

Learn about the exercises you can do on the equipment in our outdoor gyms



1.

- a) Lie on a bench, place your legs under the bars and fold your arms over your head.
- b) Lift your upper body and tighten your abdominal muscles.
- c) Slowly and calmly lower your upper body. Repeat the exercise 10 times in three series.



2.

- a) Rest your hips on the bench, face down.
- b) Support your legs on the crossbar. Cross your arms over your chest.
- c) Slowly lower and raise your upper body. Repeat the exercise 10 times in three series.



3.

- a) Rest your foot on the ladder at hip height
- b) Make the sides of your torso alternate between one leg and the other
- c) Repeat the exercise 10 times in three series.



4.

- a) Sit in a stable position (with your face or back to the machine) and hold the handles.
- b) Pull the handles towards your body and upwards to almost straighten your elbows.
- c) Repeat the exercise 15 times in three series



5.

- a) Stand on the platform and hold of the handles with your hands.
- b) Use your hip muscles to get your body into a swinging motion.
- c) Repeat the exercise 20 times in three series



6.

- a) Put both legs on the supports and hold both handles with your hands.
- b) Move your legs alternately forwards and backwards.
- c) Repeat this exercise 20 times in three series.



7.

- a) Put both feet on the platforms and grab both handles with your hands
- b) Move your legs forward and backward alternately, helping yourself with your hands
- c) Exercise slowly for the first 10 minutes, the next 3 minutes faster, then again 3 minutes slower and 3 minutes faster

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TRUCK



The workout performed at the outdoor gym in Port Radomsko, under the patronage of: Mercedes Benz Poland. The workout was performed by Iwona Blecharczyk Trucking Girl, ambassador of the project.

We are a foundation for professional drivers.
We help drivers to live healthy and actively.

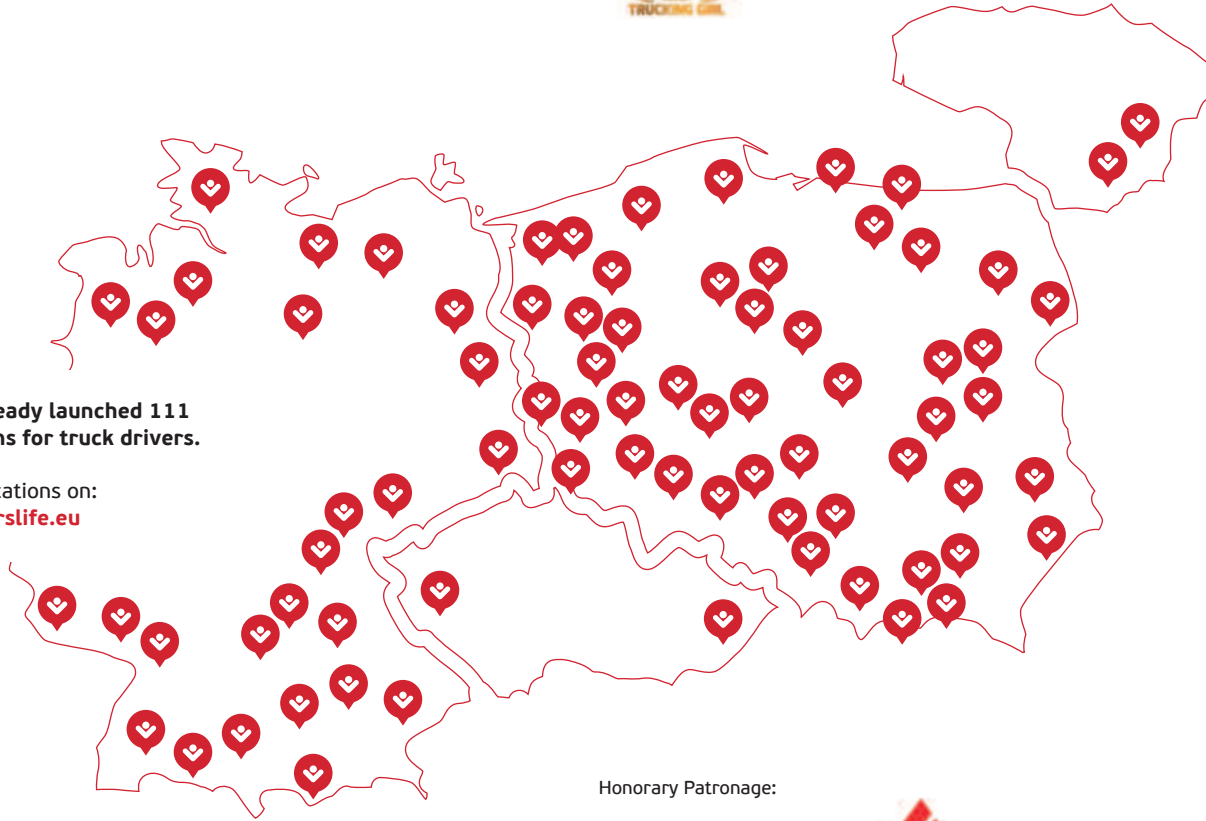
We build the network of outdoor gyms at truck parkings all over Europe to enable truck drivers to relax actively during breaks in their journey.

Our project in Europe has already been supported by:



We have already launched 111 outdoor gyms for truck drivers.

Check the locations on:
www.truckerslife.eu



Our gyms:

FREE

are free



open 24H



stretch your muscles, bones and joints



increase heart efficiency



reduce the effects of sitting



enable you to relax actively

Honorary Patronage:

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**Training for professional
truck drivers**

Exercises at the outdoor gym