



MOTHER TRUCKER
YOGA'S

Trucker & Travler's



Resistance Bands E-Guide for People
On the Go!



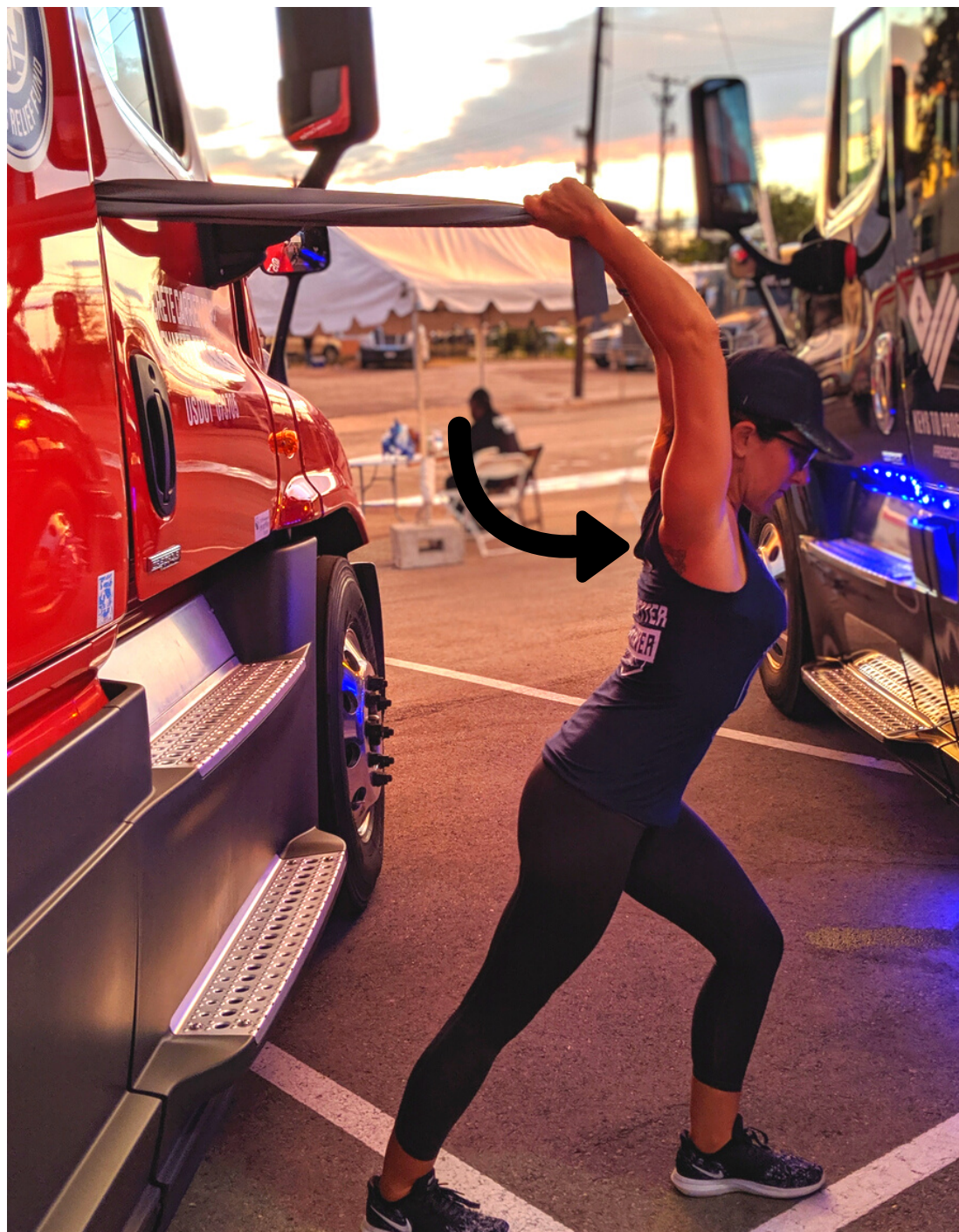


Resistance Band Set

Please ensure you securely place the door loop in the proper location of the door or it will not stay. It can also be used on a regular door at home.

Additional resistance band strengths are available through MotherTruckerYoga.com

When working out, consider 10-20 reps of each move. For best results repeat a second set of each move.



Tricep Pull

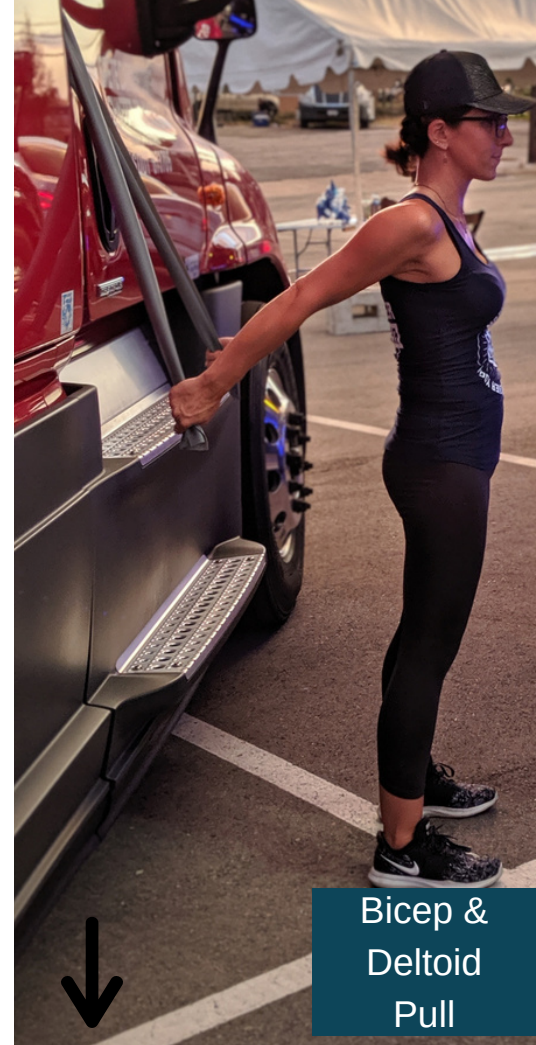


Bent Arm Bicep Pull



Lateral Arm Pull



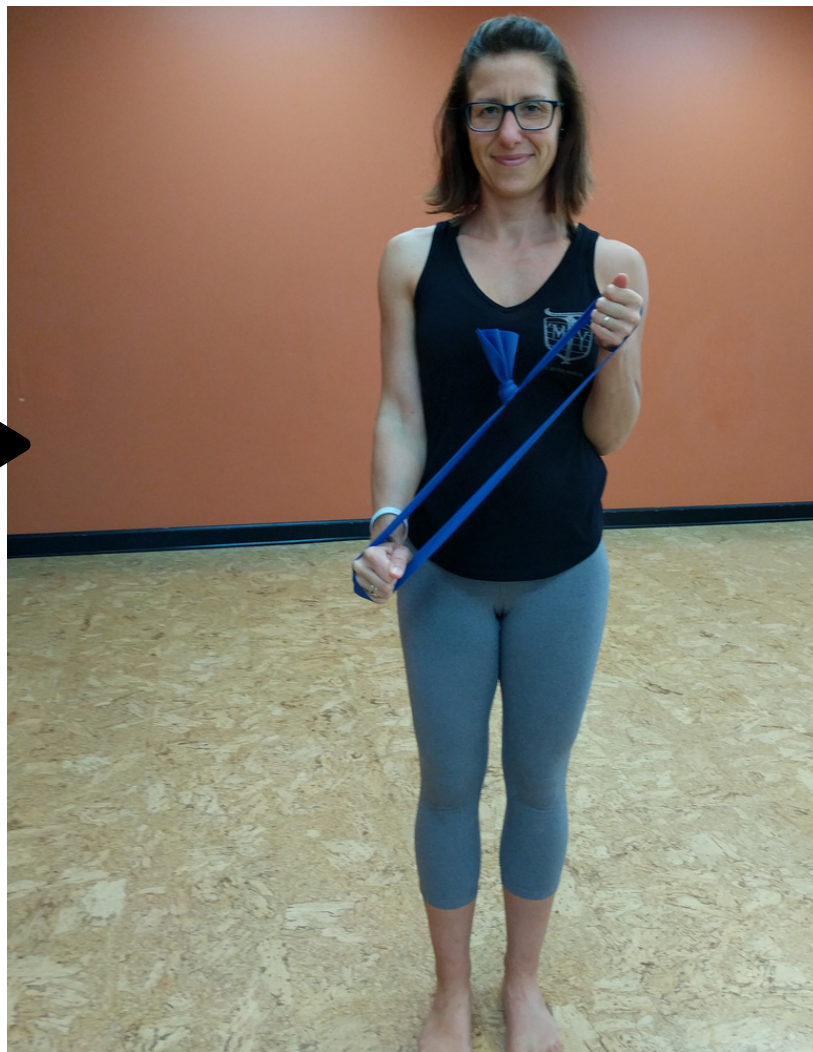




Toe Taps



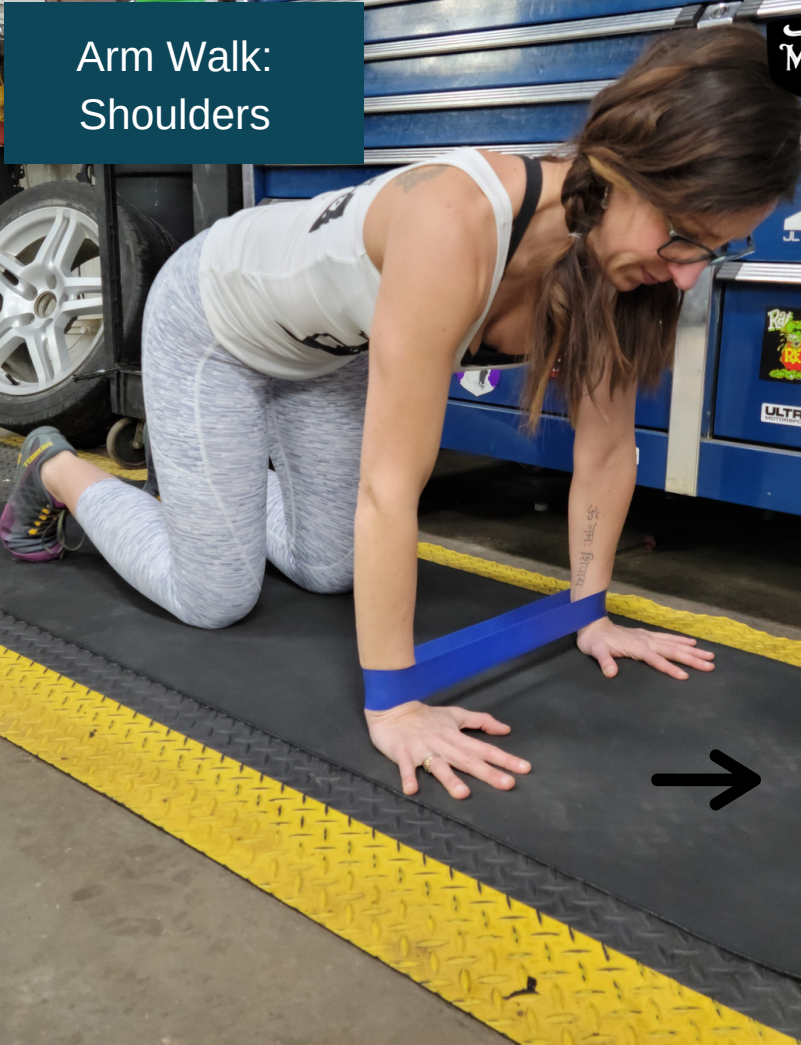
Arm
Pull



Lateral Hip Lift



Arm Walk: Shoulders



Core Crossovers



Skiers Run Step Backs



Squat
Step
Outs



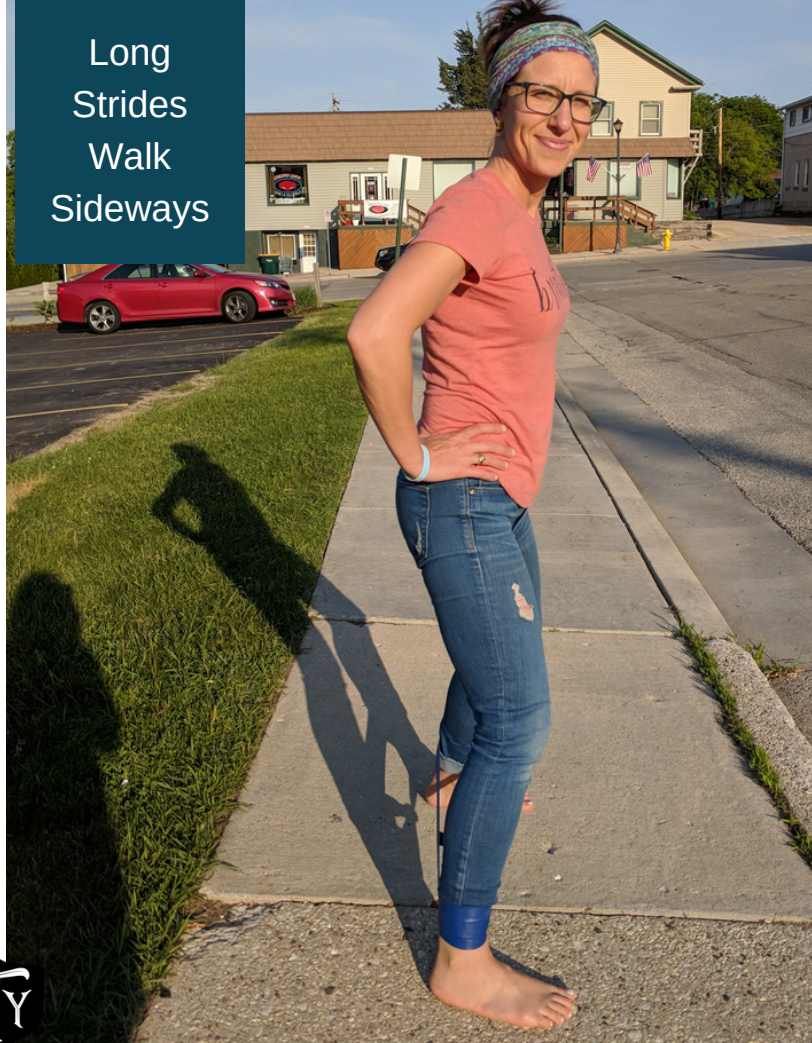
Seated
Version:
Step
Outs



Long
Strides
Walk
Forward



Long
Strides
Walk
Sideways



Long
Strides
Walk
Diagonal



Long
Strides
Walk
Wide
& Forward



Climbing



Standing
Leg
Work



Side Leg
Kick





Bicep
Curl



Wide Bicep
Curl



Transverse
Boxing



Around The Clock
Arm - Shoulder -
Upper Back

3 & 9

2 & 7

11 & 5

12 & 6

Next Cycle:

9 & 3

11 & 5

2 & 7

6 & 12

(Think about it as a
clock and you are
alternating which arm
is taking hte lead)



Deltoid
Pull



Chest
Pull



Dead
Lift



Tricep
Pull





Oblique Tricep Pull

Pull & Rotate
10x each side



Double Leg Drop
or
Lift Shoulder Blades
& Head
(Don't Arch Back)



Single Leg
Hamstring
Stretch



Double
Leg Press





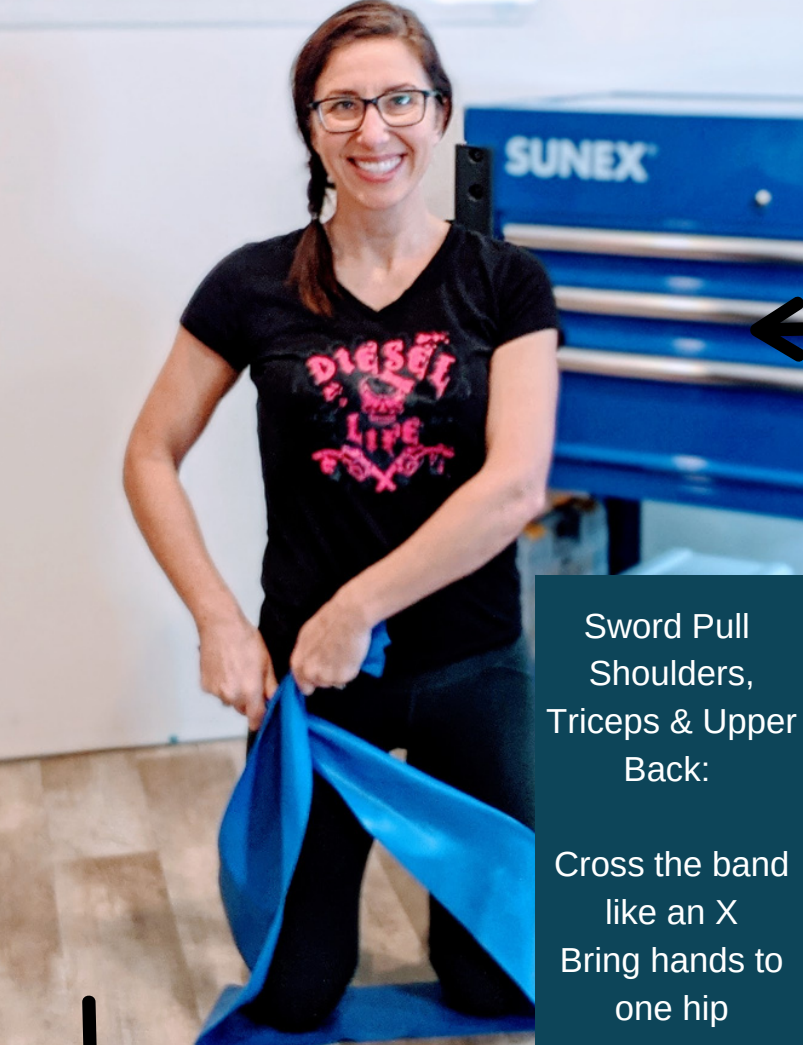
Remember to:
Sit tall
Drop Shoulders
Engage Core



Rowing:
Elbows In
Elbows Wide



Tricep Fold
& Stretch



Sword Pull
Shoulders,
Triceps & Upper
Back:

Cross the band
like an X
Bring hands to
one hip



Elbow high,
INHALE to
Shoulder



Elbow high,
INHALE to
Shoulder



Extend Arm
Keep Elbow
High
Exhale
Extend

Meet the Founder of Mother Trucker Yoga & the Creator of The Trucker & Traveler Resistance Band Workout E-Guide



From yoga teacher to trucking fitness expert Hope has changed helped change thousands of lives over the last 20 years using her simple step-by-step strategies and what she calls her "toolbox. As the CEO of Mother Trucker Yoga, Hope is seen as a leader in the trucking industry for health and fitness. Hope has been featured on the PBS show STARTUP and other national publications showing drivers how they can go from unhealthy and out of options to feeling good again with her unique, easy-to-follow approach to health, fitness, and life while living over the road as a trucker.



Get All Your Travel Fitness Gear from Mother Trucker Yoga



**Medium Resistance Band
Travel Kit**



**Heavy Resistance Band
Travel Kit**

Kit Includes:

- 1 Therapeutic Grade 6" Band
- 2 Loop Bands (light & medium)
- 1 Door Loop
- 1 Travel Tote
- 1-24 Page Digital Guide



MOTHER TRUCKER YOGA
FEEL BETTER, WHEREVER

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move, subscribe to
Mother Trucker Yoga LIFESTYLE
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