



Staying fit out on the road

Check out these quick workouts to keep yourself active while out on the road

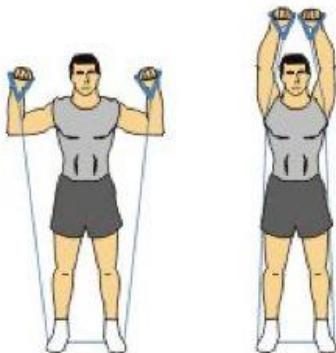
- **Jump Rope:** Jumping rope can be done anywhere with, or without an actual rope.



Beginner: Start with 30 second intervals (jump/rest) up to 5 minutes

Advanced: 1-minute intervals (45 sec. jump/15 sec. rest) up to 20 minutes

- **Shoulder Press:** You can use a resistance band, which is easily stowed in your truck.
 1. Standing, place the resistance under your feet, which should be shoulder length apart.
 2. Grip the resistance band in your hands, bend your elbows, and bring your hands to shoulder height.
 3. Push your hands above your head with your palms facing away from you.
 4. Slowly lower your hands to the starting position.

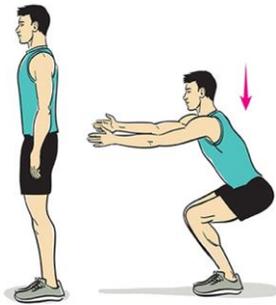


Beginner: 3 sets of 10 reps each.

Advanced: 4 sets of 15 reps each.

- **Squats:** Promote whole-body wellness.

1. Stand up straight with your feet shoulder length apart.
2. Maintain a strong back while contracting your abdominal muscles as you bend your legs at the knees.
3. Stretch your arms out ahead of you, or touch your hands behind your ears.
4. Lower your body until your thighs are almost parallel to the floor.
5. Return to the starting position, and repeat.

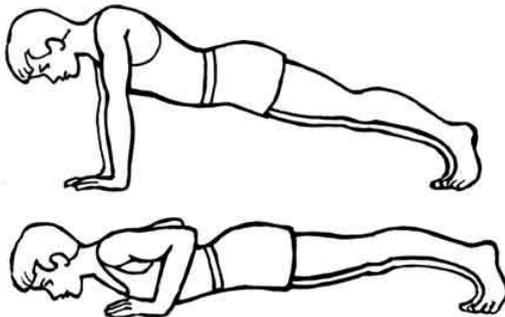


Beginner: 3 sets of 15 reps each.

Advanced: 4 sets of 25 reps each.

- **Push Ups:**

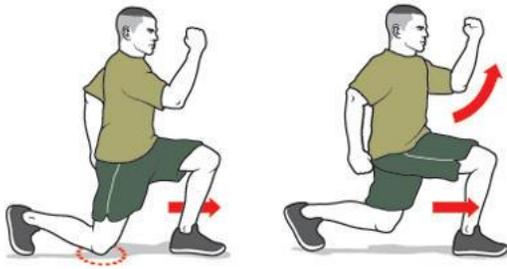
1. Lay on your stomach with your hands shoulder width apart, and your toes curled under.
2. Keep your body straight as you use your arms to lift yourself off the ground.
3. Lower yourself down without touching the ground, and repeat.



Beginner: As many reps as possible in 3 minutes.

Advanced: As many reps as possible in 7 minutes.

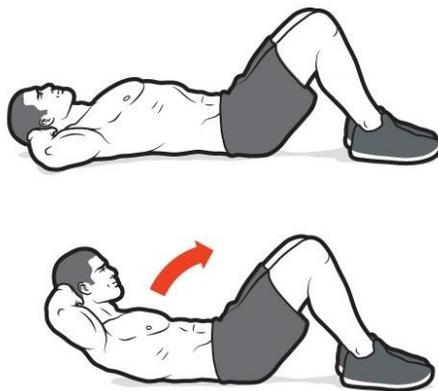
- **Lunges:**
 1. Starting from a standing position, step forward with one leg, lowering your hips until both knees are bent at a 90-degree angle. (Your knee should not pass your heel.)
 2. Let the weight stay on your heels as you push back into the standing position; repeat.
 3. If you find that your balance is off, try stabilizing yourself by gently resting your hand on your side.



Beginner: 3 sets of 10 reps each.

Advanced: 4 sets of 15 reps each.

- **Crunches:**
 1. Start by laying flat on your back. Bend your knees but keep your feet flat on the floor.
 2. To avoid unnecessary stress of the neck, place the palms of your hands on the floor along side your hips, allowing your hands to glide back and forth with the crunch.
 3. Use your abdominal muscles to pull your shoulders off the ground. Ease yourself back down.
 4. Try reverse crunches, which uses your core to bring your knees up to your head, or the bicycle crunches, which uses your core to bring the elbow to the opposite knee.



Beginner: 2 sets at 30 sec. each.

Advanced: 3 sets at 1 min. each.