

# Bus Operator Exercise Manual

Sponsored by the Wellness Committee in cooperation  
with the Amalgamated Transit Union Local 1701 and  
Sarasota County Area Transit.

*Exercises designed to maintain good blood  
circulation and to help prevent back muscle  
fatigue throughout your driving shift.*





# Daily exercising.....

It is very important for you to stretch everyday throughout your driving shift.

The exercises shown in this manual are designed to be done within the confined space of your seat or within the bus. The only tool you will need is a Resistance Band, which was designed to be portable and provides 8 pounds of isometric resistance for each of the exercises shown in this manual.

To help prevent back injury from the constant jarring of our spinal column while driving, here are a few tips to help you avoid such an injury:

1. Twisting movements should be avoided while driving as much as possible.
2. Readjust your posture constantly while driving.
3. Avoid bending over or lifting things immediately after driving. Try stretching or walking around for a couple of minutes before you bend or lift.
4. Try to build some muscle mass to cushion your spine and thus give it more protection.

When performing stretching exercises, remember to:

1. Never bounce when you stretch.
2. Make stretches slow and gradual. Rapidly stretching will cause involuntary contraction and produce the opposite results.
3. Hold the stretch to mild tension....not pain.

## Stretching Exercises:

The Neck Roll	(Page 4)
The Neck Pull	(Page 5)
The Head Tilt	(Page 6)
The Shoulder Roll	(Page 8)
The Wrist Stretch	(Page 9)
The Chest Expansion	(Page 10)

## Pages 3 - 15

One Arm Shoulder Stretch	(Page 11)
Two Arm Shoulder Stretch	(Page 12)
Calf Stretch	(Page 13)
Hamstring Stretch	(Page 14)
Quad Stretch	(Page 15)

## Resistance Band Exercises:

Front Chest Cross Over	(Page 17)
Upright Row	(Page 18)
Lateral Pull Down	(Page 19)
Shoulder Shrugs	(Page 21)
Front/Lateral Shoulder Rises	(Page 22)

## Pages 16 - 30

Bicep Curl	(Page 24)
Tricep Overhead	(Page 25)
Tricep Push Down	(Page 27)
Leg Rotation	(Page 29)



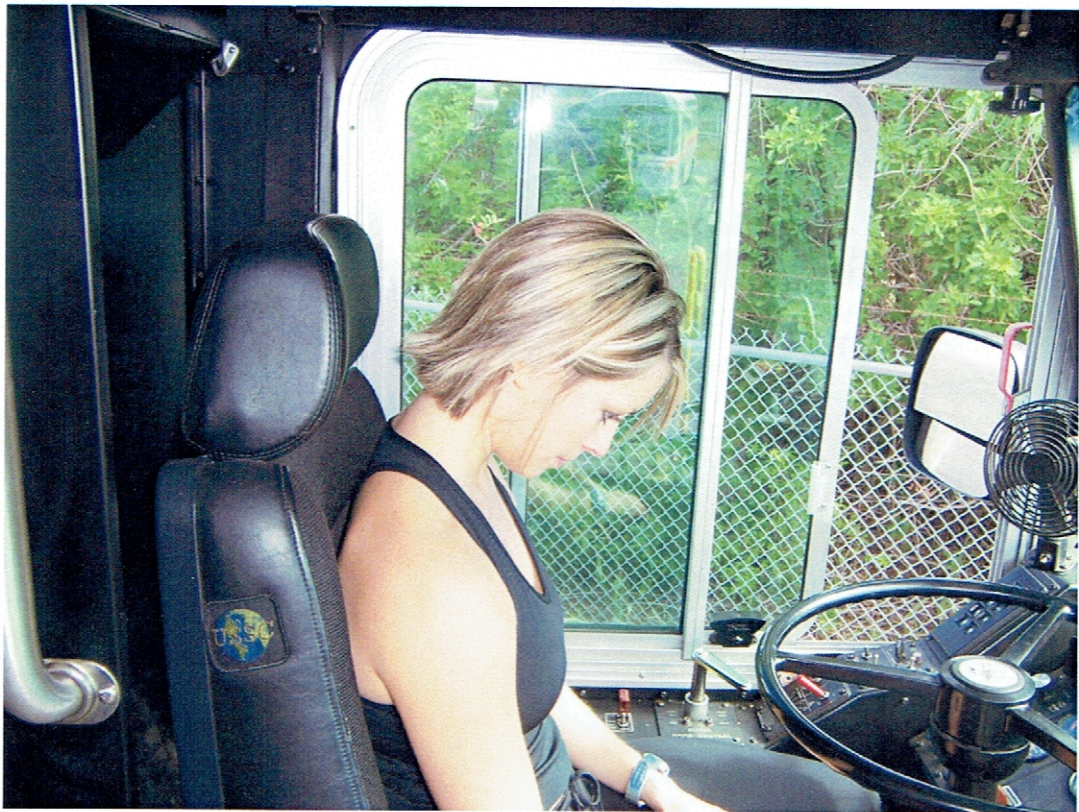


Always stand up straight and place both feet firmly on the ground.



Slowly bend over and reach for your toes. Keep your back straight. Hold that stretch for 20 seconds. Slowly rise up and repeat 2-3 times.



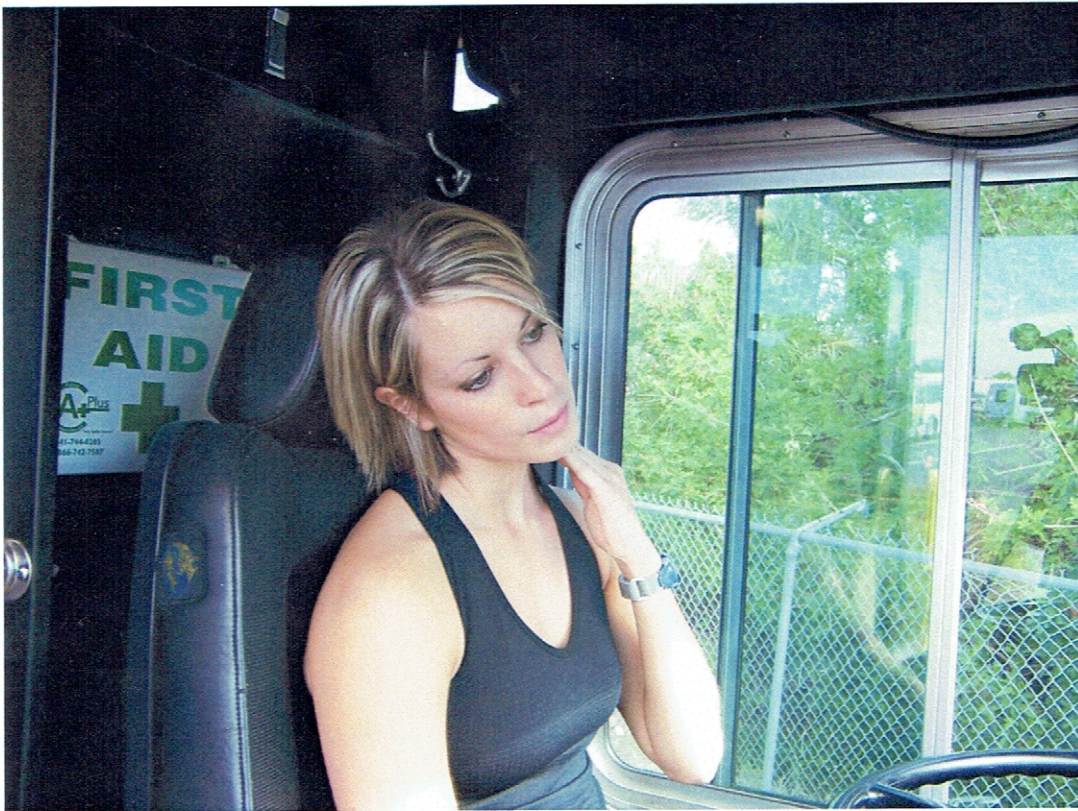


**The Neck Roll.** While seated in your driver seat, drop the chin down to the chest.



Roll the neck over and up toward the left shoulder, feeling the stretch on the right side. (NOTE: So indicate with index finger.)





Roll back to the center and over to the right shoulder, now feeling the stretch on the left side. Hold each stretch for the count of 5, repeating the full stretch 2-3 times.

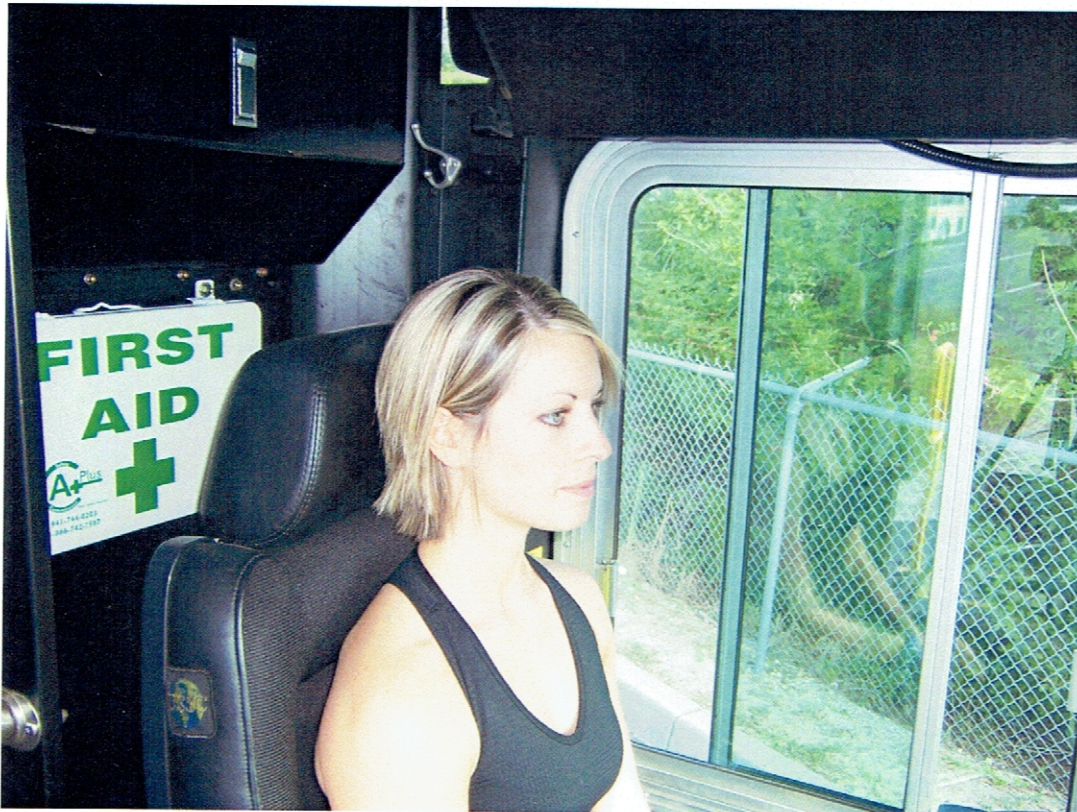


**The Neck Pull.** While seated in your driver seat, using both hands grasp the back of your head while facing down.





Pull gently downward on the head, feeling a stretch between the shoulder blades. (NOTE: Indicate with the hand.) Hold this for the count of 5, repeat 2-3 times.



**The Head Tilt.** While seated in your driver seat, face forward, sit up tall.



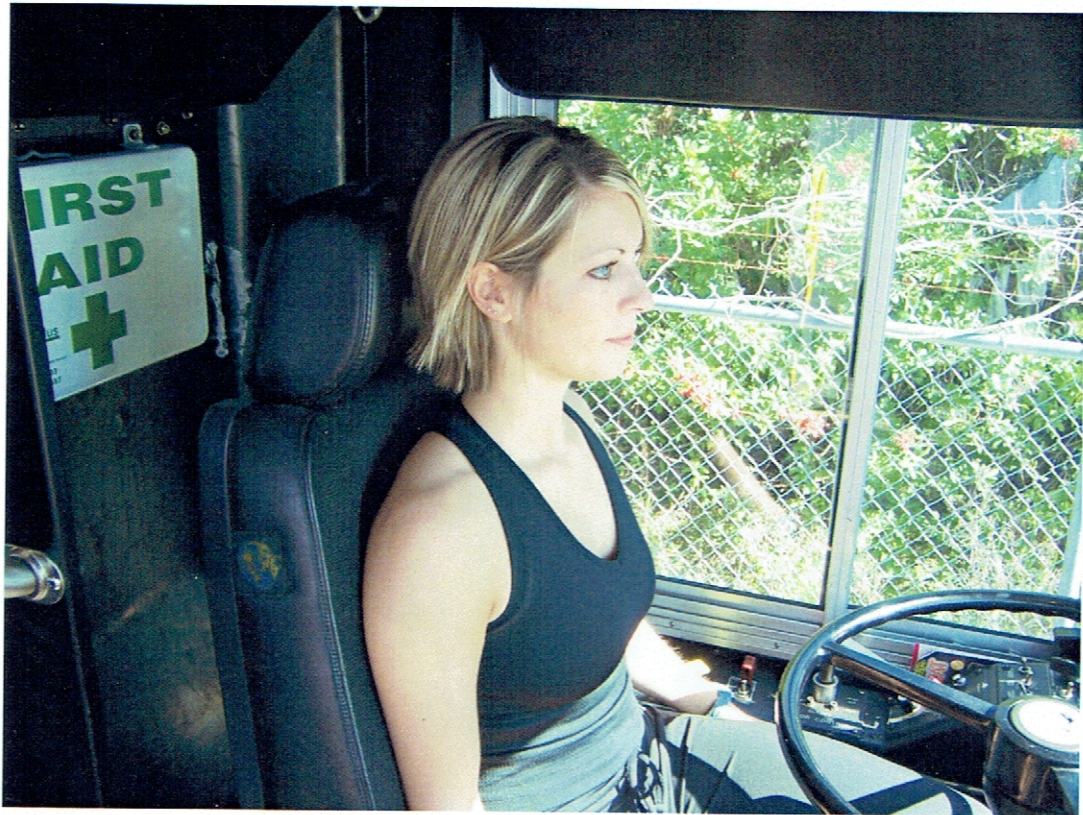


Drop the left ear down toward the left shoulder. Hold this position for the count of 5. Repeat 2-3 times.



Drop the right ear down toward the right shoulder. Hold this position for the count of 5. Repeat 2-3 times. Also, look to the right and then look to the left for head rotation exercises.





**The Shoulder Roll.** While seated in your driver seat, hold your arms at your sides.



Roll the shoulders backward 5 times, then forward 5 times. Repeat this 2-3 times.





**The Wrist Stretch.** While seated in your driver seat, stretch the right arm straight out in front of you body. With palm facing down, push the back of your hand down toward the ground with the left hand. Hold this position for a count of 5.



Turn the right hand over, palm now facing up. Bend the fingers back toward the ground with the left hand. Hold for a count of 5. Repeat the exercise for the left side. Repeat each arm exercise 2-3 times.





### The Chest Expansion.

Clasp the hands behind the back (palms facing up) and straighten your arms, but do not lock your elbows.



Slowly squeeze the shoulder blades together. Hold this position for the count of 20; repeat 2-3 times.





### One Arm Shoulder Stretch.

Standing up, place the hand against a bar.



Twist the trunk away from the arm. Repeat on the other side. Hold each stretch for the count of 10. Repeat 2-3 times.





## Two Arm Shoulder Stretch.

Interlock the fingers.

Raise the arms above the head.



Palms facing up.

Hold for a count of 10 and repeat 2-3 times.



**Calf Stretch.**

Standing up, place the bottom of the right heel as close to the wall or bar as possible. Let the toe rest on the wall or bar and, holding only the wall of bar for balance, press downward with the heel. Hold this position for a count of 10.



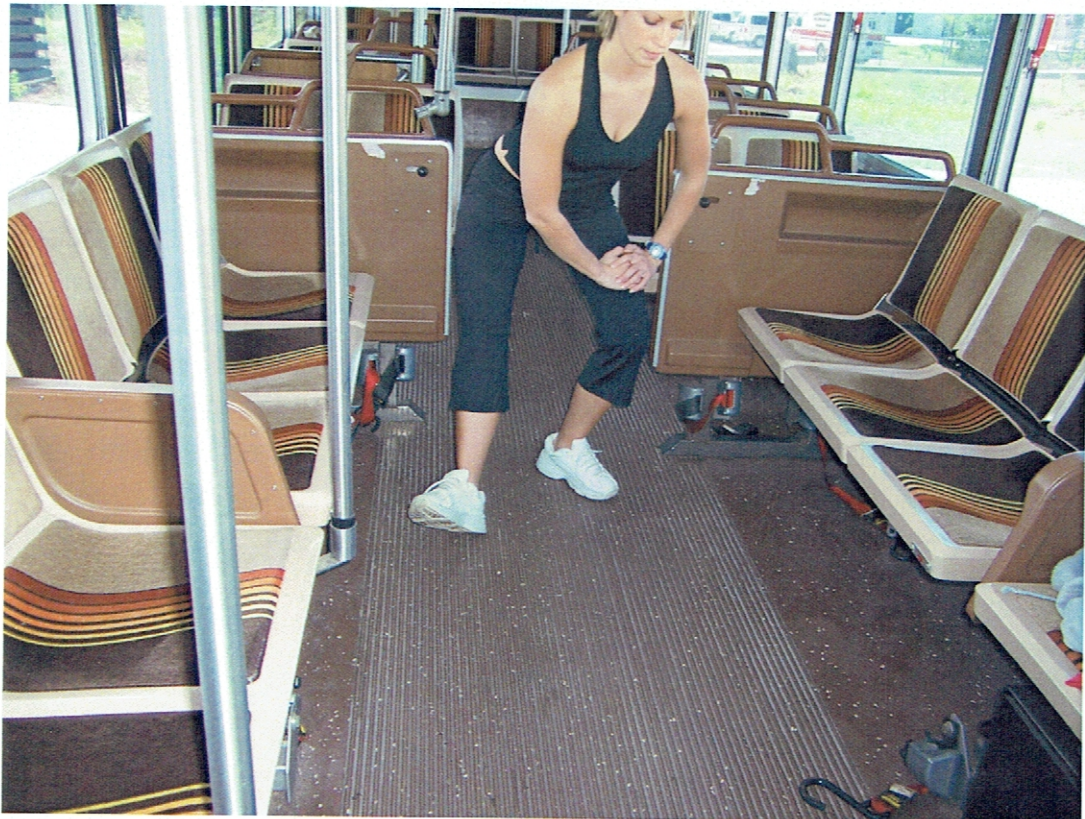
You should experience a mild pulling sensation in your calf area. This exercise is designed to eliminate leg stiffness. Repeat this exercise with each leg 2-3 times.







**Hamstring Stretch.** Standing up, place the heel of the right foot on the ground, toe pointing up and keeping the leg straight.



Bend the left leg and place the hands on the left thigh. Hold this position for a count of 10. You will feel the underside of your straightened leg begin to stretch. Repeat on the left side. Repeat the exercise on both sides 2-3 times.



**Quad Stretch.**

Standing up, grab onto the vertical support bar or the seat with the left hand for balance.



Place the top of the right foot in the right hand behind the body. Keep the knees together. Hold for a count of 10. Repeat on the left side. Repeat this exercise on both legs 2-3 times.





## The Resistance Band



When you first use your Resistance Band, you may find it easier to tie a knot at each end. This will make the band easier to hold and less likely to slip out of your grasp while exercising.



**Front Chest Cross Over.**

Standing up straight, grab both ends of the band and place it behind your back, keeping a light bend in the elbows.



Bring the arms together out in front and cross over and under, alternating. Do 3 sets of 10 repetitions.







### Upright Row.

Grip both ends of the band while standing on the middle part of the band.



Cross the ends over, placing the left end in the right hand and the right end in the left hand.





Keeping the palms facing your body, pull the arms up, bending and pointing the elbows outward. Stop when both the forearms and upper arms are parallel with the floor. Your wrists should be close to the armpits. Do 3 sets of 10 repetitions.

This exercise will help strengthen the upper back and shoulders.



**Lateral Pull Downs.** Place the band over the top of the bard with the ends hanging down.





Sit down, grip the ends of the band with palms facing forward.



Pull the ends downward, so that the elbows come in to the sides of the body. Do 3 sets of 10 repetitions.



## Shoulder Shrugs.

Standing up, grip the ends of the band while stepping on the middle of the band with both feet.



Adjust the tension in the band by lifting your left leg and moving it away from your right. Be sure the band is centered at all times. You will feel the tension in the band increase as you move your legs apart so that the knots you tied earlier are pulling downward in your hands.





Shrug your shoulders upward, keeping the arms straight, but not locking the elbows. Then return your shoulders to their original position. Repeat this exercise for 10 repetitions.

This exercise will strengthen the top of your shoulders and neck area. Do not move your head during this exercise... move only the shoulders for maximum benefit.



### **Front/lateral Shoulder Raises.**

Standing up, step on one end of the band, approximately 6 inches from the end. Hold the other end in your right hand.





Keeping the arm straight and the palm facing the body, slowly raise the arm straight out in front until it is parallel with the ground, then lower.



Next, slowly raise the arm straight out to the side until parallel with the ground again, and then lower. Repeat this exercise, alternating front and side, for 3 sets of 8 exercises each. Repeat the whole cycle using the left arm.





### **Bicep Curls.**

Standing up, grip the ends of the band while stepping on the middle of the band. Keep the upper arms pinned to the sides of the body and palms facing up.



Pull the forearms upward toward the shoulders, making sure to keep the upper arms stabilized against the sides of the body. Keep your back straight; your forearms should be the only thing moving. Lower your forearms back to the ground. Do 3 sets of 10 repetitions.



**Tricep Overhead.**

Standing up, step on one end of the band with both feet approximately 6-8 inches from the end.



Raise the band behind the body and over the head.







Grasp the band with the other hand while stretching the band until both arms are straight but not locked at the elbows. Do not move the upper arms.

Simply lower the forearms using the elbow as an axis for rotation until the forearms are parallel with the ground.



Raise them back to the starting position. Do 3 sets of 10 repetitions.





**Tricep Push Down.** Standing up, place the band over the top of the bar with the ends hanging down.



Tie the ends in a secure knot and rotate the knot to the tip of the bar.





Grip the tied up band with both hands at the bottom, palms facing down.



Keeping the upper arms "pinned" to the sides of the body, push the band down slowly with both hands as far as you can and raise back up Do 3 sets of 10 repetitions.



**Leg Rotation.**

Sitting down, tie the band in a knot. The resulting circle will be approximately 10 inches in diameter.



Place both feet inside the band.







Keeping the left foot planted on the ground, pull the right leg out to the side as far as comfortable, feeling the resistance of the band. Do 3 sets of 10 repetitions. Repeat on the left side.



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