

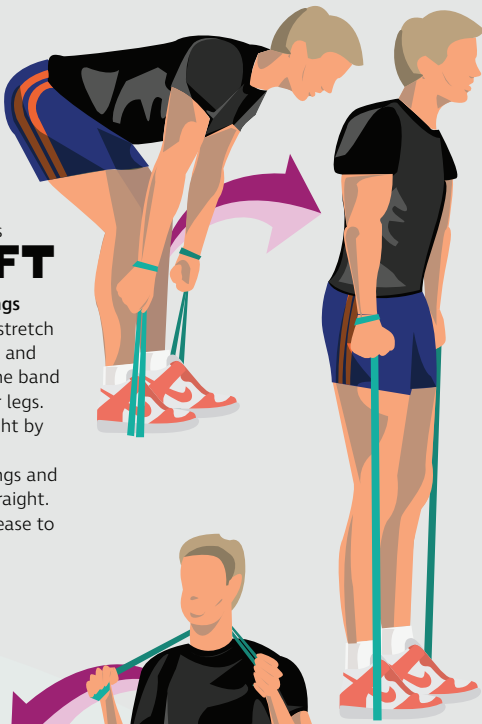
Physical FITNESS & ACTIVITY TO BECOME A healthy DRIVER

Exercise 1 Band DEADLIFT

10 Reps
2-3 Rounds

Focus: glutes, hamstrings

1. Place one end of the stretch band under your feet and bend over to grasp the band on either side of your legs.
2. Keep your arms in tight by our sides.
3. Squeeze the hamstrings and glutes to stand up straight.
4. Hold, then slowly release to the starting position.

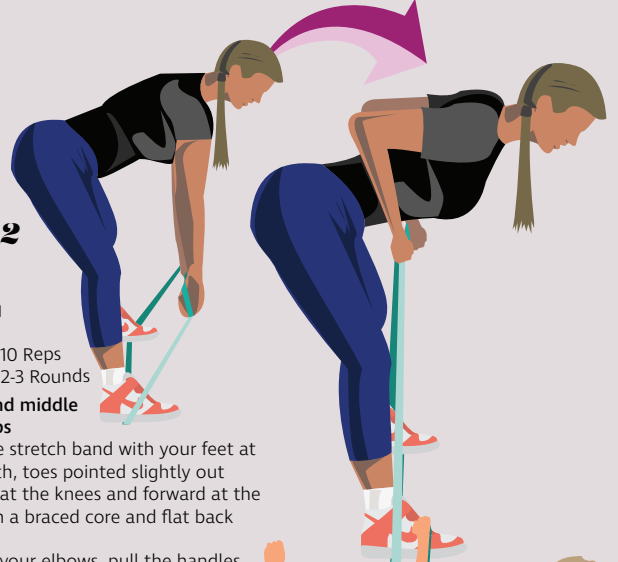


Exercise 2 Band BENT ROW

10 Reps
2-3 Rounds

Focus: upper and middle back, abs, biceps

1. Step on to the stretch band with your feet at shoulder-width, toes pointed slightly out
2. Bend slightly at the knees and forward at the hips. Maintain a braced core and flat back throughout.
3. Leading with your elbows, pull the handles of the stretch band back, bringing your shoulder blades closer together.
4. Hold, then slowly release to the starting position.



Exercise 3 Band FORWARD LUNGE

10 Reps
2-3 Rounds

Focus: glutes, quads, hamstrings

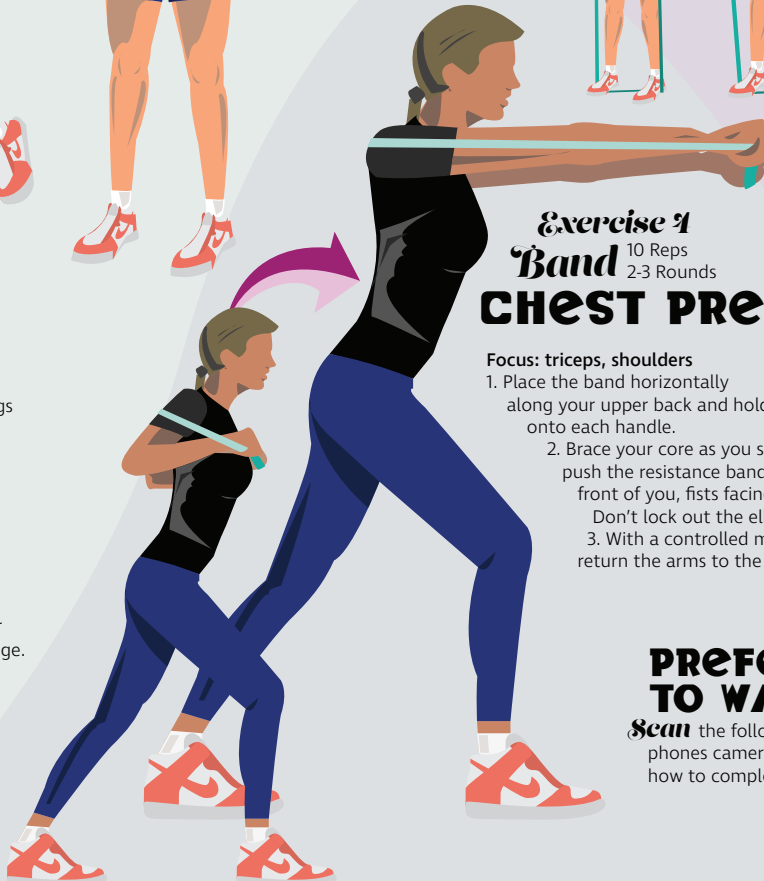
1. Standing straight, hold each handle of the band and place it behind your neck.
2. Push the band over your head, as you step forward with your right foot into a lunge position.
3. Step back and alternate your legs for the next forward lunge.

Exercise 4 Band CHEST PRESS

10 Reps
2-3 Rounds

Focus: triceps, shoulders

1. Place the band horizontally along your upper back and hold onto each handle.
2. Brace your core as you slowly push the resistance bands in front of you, fists facing down. Don't lock out the elbows.
3. With a controlled movement, return the arms to the starting position.

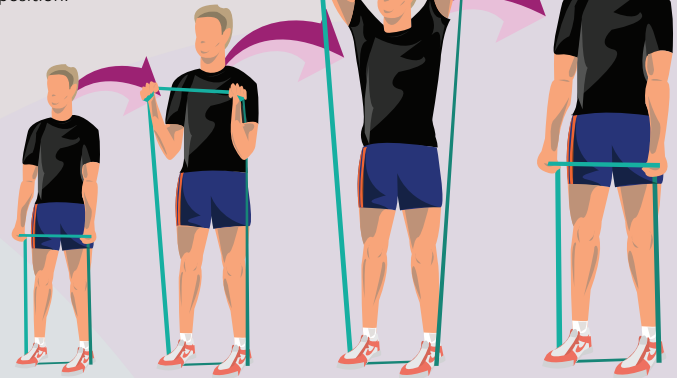


Exercise 5 Band BICEP CURL & SHOULDER PRESS

10 Reps
2-3 Rounds

Focus: biceps, forearms and shoulders

1. Step onto the stretch band with your feet at shoulder-width, toes pointed slightly out. Stand up straight.
2. Using an underhand grip or hammer fist grip, bend at the elbows and lift the band towards you. Keep your upperarm in place, moving only your forearms.
3. From holding the band just under your chin, push your arms up straight above your head.
4. Pause at the top, then slowly lower and curl the band down to the starting position.



**PREFER
TO WATCH?**

Scan the following QR code using your phones camera to watch the video on how to complete these exercises!

