

TAXI-ERCISE

WALK AROUND THE TAXI, DO TWO QUICK EXERCISES, THEN WALK AROUND AGAIN AND REPEAT WITH TWO MORE. DO THAT THREE TIMES IN TOTAL.



TAKE A BRISK WALK AROUND YOUR TAXI

5 X CLOCKWISE, 5 X ANTICLOCKWISE



PUSH-UP AGAINST EITHER THE BONNET OR THE BACK OF TAXI: 2 SETS OF 10



SQUATS: 2 SETS OF 10



ALTERNATING LUNGES: 2 SETS OF 10

**ALTERNATING, STANDING ON ONE LEG:
2 SETS OF 10**



**DELTOID STRETCH:
30 SECS EACH SIDE**



**HAMSTRING STRETCH:
30 SECS EACH LEG -
CAN SIT ON SEAT WITH
DOOR OF TAXI OPEN**