

EXERCISES TO DO DURING YOUR BREAK

SIMPLE, QUICK, EFFECTIVE

- > These exercises are designed for you
- > They help prevent MSDs*
- > Just a few minutes are enough to feel better and get back on the road in good condition.

1. STRETCH

Shoulder and back stretches:

Gently raise your shoulders toward your ears, then release. Repeat several times to relax the neck and shoulder blade area.



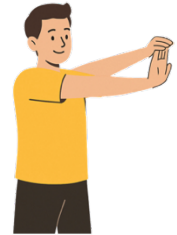
Back stretches:

Bend forward with your arms relaxed to stretch your spine. Repeat several times to relieve built-up tension.



Wrist and forearm stretches:

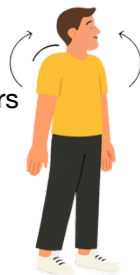
Extend one arm in front of you, palm facing down, and gently pull your fingers upward with your other hand to stretch the forearm and wrist. Repeat on each side.



2. MOVE YOUR JOINTS

Shoulder rotations:

Make circles with your shoulders forward, then backward to improve mobility and reduce stiffness.



Wrist rotations:

With your arms extended in front of you, slowly rotate your wrists in both directions.



3. BOOST YOUR CIRCULATION

Walk and loosen up:

During your breaks, walk for a few minutes. Do some upper body and leg stretches to get your blood flowing again and avoid staying still for too long.



ADJUST YOUR POSTURE

Adopt a proper driving posture:

Back straight and supported against the seat, head aligned with the spine, seat adjusted at the right distance from the wheel, seatbelt properly fastened.



Get out of the vehicle properly:

Turn your body to the side before stepping down and place both feet on the ground at the same time to avoid lower back strain.



BREATHE DIFFERENTLY

Try cardiac coherence breathing:

Inhale for 5 seconds, exhale for 5 seconds, for 5 minutes.

This simple routine helps reduce tension and improves muscle recovery.