BURN FAT ANYWHERE

Truck Driver Edition

No gym. No excuses. Built for the road.



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Disclaimer

This ebook is for informational purposes only and is not intended as medical advice.

Always consult with a healthcare professional before starting any fitness or nutrition program, especially if you have any existing health conditions.

The strategies shared in this guide are based on personal experience and are designed to help truck drivers improve their fitness while on the road.

Results may vary based on consistency, effort, and individual circumstances.

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Introduction

You can drive 600 miles in a day...

...and still feel like you did nothing for your body.

That's the reality of life on the road.

Long hours behind the wheel.

Quick meals at truck stops.

Little to no movement.

And over time...

your energy drops, your body gets tight, and the weight starts creeping up.

I know this because I live it.

I'm not some coach sitting in an office or gym all day.

I'm out here on the road too.

And I realized something most people don't tell truck drivers:

You don't need a gym

You don't need hours

You don't need perfect conditions

You need a system that fits your lifestyle.

That's what this book is.

No fluff. No complicated plans. No unrealistic expectations.

Just simple, effective ways to help you:

- Burn fat
- Build strength
- Feel better on the road

All without leaving your truck behind.

If you’re tired of starting over…

this is where things change.

Chapter 1: Why Truckers Gain Weight

Let’s be real.

Most truck drivers don’t gain weight because they’re lazy.

They gain weight because of the environment.

You’re surrounded by:

- Truck stop food
- Snacks everywhere
- Sugary drinks
- Long hours of sitting

And when you combine all that...

your body starts to slow down

What Sitting All Day Does

When you sit for 10+ hours a day:

- Your metabolism drops
- Your muscles aren’t being used
- Your body burns fewer calories

Over time, this leads to:

- Weight gain
- Low energy
- Stiffness and tightness

The Hidden Problem

It’s not just about food.

It’s also:

- Stress
- Boredom
- Irregular schedules

A lot of drivers eat not because they’re hungry…

…but because it’s something to do.

Why Most Fitness Advice Fails Truckers

Most advice says:

- “Go to the gym”
- “Meal prep everything”
- “Work out for an hour”

That doesn’t fit the road.

So what happens?

You try

You fall off

You start again

Then repeat the cycle

The Real Solution

It’ not about doing more.

It’s about doing what actually fits your lifestyle.

That means:

- Short workouts
- Simple food choices
- Consistency over perfection

Truth You Need to Hear

You don’t need perfect conditions.

You don’t need a full gym.

You don’t need hours every day.

You need a system that works on the road.

What This Means for You

If you keep doing what doesn’t fit your lifestyle…

you’ll keep starting over.

But once you build a system around your routine…

everything changes.

Small actions done daily:

- Add up
- Build momentum
- Create real results

And that’s exactly what you’re about to learn next.

Chapter 2: The 10–15 Minute Truck Stop Workout

You don’t need an hour.

You don’t need a gym.

You don’t need perfect conditions.

You just need 10–15 minutes.

For the first 3–6 months, your focus isn’t intensity.

It’s consistency.

Most drivers think workouts have to be long to matter.

That’s not true.

What matters is showing up.

And 10–15 minutes done consistently…

beats 60 minutes you never do.

Why This Works

Short workouts:

- Fit your schedule
- Don’t require motivation
- Are easy to repeat daily

That’s how results are built on the road

The 10–15 Minute Routine (First 3–6 Months)

Do this at your next stop:

Round 1:

- 20 squats
- 15 push-ups
- 30-second plank

Round 2:

- 20 squats
- 15 push-ups
- 30-second plank

Then:

- Walk the lot for 5–10 minutes

That’s it.

No equipment.

No setup.

No excuses.

How to Do It Right

Squats

- Keep your chest up
- Go down under control

Push-ups

- Keep your body straight
- Modify on a step if needed

Plan

- Tighten your core
- Don’t let your hips drop

The Real Goal (First 3–6 Months)

This phase is about:

- Building the habit
- Getting your body moving again
- Creating consistency

  Not perfection

  Not intensity

  Not long workouts

Small Actions Done Daily:

- Add up
- Build momentum
- Create real results

Make It Part of Your Routine

Tie this workout to something you already do:

- Fuel stop

- 30-minute break
- End of your shift

This makes it automatic

Truth You Need to Hear

You’re not too busy.

You just haven’t built this into your routine yet.

Once you do…

it becomes part of your day.

What Happens If You Stay Consistent

- More energy
- Less stiffness
- Better mood
- Fat loss over time

Stick with this for 3–6 months…

and your body will start to change.

Chapter 3: Resistance Band Training in the Cab

At some point...

bodyweight alone won't be enough.

That's where resistance bands come in.

You don't need a full gym.

You don't need heavy weights.

You just need the right tools that fit your lifestyle.

Why Resistance Bands Work for Truckers

Resistance bands are perfect for life on the road:

- Lightweight
- Easy to store
- Quick to set up
- Can be used inside or outside your truck
-

No gym required

Unlike traditional weights...

bands give you:

- Constant tension
- Joint-friendly movement

- Full-body training in a small space

When to Start Using Bands

After your first 3–6 months of consistency...

this is your next step

That's when your body is ready for:

- More resistance
- More structure
- More progression

Where to Train

You can train:

- Inside your sleeper
- Next to your truck
- At a rest stop

Anywhere you have a little space

Simple Band Workout (In or Out of the Cab)

Start with this:

- Bicep curls
- Shoulder press
- Rows
- Squats (with bands)

Do:

- 10–15 reps each
- 2-3 rounds

That’s it.

How to Keep It Simple

Don’t overcomplicate this.

You don’t need 20 exercises.

Focus on:

- Upper body
- Lower body
- Core

Keep it basic. Stay consistent.

The Real Advantage

Bands allow you to:

- Build strength
- Protect your joints
- Train consistently anywhere

That’s what most drivers are missing

Why This Changes Everything

Now you’re not just maintaining...

You’re progressing

You’re building:

- Strength
- Muscle
- Better movement

How to Add This Into Your Routine

You can alternate:

- Day 1 → Bodyweight (Chapter 2)
- Day 2 → Resistance bands
- Day 3 → Walk + light movement

Repeat

You don’t need a gym membership to get in shape.

You need a system that fits your life.

What Happens When You Stay Consistent

- Stronger body
- Better posture
- Less pain
- More confidence

And the best part?

You can do all of this...

without ever leaving the road.

Chapter 4: Eating on the Road Without Gaining Fat

You can work out every day...

but if your eating is off...

you won't see results.

Fat loss isn't complicated.

But on the road...

it can feel that way.

You're surrounded by:

- Fast food
- Snacks
- Sugary drinks

And most options are:

- Quick
- Cheap
- Not built for your goals

The Real Problem

It's not just what you eat.

It's how often you eat it.

A lot of drivers:

- Snack all day

- Drink calories
- Eat out of boredom

That adds up fast

The Simple Rule

You don’t need a perfect diet.

You need better choices, consistently.

Easy Swaps That Make a Big Difference

Instead of:

- Candy → try a protein bar
- Soda → drink water
- Fried food → choose grilled

Instead of eating constantly...

eat with intention

Control the Big 3

Focus on this:

1. Drinks

This is the easiest win.

- Cut back on soda
- Cut back on sugary drinks Drink more water

2. Portions

You don’t have to stop eating what you like.

Just don’t overdo it

3. Frequency

Stop constant snacking.

Eat meals, not random bites all day

Real-World Truck Stop Strategy

When you stop to eat:

Ask yourself:

“Is this helping me or hurting me?”

Better options:

- Grilled chicken
- Sandwiches (not overloaded)
- Eggs
- Simple meals

It doesn’t have to be perfect

It just has to be better

Small Changes That Matter

- Drink more water
- Cut one bad snack a day
- Choose better meals when you can

That’s how fat loss starts

Truth You Need to Hear

You don’t need to be strict.

You need to be consistent.

What Happens When You Clean This Up

- Weight starts dropping
- Energy improves
- Cravings decrease
- You feel more in control

Combine this with your workouts...

and everything starts to change.

Keep It Simple

Don’t try to overhaul everything overnight.

Start small.

Stay consistent.

Build from there.

Chapter 5: Consistency Over Motivation

Motivation feels good.

But it doesn’t last.

Some days you’ll feel like working out.

Most days…

you won’t.

That’s normal.

The problem is…

most people rely on motivation to stay consistent.

And when it fades…

everything stops.

The Truth About Motivation

Motivation comes and goes.

It’s based on:

- Mood
- Energy
- Stress
- Sleep

All things you can’t fully control on the road

That’s why motivation alone will never get you results.

What Actually Works

Consistency.

Doing the work:

- When you feel like it
- When you don’t feel like it

That’s where results come from

Build a System, Not a Feeling

Instead of asking:

“Do I feel like working out today?”

Ask:

“What’s my routine today?”

That shift changes everything.

The System Mindset

You already have the system:

- Chapter 2 → Short workouts
- Chapter 3 → Resistance bands
- Chapter 4 → Better eating

Now your job is simple:

Follow the system

Not perfectly.

Just consistently.

Make It Automatic

Tie your actions to your day:

- Workout → during your break
- Walk → after fueling
- Eat → at set times

This removes thinking

This removes excuses

Stop Starting Over

Most drivers live in this cycle:

- Start strong
- Fall off

- Start again
- Fall off again

That cycle is the real problem

The goal is not perfection.

The goal is:

Never fully stopping

Even on Bad Days

You don’t skip.

You adjust.

Bad day?

Do 1 round instead of 2

Walk instead of a full workout

Still counts.

Still builds momentum**.**

The Rule to Live By

Something is always better than nothing.

What Happens When You Stay Consistent

- You stop starting over
- Your body adapts
- Results begin to show
- Confidence builds

And it becomes part of who you are

Truth You Need to Hear

You don’t need more motivation.

You need a system you follow no matter what.

The Real Win

The real win isn’t one workout.

It’s becoming someone who:

Shows up no matter what

Chapter 6: Your Weekly Road Fitness Plan

Now you have everything you need.

The workouts.

The nutrition.

The mindset.

The only thing left...

is putting it all together.

Because without structure...

you'll still end up guessing.

Why Most Drivers Stay Inconsistent

It's not because they don't care.

It's because they don't have a plan.

They wake up and think:

"What should I do today?"

That leads to:

- Skipping workouts

- Eating randomly
- Falling off track

The Solution: A Simple Weekly Plan

You don’t need a complicated schedule.

You need something you can follow on the road.

Your Weekly Structure

Follow this:

Day 1 → Bodyweight (Chapter 2)

Day 2 → Resistance Bands (Chapter 3)

Day 3 → Walk + Light Movement

Then repeat

So your week looks like:

- Day 1 → Bodyweight
- Day 2 → Bands
- Day 3 → Walk
- Day 4 → Bodyweight
- Day 5 → Bands
- Day 6 → Walk
- Day 7 → Light activity or rest

Simple. Repeatable. Effective.

How to Adjust on the Road

Your schedule won't always be perfect.

That's okay.

If things get busy:

Don't quit — adjust

- Short on time → do 1 round
- Can't train → walk
- Long day → do something small

Stay in motion

The Goal Isn't Perfect Weeks

The goal is:

Consistent weeks

Even if it's not perfect...

you're still moving forward.

Make It Fit Your Life

You don't need to follow exact days.

Just follow the pattern:

- Bodyweight

- Bands
- Movement

That’s your system

Stack It Into Your Routine

Attach it to your day:

- Workout → during your break
- Walk → after fueling
- Eat → at consistent times

This makes it automatic

Truth You Need to Hear

You don’t need a new plan every week.

You need to stick to one that works.

What Happens When You Follow This

- You stop guessing
- You stay consistent
- Your body improves
- Results start showing

And it becomes part of your lifestyle

Final Reminder Keep it simple.

Stay consistent.

Trust the process.

This system works...

if you work it.

Your Next Step Starts Now

You made it this far.

That already puts you ahead of most drivers.

Now the question is...

what are you going to do next?

You can:

- Close this
- Go back to old habits
- And stay stuck in the same cycle

Or...

You can take what you just learned...

and actually apply it.

You Already Have the System

You don’t need more information.

You don’t need a new plan.

You have:

- A workout system
- A nutrition approach
- A routine that fits the road

Now it’s about execution

If You’re Ready to Take It Further

If you want:

- More structure
- More guidance
- Faster results

I can help you.

Through Pull & Go Fitness, I work with truck drivers who are ready to:

- Lose fat
- Build strength
- Stay consistent on the road

Get Started

DM me “ROAD”

or visit:

www.pullandgofitness.com