Stretch Minute

stretchminute.com

6 stretches for drivers and truckers, at a rest stop

About 5 minutes | 6 stretches | Standing, seated or kneeling, lying down | uses a wall

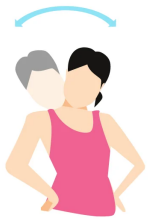
When: At a rest stop, while you wait to load or unload, or at the end of a long drive. Move slowly into each stretch and breathe; a gentle stretch is enough.



1. Chin to Chest

25 s

Sit or stand tall. Place a hand behind your head and gently guide your chin toward your chest.



2. Ear to Shoulder

20 s each side

Let one ear drop toward your shoulder. Keep both shoulders down and relaxed.



3. Calf Stretch

20 s each side

Face a wall, one foot back with the heel down and the knee straight. Lean in until your calf stretches.



4. Seated Twist

20 s each side

Sit with one leg straight and cross the other foot over it. Turn toward the bent knee and hold.



5. Hip Flexor Stretch

25 s each side

Kneel on one knee with the other foot in front. Press your hips gently forward, keeping your torso upright.



6. Glute Stretch

25 s each side

Lie on your back. Draw one knee toward the opposite shoulder with your hands.

Days done

	M	T	W	T	F	S	S
Week 1							
Week 2							

Do it guided, free

Scan to open “Drivers” in the Stretch Minute app, with a timer and voice guidance.

stretchminute.com/r/drivers

Only stretch when you are parked with the engine off, never while driving. Stretch gently and stop if anything hurts. Stretch Minute is not medical advice. If you are injured, pregnant or have a medical condition, check with a doctor first.

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