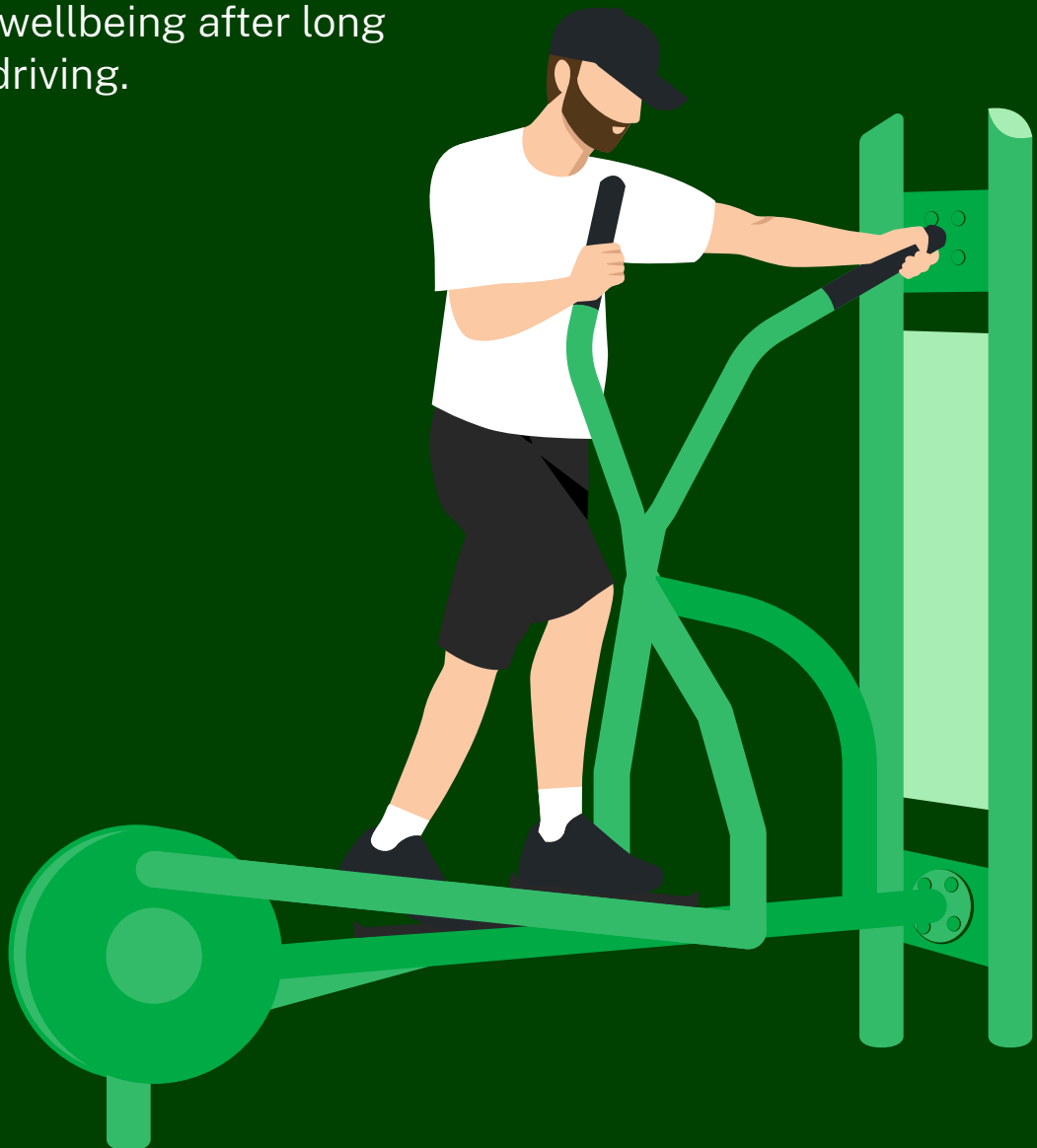


# Take a load off and get freight fit

Try these exercises to improve health and wellbeing after long periods of driving.



# Warm up

## Boost energy

### Elliptical trainer

**3 minutes on elliptical trainer to encourage blood flow to limbs.**

For beginners, begin at a slower rate and progress speed as familiarity and cardiovascular fitness improves.



**Watch demonstration:** [aspace.com.au/exercise-guide/elliptical-trainer](https://aspace.com.au/exercise-guide/elliptical-trainer)

### Body twist

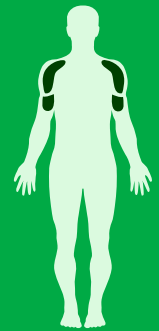
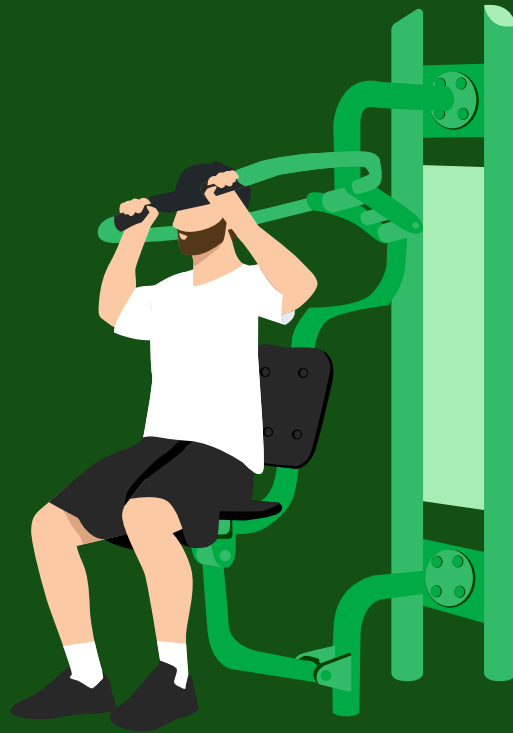
**Follow with dynamic stretches on body twist machine – slowly twist back and forth (in a comfortable range) 10 times to encourage movement and address stiffness in spine from extended seated position.**



**Watch demonstration:** [aspace.com.au/exercise-guide/body-twist](https://aspace.com.au/exercise-guide/body-twist)

# Strength

## Build muscle and strength



### Pull downs

**Perform 3 sets of 10-12 reps on the seated pull down machine. Ensure both feet are planted on the ground and firm grip on the handles, begin exercise by pulling shoulder blades down to engage upper back muscles and focus on pulling handles down by pulling elbows down to the waist.**

For beginners, begin at a lower rep range of 8 with only 3 sets, and gradually increase to 12 reps / 4 sets as strength improves. Rest for 1 minutes between sets. Changing rest time between sets to increase or decrease difficulty.



**Watch demonstration:** [aspace.com.au/exercise-guide/pull-downs](https://aspace.com.au/exercise-guide/pull-downs)

# Strength

## Build muscle and strength

### Pull ups

For those that have mastered the pull down machine and have developed significant strength, pull ups can be attempted on the bars. Begin with neutral grip (palms facing each other) and do only as many as you can with good technique.

To reduce difficulty, body weight can be supported by standing on foot pad.



**Watch demonstration:** [aspace.com.au/exercise-guide/pull-ups-leg-raises/](https://aspace.com.au/exercise-guide/pull-ups-leg-raises/)

### Step ups

Perform step ups on the platform, using the board as a support if required. Complete 12 reps with one leg and switch to the other. Rest for 1 minute and repeat.

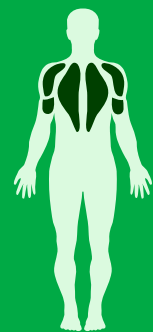
For beginners, begin at a lower rep range of 8 with only 3 sets, and gradually increase to 12 reps / 4 sets as strength improves. Rest for 1 minutes between sets. Changing rest time between sets to increase or decrease difficulty.



**Watch demonstration:** [aspace.com.au/exercise-guide/step-up-station](https://aspace.com.au/exercise-guide/step-up-station)

# Strength

## Build muscle and strength



### Push ups

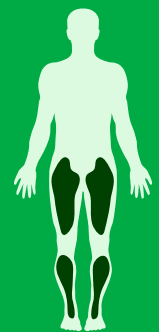
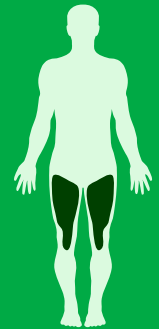
Modified push ups can be done on the stretch station, using either the board or horizontal handrails to rest your hands on. Stand with your feet hip width apart and ensure your hands are firmly planted/grasping the board/rails. Begin exercise by extending the elbows (focus on pushing your body away from board/rail) and

end movement with elbows slightly bent to prevent 'locked out' position. Complete rep by slowly bending your elbows and returning to start position.

For beginners, begin at a lower rep range of 8 with only 3 sets, and gradually increase to 12 reps / 4 sets as strength improves. Rest for 1 minutes between sets. Changing rest time between sets to increase or decrease difficulty.

# Strength

## Build muscle and strength



### Leg presses

Ensure back is flat against back rest and feet are firmly planted on foot pad at hip widths apart. Begin exercise by extending the legs (think about pressing the foot pad away from your body) and movement with knees slightly bent to prevent a 'locked out' position. Complete one rep by slowly bending the knees to return to start position.

For beginners, begin at a lower rep range of 8 with only 3 sets, and gradually increase to 12 reps / 4 sets as strength improves. Rest for 1 minutes between sets. Changing rest time between sets to increase or decrease difficulty. Change feet position (wider and narrower stance, higher or lower on the pad) to manipulate engagement of different muscle groups and effort exerted.



Watch demonstration: [aspace.com.au/exercise-guide/leg-press](https://aspace.com.au/exercise-guide/leg-press)

# Cool down

Reduce post-exercise aches and improve flexibility

## Stretch station

Only undertake static stretches after dynamic movements and do not push beyond your limits. Stretch till you feel some resistance, but not to the point of pain.



**Watch demonstration:** [aspace.com.au/exercise-guide/stretch-station](https://aspace.com.au/exercise-guide/stretch-station)