



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:___