EXERCISES FOR DRIVER

VIDEO: https://youtu.be/SwZSNy7M7EU

Here are possible exercises to do whilst driving. But only do them when you are familiar with the exercises and you feel 100% sure you can concentrate on driving fully whilst doing them. Your own responsibility!

1. Chin tucks

Bring the chin to the chest. Hold for 10 counts and slowly lift the head so that it gently presses against the headrest. This exercise can help maintain proper posture and exercise the neck muscles.

2. Pelvic floor

Tighten your pelvic floor muscles for a count of 10, then relax for a count of 10. Repeat. I like doing these to music as it is a little less boring: zip up your pelvic floor muscles, then pull up and release to the beat of the music.

3. Core + Glutes Connection

Bring in those glutes (bum muscles) and work on re-establishing the important Core-Glute connection. Tighten your pelvic floor muscles, then clench your glutes. Try to hold both for a count of 10. Repeat.

4. Core + Glutes + Back Connection

Squeeze your glutes, actively pull up your pelvic floor and ripple up your spine, pressing your back against the seat, trying to grow a centimetre taller. Hold for a count of 10. Repeat.

5. Steering wheel pushes

Hold the steering wheel at 10 and 2, gripping tightly with your elbows loose and bent. Straighten your elbows and push against the steering wheel, pushing your back into the seat. Hold, release, repeat.

6. Chest Press
Grab the steering wheel tightly and squeeze using maximum strength for a count of 5, relax, repeat.

7. Mini Crunches
Sit up straight in your seat. Engage your core, pull your belly button in and crunch forward an inch. Fully extend again, pressing your back towards the seat. Release, repeat.

8. Shoulder Rolls
Roll your shoulders back and down for a nice stretch.

9. Neck stretch
Bring your ear towards your shoulder, hold for a count of two. Repeat on other side.

10. Shoulder, Neck & Stress Release
Lift your shoulders to your neck, tightening your shoulders and neck muscles as much as possible. Then, push them all the way back down away from your ears and exhale sharply. Very good to release any tension in the neck/shoulder area, headaches and stress relief!