

Transportation Workout



Warm up

Walk around bus.
Work up to 10
times around each
work day.



Stair Master

Walk up and down
the steps holding the
hand rails. Work up
to 10 times and try
to add more steps
each day.



Neck Stretch

Tilt head moving
your ear to
shoulder. Hold for
10 seconds. Switch
sides. Repeat 10
times.



Shoulder Shrug

Lift your shoulders to
your ears then release.
Repeat 10 times.



Reach & Pull

Like starting a lawn
mower. Go across your
body with each arm.
Repeat 10 times and
switch arms.



Cross Arm Stretch

Stretch arm across body
to one side. Hold for 10
seconds. Switch arms.
Repeat 10 times.



Triceps Dip

Place your hands at the
edge of the bus step.
Lower your body by
bending at the elbows.
Keep knees bent. Go
down and push backup.
Repeat 10 times.



Chest Press

Place hands on the
stairs, do a push up
with your arms. Keep
back and legs straight.
Repeat 10 times.



You can still gain health benefits by breaking up physical activity into 10-minute segments throughout the day. Try working these activities into your everyday! Please note this is for general fitness information only. Participation is voluntary and the School District is not responsible for any injury that may occur. Please check with your healthcare provider before beginning any activity.

Transportation Workout



Biceps Curls

Place hand out in front of you (make a fist). Curl your arm at the elbow towards your shoulder then release. Repeat 10 times. Then do curls across your body. Repeat each arm 10 times.



Shoulder Press

Place your arms at the side, elbows at shoulder height. Lift your arms up over your head and release. Repeat 10 times.



Body Squats

While standing at your door grasp handles. Lower your body until your butt is slightly higher than your breaking point. Sit, and then stand up using both legs. Repeat 10 times.



Abdominal Lift

Sit at the edge of your seat. Pick your knees up then place them back on the floor. Try to use only your midsection to lift your legs. Repeat 10 times.



Side Leg Extension

Stand on the bottom step. While holding the hand rail, lift one leg to the side as high as you can. Repeat 10 times each side.



Front Leg Extension

Start with both feet on the floor. Extend and raise one leg at a time. Repeat 10 times each leg.



Rear Leg Lifts

Hold on to the bars. Kick back one leg at a time, as you raise your foot as high as you can. Repeat 10 times each leg.



Calf Raises

Hold on to the bars. Stand on your tip toes let your heels drop below the step, then rise back up on your toes. Repeat 10 times.