

HOLIDAY DRIVING

Quick and easy movements to support your body with driving
Do all exercises within comfort. Stop if any pain

Swaying in the Breeze



- Hips to left
- Right hand down leg
- Breathe out as move
- Repeat other side
- X 5 each side

Leg Swing



STEP 1

- Squeeze butt muscle standing leg
- Lift other knee as high as possible keeping back straight

STEP 2

- Push foot behind you
- X 5 repetitions and repeat other side

Keep back upright throughout the exercise

Groin Stretch

Do this stretch morning and night and after long periods of driving. It will release tension on your lower back



- Right knee pushes forward & outwards
- Left hip pushes downwards
- Hold 30 seconds
- X 2 each side

Scrum Recovery



- Squeeze butt muscles
- Arch back slowly
- X 2 repetitions