

On-The-Road Workout from The Truck Trainer



On-The-Road Exercises (Do not stop between exercises)

1. STRETCH AND A WARM-UP LAP First, with your feet together, breathe in and raise your arms over your head slowly for a count of four. Slowly exhale for a count of four, lowering your arms to your side. Repeat five times. Second, stand with your feet shoulder-width apart, and your knees softly bent. Slowly bend at the waist and let your arms hang loosely toward the ground. Don't worry about touching your toes, just let your body gently stretch using its own weight. NEVER BOUNCE. Breathe slowly and deeply for three breaths; ease into the stretch with each exhalation. Slowly straighten back up keeping your midsection tight and your back straight. Repeat five times.

2. 10 PUSH-OFFS from your truck (arms placed shoulder width apart and legs are hip width apart). Stand 3-feet away from your rig; place hands on your fender and push off slowly as you count to 3.

3. 10 STEP UPS move to the steps of your rig; step up with one leg and back down and up with the other. Should you need help (bad knees) use grab-handle on the side of your cab to help balance yourself and added support coming up. Remember to use your legs as much as possible and not your arms.

4. 10 SQUATS move to the front of your truck, position legs hip width apart and hold onto your bumper and on a count of three slowly squat down as if you were sitting on a chair. Slowly raise yourself on a count of three. Remember to keep your core (stomach) muscles tight and engaged.

5. 10 BICEP CURLS using two one gallon water jugs, fill with water depending on your personal strength. You want enough weight for resistance to perform at least 10 repetitions with each arm. Stand straight keeping your stomach muscle tight and do not lock your knees! Curl water jugs at the same time chest high. Squeezing your biceps once you reach the top, lower jugs while maintaining resistance on the way down.

6. 10 SHOULDER LATERAL RAISES Always make sure your shoulders are warmed up before starting. Without any weight hold your arms straight out and rotate. After proper warm-up, use two one gallon water jugs fill with water depending on your personnel strength. You want enough weight for resistance to perform at least 10 repetitions with each shoulder. Stand straight keeping your stomach muscle tight and do not lock your knees! With elbows slightly bent, raise water jugs from your sides at the same time until elbows are shoulder high. Lower jugs while maintaining resistance on the way down.

7. 10 FRONT SHOULDER RAISES Stand straight keeping your stomach muscle tight and do not lock your knees! With elbows slightly bent, raise water jugs in front of you at the same time until elbows are shoulder high. Lower jugs while maintaining resistance on the way down.

8. 10 Tricep Push-Offs use the same form as push-offs. Move your hands closer, thumbs touching and push off using your tricep muscles.

9. 10 Rows bend over so your back is parallel with ground (use your tire for support). Slowly bring water jug up to your side and then back down. Switch sides.

10. LAP Without stopping take another lap around your rig. Now depending on your level of condition and time repeat as many as 3 times as your personal condition level will allow you. NEVER over do-it! Life is a marathon not a sprint.

11. COOL DOWN AND STRETCH!

