



- a) Stand up straight, shoulder-width feet, toes outwards, torso tense.
- b) Bend your knees to a 90° angle while simultaneously raise and lower your arms
- c) Stand up to full extension. Perform 3 series of 10 repetitions.



- a) Stand facing the truck, grasp the bumper with your hands, shoulder-width feet, toes outwards. Shift your body weight to your heels.
- b) Push your hips back, keeping your knees in the same position as your feet.
- c) Stand up dynamically to full extension. Perform 3 series 10 repetitions each.



- a) Stand facing the truck in upright position, grasp the bumper and take a step backwards keeping your knee in line with your toes feet.
- b) Step down to the ground by bending your back leg at a 90° angle, without touching the ground with your knee.
- c) Return to the starting position by changing legs. Perform 3 sets of 10 repetitions.



- a) Stand straight apart. Place your hands shoulder-width lean on the bumper of the car, keeping upright position.
- b) Bend your arms going down as if you were performing push-ups.
- c) Straighten your arms again and lift your body upwards. Perform 3 series of 10 repetitions.



- a) Stand with your back to the truck, legs bent, straight arms against the bumper.
- b) Slowly lower your torso, bending your arms.
- c) Return to the starting position. Perform 3 series of 10 repetitions.



- a) Stand upright with your back to the truck. Keep your feet hip-width and grab the bumper of the car with your hands.
- b) Perform a forward step with your right leg without changing your body position.
- c) Return to the starting position. Perform 3 sets of 10 repetitions.



- a) Stand sideways to the truck in an upright position, resting your leg against the car.
- b) Do side bend with one arm straight up, resting the other against your knee.
- c) Perform 10 repetitions on each side.



- a) Stand upright facing the truck, feet shoulder-width, grab a handle.
- b) Lean back as far as possible not letting to go of support point, stretching your back muscles at the same time.
- c) Perform the exercise 5 times.

Learn about stretching an exercises, that you can do using your 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.

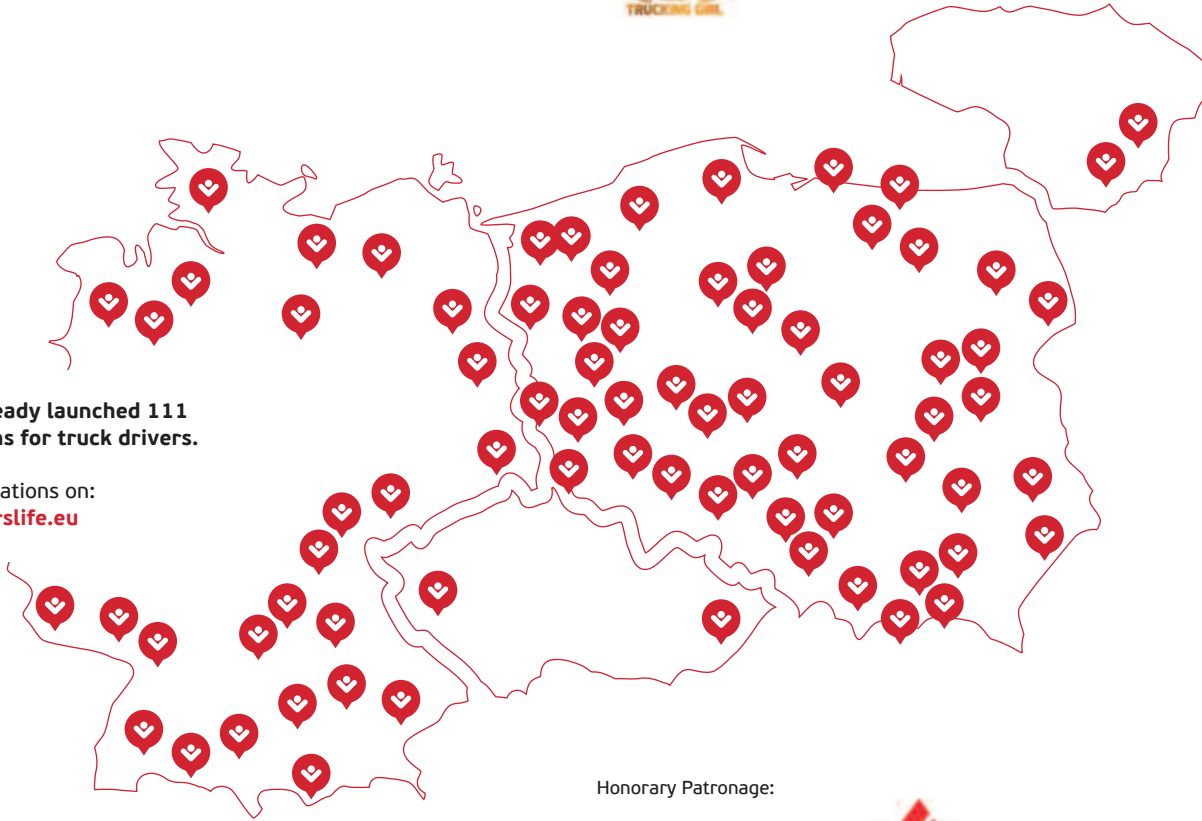
We build the network of outdoor gyms at truck parkings all over Europe to enable truck drivers to relax actively during breaks in their journey.

Our project in Europe has already been supported by:



We have already launched 111 outdoor gyms for truck drivers.

Check the locations on:
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truck drivers**

Exercises in front of the truck