SQUATS

PUSHUPS

SIT UPS

JUMPING JACKS

LUNGES

CALF RAISES

RUNNING/WALKING

STEP UPS

BICEP CURLS
SHOULDER LATERAL RAISES
AND FRONT SHOULDER RAISES

SIT UPS

TIP: If you don't have room in your cab, use a towel or exercise mat to help cushion you on grass or concrete.

SET YOUR GOAL:

REPS:__ SETS:__

PERSONAL BEST:

REPS:__ SETS:__

PUSHUPS

TIP: Use your truck to make this movement easier. Raise your arms to shoulder level and place your palms against the truck. Keep your hands on the truck and back up your feet until your elbows are bent and your body is at an angle with the truck. Push off the truck until your arms are straight then go back to the starting position.

SET YOUR GOAL:

REPS:__ SETS:__

PERSONAL BEST:

REPS:__ SETS:__

SQUATS

SET YOUR GOAL:

REPS:__ SETS:__

PERSONAL BEST:

REPS:__ SETS:__

CALF RAISES

SET YOUR GOAL:

REPS:__ SETS:__

PERSONAL BEST:

REPS:__ SETS:__

LUNGES

TIP: Increase the difficulty by holding dumbbells or similarly heavy objects in each hand as you lunge.

SET YOUR GOAL:

REPS:__ SETS:__

PERSONAL BEST:

REPS:__ SETS:__

JUMPING JACKS

SET YOUR GOAL:

REPS:__ SETS:__

PERSONAL BEST:

REPS:__ SETS:__

BICEP CURLS
SHOULDER LATERAL RAISES AND FRONT SHOULDER RAISES

TIP: If you don't have dumbbells, use jugs of water or similarly heavy objects in your cab.

SET YOUR GOAL:

REPS:__ SETS:__

PERSONAL BEST:

REPS:__ SETS:__

STEP UPS

TIP: Use the driver's side step for this exercise. If you need help balancing, hold the grab-handle. However, try to keep the power driving from your legs, not your arms.

SET YOUR GOAL:

REPS:__ SETS:__

PERSONAL BEST:

REPS:__ SETS:__

RUNNING/WALKING

TIP: 30 laps around an average-sized semi-truck is equal to approximately one mile.

SET YOUR GOAL:

REPS:__ SETS:__

PERSONAL BEST:

REPS:__ SETS:__