



BusTrusted
DRIVER'S LIBRARY

VOLUME 09

FIT BEHIND THE WHEEL

*Road-built fitness for professional drivers — protect
the body that protects your medical card.*

Every bus. Vetted. Trusted.

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Educational guide — not legal advice. Verify current federal, state, county, and local regulations before relying on any content.



VOLUME 09 · DRIVER LIFE SERIES

Fit Behind the Wheel

Bus driving is one of the most sedentary jobs in America — ten hours seated, truck-stop food, broken sleep. And your DOT medical card literally depends on the numbers that lifestyle produces. This is fitness built for the road: no gym, no spandex, just the coach, a band, and the clock you already have.

WHY THIS IS A BUSINESS DOCUMENT

Blood pressure, blood sugar, and sleep apnea are the three DOT-physical killers of driving careers. Every exercise in this volume is aimed at the numbers on your medical certificate. Protecting your health IS protecting your authority to drive.

At the wheel (engine running, brain on autopilot-prevention)

- Neck & shoulders every fuel stop: slow neck rolls ×5 each way, shoulder shrugs ×10, chin tucks ×10 — the anti-'driver's hunch' trio.
- Seated core: tighten the stomach 10 seconds, release — ×10 while you drive. Nobody can tell; your back can.
- Glute squeezes ×15 and ankle pumps ×20 each hour — circulation insurance on long legs of the trip.
- Grip & release the wheel hard for 5 seconds ×5 — forearms and blood flow.

THE REST-STOP CIRCUIT — 10 minutes, no gym, right beside the coach



Brisk laps



Squats



Bumper push-ups



Band rows



Reach & fold

2 rounds: 2-min brisk walk · 12 squats · 10 incline push-ups · 12 band rows · 60-sec stretch

Figure 1 — The rest-stop circuit: ten minutes beside the coach, twice a day, changes your bloodwork.

The rest-stop circuit (10 minutes, 2 rounds)

Move	How much	What it fixes
Brisk walk around the lot	2 minutes	Heart rate, legs, sanity
Bodyweight squats	12 reps	The biggest muscles = the biggest metabolic win
Incline push-ups (bumper/bay door)	10 reps	Chest, arms, posture
Resistance-band rows (band in door latch)	12 reps	The exact opposite of hunching over a wheel



Move	How much	What it fixes
Standing reach-and-fold stretch	60 seconds	Hamstrings & lower back – the driver's sore spots

Eating at the truck stop without wrecking your physical

- The half-plate rule: half of every plate is something that grew – salad bar, fruit, vegetables. The other half is yours.
- Protein first (grilled anything, eggs, jerky, nuts) – it kills the 9 p.m. snack spiral.
- Drink water like it's a job duty: a bottle within reach, refilled every stop. Most road fatigue is dehydration wearing a disguise.
- The gas-station rule: if it lives under a heat lamp, it's an occasional guest, not a coworker.

Sleep — the regulation nobody can waive

- Guard the same sleep window even on multi-day charters; darkness, cool cabin/hotel room, phone face-down.
- Snoring hard + always tired? Get screened for sleep apnea before the medical examiner brings it up – treated apnea keeps careers; untreated apnea ends them.

THE WEEKLY SCOREBOARD

3 walks × 20 minutes · 2 rest-stop circuits per driving day · water bottle finished ×4 daily · one fast-food meal swapped for the half-plate rule. Small, boring, repeatable – exactly like professional driving.

Not medical advice: check with your doctor before starting new exercise, especially with existing conditions. Your DOT medical examiner is a resource – use them.

Sources & further reading: FMCSA medical certification standards (49 CFR 391.41-.49) as motivation; general fitness guidance adapted for road schedules. Not medical advice.

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