



# **FITNESS FOR TRUCK DRIVERS**

**Workout Routines & Exercise  
Equipment For OTR Truckers**

## **TIPS & TOOLS**

Learn how to stay in shape while being a truck driver & how to combine resistance training & cardio for shorter workouts with better results.

# A PATH TO A BETTER YOU.

LET'S GET STARTED

EQUIPMENT NEEDED:



## Resistance Bands

I prefer POWER GUIDANCE Pull Up Assist Bands - Heavy Duty Resistance Band - Mobility & Powerlifting Bands, Perfect for Body Stretching, Powerlifting, Resistance Training

## Yoga Mat



## Timer

I use the free Gymboss app on my phone. It makes it easy to change number of intervals, sets and time.



## Disclaimer

You should consult your physician or other health care professional before starting this or any other fitness program to determine if it is right for your needs. This is particularly true if you (or your family) have a history of high blood pressure or heart disease, or if you have ever experienced chest pain when exercising or have experienced chest pain in the past month when not engaged in physical activity, smoke, have high cholesterol, are obese, or have a bone or joint problem that could be made worse by a change in physical activity. Do not start this fitness program if your physician or health care provider advises against it. If you experience faintness, dizziness, pain or shortness of breath at any time while exercising you should stop immediately.

This document offers health, fitness and nutritional information and is designed for educational purposes only. You should not rely on this information as a substitute for, nor does it replace, professional medical advice, diagnosis, or treatment. If you have any concerns or questions about your health, you should always consult with a physician or other health-care professional. Do not disregard, avoid or delay obtaining medical or health related advice from your health-care professional because of something you may have read on this site. The use of any information provided on this site is solely at your own risk.

# RESISTANCE TRAINING

## WORKOUT 1:

**10 SQUATS**

**10 DEADLIFTS**

**X3**

**10 BENCH PRESS**

**10 SHOULDER PRESS**

**X3**

**30 SECONDS LEFT SIDE PLANK**

**30 SECONDS RIGHT SIDE PLANK**

**X3**



## WORKOUT 2:

**10 BICEP CURLS**

**10 TRICEP KICKBACKS**

**10 BENT OVER ROWS**

**10 HAMMER CURLS**

**X3**

**30 SECONDS TOE TOUCH**

**30 SECONDS BICYCLE CRUNCH**

**X3**



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# CARDIO TRAINING

## WORKOUT 1:

**30 SECONDS EACH**  
**HIGH KNEES**  
**BUTT KICKS**  
**SOCCER RUN**  
**SKATER RUN**  
**X3**



**30 SECOND REST BETWEEN EACH SET**

**30 SECONDS EACH**  
**BURPEE WITH A PUSHUP**  
**X3**

## WORKOUT 2:

**20 SECONDS EACH / 10 SECONDS REST**  
**SIDE SHUFFLE**  
**MOUNTAIN CLIMBERS**  
**X4**

**20 SECONDS EACH / 10 SECONDS REST**  
**POWER SKIPS**  
**HIGH KNEES**  
**X4**

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# AB TRAINING

## WORKOUT 1:

**30 SECONDS EACH**  
**RUSSION TWIST**  
**REVERSE CRUNCH**  
**BICYCLE**  
**FLUTTER KICKS**  
**X3**



## WORKOUT 2:

### DEATH BY PLANKS

**30 SECONDS EACH**  
**HIGH PLANK**  
**LOW PLANK**  
**LEFT SIDE PLANK**  
**RIGHT SIDE PLANK**  
**X3**



**1 MINUTE**  
**LOW PLANK**

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