

Wake up workout in the car

IF YOU ARE TIRED IT IS ALWAYS BEST TO PULL OVER AND REST, BUT SOMETIMES THAT IS NOT AN IMMEDIATE VIABLE OPTION. THIS WORKOUT WILL HELP YOU STAY AWAKE SO THAT YOU CAN MAKE IT TO A SAFE PLACE TO REST. XLR8THERAPY IS NOT RESPONSIBLE FOR ANY ACCIDENTS OR DAMAGE THAT MAY OCCUR BECAUSE OF NEGLIGENCE OR POOR DECISION MAKING WHILE DRIVING.

Impact and Hold 8 second for each exercise. Breathe in first 4 seconds and out for last four.

- 5 sided punch into hand – fist, top, bottom, inside, outside: One inch punch
- One-legged foot pound (can use both feet if on cruise control)
- Resist knee raise – put hand on top of knee. Push down with hand and lift with knee.
- Palm squeeze – put hands together with fingers at 45 degree angle and push together.
- Choir Pull – grasp fingers and pull apart.
- Squeeze steering wheel -- Slide hands on top of the steering wheel and push them together.

20 seconds as fast as you can

- One arm front and back over steering wheel.
- One hand side to side over other arm.
- Alternating toe and heel tap.

How it Works:

Stray thoughts cause the eyes to close when exhausted, but by incorporating actions it helps to increase focus. This can be seen driving freeway and city. Falling asleep is more likely to happen when there are fewer required actions. Talking is a great help to stay awake but let the driver do all or most of the talking so they can stay in action.

Self induced minor distractions can actually improve concentration (i.e. popcorn with a movie or chewing gum while taking a test). Don't distract your eyes. ALWAYS KEEP YOUR EYES ON THE ROAD!

Performing a slow twitch exercise increases the body's energy efficiency waking up the driver.

There is also a stress ball that works great for driving available at www.xlr8therapy.com