shoulder-blade squeeze · 50 seconds	Bring the shoulder blades slightly closer together, pause briefly, then fully release. Keep breathing and avoid pushing the ribs forward.

Movement time and the time you need

The movement intervals total 115 seconds: 30 + 35 + 50. This is not a promise of a complete 115-second session. First-time viewing, getting seated, pauses and changing movements take additional time. Keep the videos paused while reading.

Use one interval of each movement as the example sequence. There is no target number of repetitions within an interval: move slowly enough to stay controlled. You may finish earlier, skip a movement or end after the first one. An interval is a format, not a minimum you must tolerate.

Choose a manageable version

What you notice	Change to try
You cannot follow a video and move at the same time	Watch once, pause it, then practise from the written cues.
The movement feels rushed	Make a smaller movement and fewer slow repetitions. Do not speed up to match a loop.

What you notice	Change to try
Turning the chest is uncomfortable	Skip the turn. Do not replace it with a forceful neck twist.
The squeeze makes you arch or tense	Reduce the effort and release fully; omit it if you cannot keep it comfortable.

Repeat this sample or choose a program?

Repeat a manageable format when you want to learn the cues. Do not add time, repetitions and harder variations all at once. Record what you actually did and what you skipped. The sample has no claim to treat a condition or change appearance within a fixed time.

The app's Desk Break is a different three-step routine: shoulder circles for 30 seconds, gentle head turns for 35 seconds and upper-body turns for 35 seconds. Its movement time is 100 seconds. The public sample above substitutes an already demonstrated shoulder-blade movement and is labelled separately.

Before you practise

Use a comfortable range and keep breathing. Stop for pain, dizziness, numbness or feeling unwell. Seek qualified advice for ongoing symptoms, injury or uncertainty about suitability. These are general wellness materials, not individual treatment.

Questions about this guide

How many repetitions should I do?
The sample uses one timed interval per movement. Do slow, comfortable repetitions within that interval, returning to rest each time; there is no repetition target or requirement to finish the timer.

How often should I do this seated sequence?
Choose a repeatable break or practice opportunity rather than a fixed daily quota. This sample contains 115 seconds of movement intervals; it is not a full strength session or the whole activity you need in a day. Follow your chosen program or individual plan, and do not double sessions to make up a missed day.

Can I follow without sound?
Yes. These public clips are silent and the steps are written out. Watch first, pause, then try the movement. You do not need to keep up with the video loop.

Is this the same as Desk Break or the 90-day program?
No. This 115-second movement sample uses three public demonstrations. Desk Break uses a different sequence totalling 100 movement seconds. The program arranges longer sessions and progression.

Sources and editorial notes

External sources provide background and have not reviewed or endorsed Renava. Instructions and routine details describe the app team's own material.

- NHS · Sitting exercises