

**YOUR BODY IS
 YOUR MACHINE**

Keep it well oiled, moving correctly, and maintained. Use these stretches to get back in the game-not to power down! Would an athlete on the sidelines run back into a game without a proper warm up? Nope. And neither should you!

INSIDE CAB STRETCHES



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ELBOWS ON WHEEL

Prop both elbows on top of steering wheel and place hands on top of shoulders. Hinge forward at the hips and keep back neutral.



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KNEE TO CHEST

Alternate bringing one knee toward chest and hold.



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LAT STRETCH

Hold on to cab enclosure and bend at your hips, keeping arms straight and leaning into stretch.



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POST DELT STRETCH

Grasp your arm above your elbow and pull gently across your body to feel a stretch at the back of the shoulder.



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TRICEP STRETCH

Bring the arm up overhead and rotate the shoulder so your hand sits on your back. Press into your elbow.



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TRUNK ROTATION STRETCH

Keep your feet on the floor and knees pointed straight forward. Rotate your torso keeping a "proud" chest. Grab the back of the chair to stretch farther into rotation.



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WRIST EXTENSORS STRETCH

Elbow straight, fingers down. Pull hand towards you.

Prior to starting any fitness program, check with your physician to make sure you are healthy enough to begin an exercise routine.