

KingPowerFit Training System

Train Anywhere. Stay Strong.

Resistance Band Training Guide

Designed for truck drivers and busy people who want to stay fit anywhere.



Welcome to the KingPowerFit Resistance Bands Training Guide.

Thank you for choosing KingPowerFit.

I'm Richie, a full-time truck driver, husband, father and former personal trainer. I created this guide because I understand how difficult it can be to stay active while working long hours, travelling frequently or balancing a busy lifestyle.

Resistance bands have become one of my favourite training tools because they're lightweight, portable and surprisingly effective. Whether you're training inside your truck, at a truck stop, at home or in the gym, these workouts are designed to help you stay consistent wherever life takes you.

Inside this guide you'll discover beginner-friendly workouts, recovery exercises and practical training tips that you can use almost anywhere.

Remember, you don't need perfect conditions to make progress. You simply need to stay consistent.

Thank you for supporting KingPowerFit. I hope this guide helps you become stronger, healthier and more confident on your fitness journey.

Richie

Founder, KingPowerFit

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How to Use This Guide

Welcome to the KingPowerFit Resistance Bands Training Guide.

This guide has been designed to help you build strength, improve mobility, and stay active whether you're on the road, at a truck stop, at home, or in the gym.

To get the best results:

- Start with a resistance band that allows you to perform each exercise with good technique.
- Read the Safety Guidelines before beginning any workout.
- Complete the workouts at a pace that matches your current fitness level.
- Focus on controlled movements rather than rushing through each exercise.
- Train consistently. Even short workouts performed regularly can lead to significant improvements over time.
- Rest when needed and allow your body time to recover between sessions.

Remember, progress comes from consistency—not perfection. Every workout is a step towards becoming stronger, healthier, and more resilient.

Thank you for choosing KingPowerFit. I hope this guide helps you stay active using the KPF resistance bands.

Safety Guidelines

Your safety is our priority. Please read these guidelines before using your KingPowerFit Resistance Bands.

Inspect Your Bands

Before each workout, check your resistance bands for any signs of wear, tears or damage. Do not use a band that appears worn or damaged.

Use a Secure Anchor Point

When attaching your resistance band to an anchor point, ensure it is secure and stable before applying tension.

Start with a Lighter Band

If you're new to resistance band training, begin with a lighter resistance and focus on learning proper technique before progressing to heavier bands.

Exercise with Control

Perform every repetition slowly and under control. Avoid allowing the band to snap back, as this may increase the risk of injury.

Train Within Your Limits

Stop exercising immediately if you experience sharp pain, dizziness or any unusual discomfort. Never force a movement beyond your comfortable range of motion.

Keep Bands Away from Sharp Objects

Avoid using resistance bands on rough or sharp surfaces, as they may damage the material and reduce the lifespan of the bands.

Store Your Bands Properly

After each workout, store your resistance bands in a cool, dry place away from direct sunlight and excessive heat.

Medical Disclaimer

This guide is intended for general educational and fitness purposes only. It is not a substitute for professional medical advice, diagnosis or treatment. If you have any existing medical conditions, injuries, or concerns, consult your healthcare professional before beginning a new exercise program.

Choosing the Right Resistance Band

Every exercise in this guide can be performed using different resistance levels. The best band for you depends on your current strength, experience and the exercise being performed.

Use the guide below as a starting point.

<u>Resistance Band</u>	<u>Recommended For</u>
Extra Light	Beginners, rehabilitation, mobility exercises and stretching.
Light	Warm-ups, shoulder exercises, posture work and higher repetition training.
Medium	General strength training and full-body workouts. Suitable for most users.
Heavy	Lower body exercises, compound movements and stronger individuals.
Extra Heavy	Advanced strength training and experienced users looking for maximum resistance.

How to Know You've Chosen the Right Band

A good resistance band should challenge you while still allowing you to maintain proper technique.

If the exercise feels too easy, move up to the next resistance.

If you cannot complete the movement with good form or control, reduce the resistance and focus on technique first.

Remember, using a lighter band with proper form is always better than using a heavier band incorrectly.

How to Use Your Resistance Bands

Resistance bands are a versatile training tool that can be used almost anywhere. Whether you're training inside your truck, at a truck stop, at home or in the gym, they provide an effective way to build strength, improve mobility and stay active.

Choose the Right Resistance

Start with a resistance band that allows you to complete each exercise with proper form while still feeling challenged during the final few repetitions.

Focus on Good Technique

Perform each movement slowly and under control. Quality repetitions are more effective than rushing through an exercise.

Control the Band

Always maintain tension on the band throughout the movement. Avoid letting it snap back, as this can reduce control and increase the risk of injury.

Breathe Naturally

Exhale as you perform the effort of the exercise and inhale as you return to the starting position. Avoid holding your breath.

Progress Over Time

As exercises become easier, increase the challenge by using a heavier resistance band, performing more repetitions or adding additional sets.

Stay Consistent

You don't need long workouts to make progress. Even 10–20 minutes of consistent training several times each week can make a meaningful difference over time.

Workout 1 – In-Cab Workout

Train Without Leaving Your Truck

This workout is designed for truck drivers who want to stay active during breaks without needing a gym.

Using a resistance band and a few safe anchor points inside your truck, you can train your upper body in as little as 15–20 minutes.

Take a moment to inspect your truck before attaching the band, and only use secure anchor points that can safely handle the resistance.

Estimated Time: 15–20 minutes

Equipment Needed: KingPowerFit Resistance Bands

The following images show examples of potential anchor points. Every truck is different, so always inspect your own truck before attaching a resistance band.

WORKOUT 1

IN-CAB WORKOUTS

The following images show examples of anchor points you can potentially use.
Every truck is different, so these are provided as examples only.



*These are **examples only**. Always **inspect your truck** and only use secure, stable anchor points that can handle the resistance before starting any exercise.*



IMPORTANT SAFETY NOTE

Do not attach bands to the steering wheel, gear shifter, mirrors, controls, or any part that can break, move, or cause injury. Start with light resistance and controlled movements.



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Resistance Band Guide

The recommended resistance level for each exercise is a starting point only.

If you can comfortably perform more than the recommended repetitions, increase the resistance. If you cannot complete the minimum repetitions with good form, reduce the resistance.

1. Face Pulls

Recommended Resistance: Light to Medium

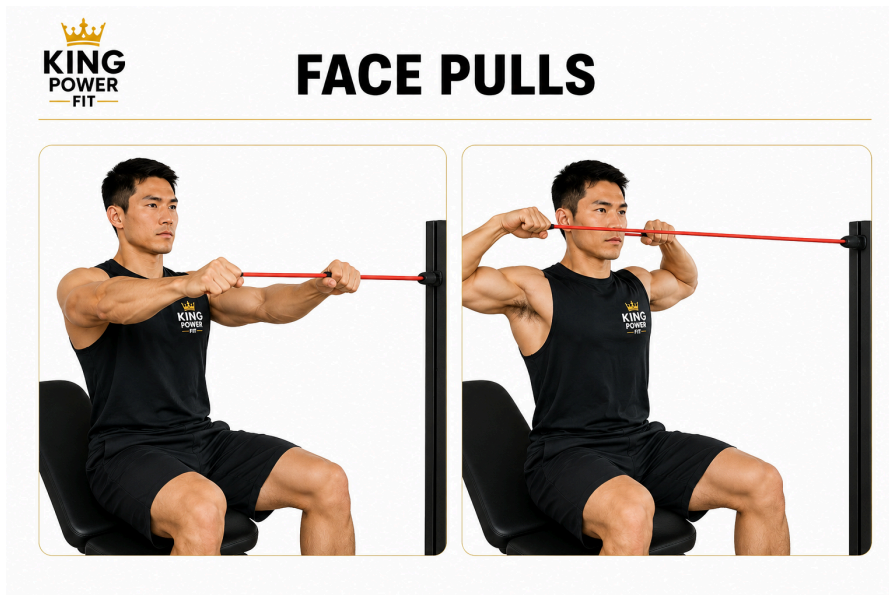
Muscles Worked: Rear Shoulders, Upper Back & Rotator Cuff

Sets: 2–3

Repetitions: 12–15

How to Perform

- Attach the resistance band to a secure anchor point at around face height.
- Grip the band with both hands and step back until there is light tension.
- Pull the band towards your face while keeping your elbows high.
- Squeeze your shoulder blades together before slowly returning to the starting position.



2. Rear Delt & Shoulder Rotators

Recommended Resistance: Light

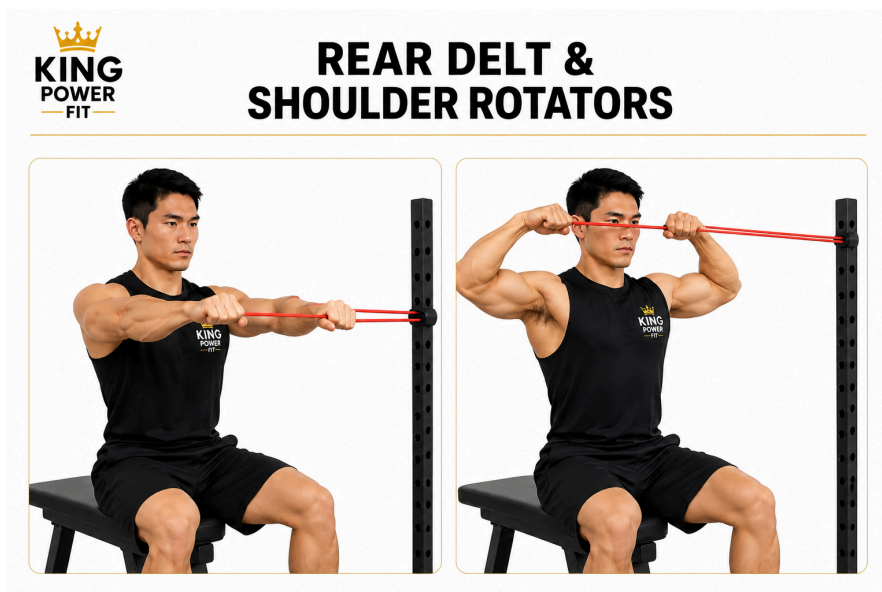
Muscles Worked: Rear Deltoids & Rotator Cuff

Sets: 2–3

Repetitions: 12–15

How to Perform

- Attach the resistance band to a secure anchor point in front of you.
- Hold the band with your elbows bent to approximately 90 degrees.
- Rotate your hands outward while keeping your elbows close to your body.
- Slowly return to the starting position.



3. Seated Bicep Curls

Recommended Resistance: Medium

Muscles Worked: Biceps

Sets: 3

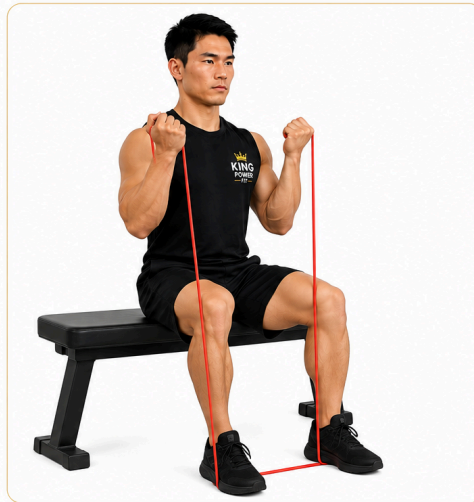
Repetitions: 10–15

How to Perform

- Sit comfortably in the driver's seat.
- Loop the resistance band around the outside of both knees or step on the band.
- Hold one end of the band in each hand.
- Curl the band towards your shoulders while keeping your elbows close to your sides.
- Slowly lower back to the starting position.



SEATED BICEP CURLS



4. Single-Arm Overhead Tricep Extension

Recommended Resistance: Light to Medium

Muscles Worked: Triceps

Sets: 2–3 each arm

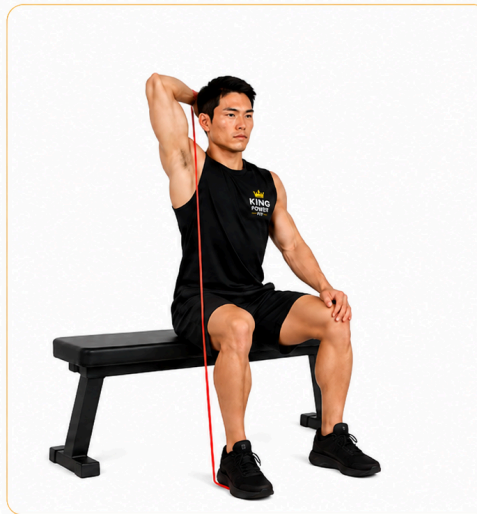
Repetitions: 10–15

How to Perform

- Secure the resistance band under one foot or to a low anchor point.
- Grip the band with one hand and extend your arm overhead, keeping your elbow close to your head.
- Slowly bend your elbow to lower your hand behind your head while keeping your upper arm relatively still.
- Extend your arm back to the starting position under control before repeating on the opposite arm.



SINGLE ARM OVERHEAD TRICEP EXTENSIONS



5. Single-Arm Lat Pulldown

Recommended Resistance: Medium to Heavy

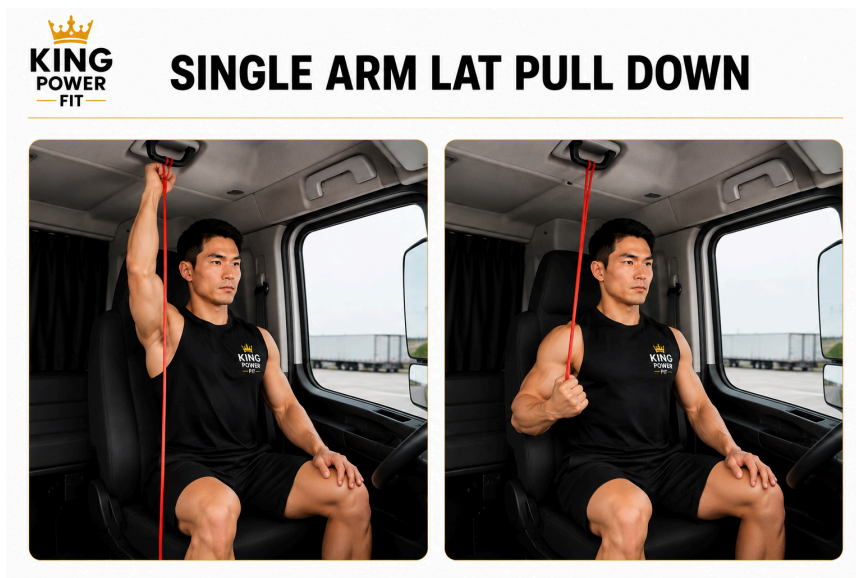
Muscles Worked: Lats & Upper Back

Sets: 2–3 each arm

Repetitions: 10–15

How to Perform

- Attach the resistance band to a secure overhead anchor point.
- Hold the band with one hand and step back until there is light tension.
- Pull your elbow down towards your side while squeezing your lat.
- Slowly return to the starting position under control before repeating on the opposite arm.



Keep Learning

This guide is just the beginning.

Scan the QR code below to visit **KingPowerFit.com**, where you'll find 50+ articles on truck driver fitness, workouts, recovery, nutrition and more. For more in-cab workout ideas, check out **"How I Anchor My Resistance Bands in My Truck Cab"**, where I share the anchor points and setup I personally use.

Workout 2 – Truck Stop workout

Train Anywhere Your Truck Takes You

This workout is designed for truck drivers who want to stay active during breaks by using their truck as a training station.

Using secure anchor points such as trailer rails, bull bars and other strong structural points, you can complete an effective upper body workout almost anywhere you park.

Always inspect your truck before attaching a resistance band and only use anchor points that are secure and capable of handling the resistance.

Estimated Time: 15–20 Minutes

Equipment Needed: KingPowerFit Resistance Bands

Resistance Band Guide

The recommended resistance level for each exercise is a starting point only.

If you can comfortably perform more than the recommended repetitions, increase the resistance. If you cannot complete the minimum repetitions with good form, reduce the resistance.

1. Bent-Over Rows

Recommended Resistance: Medium to Heavy

Muscles Worked: Upper Back, Lats & Biceps

Sets: 3

Repetitions: 10–15

How to Perform

- Attach the resistance band to a secure anchor point such as a trailer rail or bull bar.
- Hinge forward slightly while keeping your back straight.
- Pull your elbows towards your hips while squeezing your shoulder blades together.
- Slowly return to the starting position.



BENT OVER ROW WITH RESISTANCE BANDS

ANCHOR TO A TRAILER RAIL



2. Chest Press

Recommended Resistance: Medium to Heavy

Muscles Worked: Chest, Front Shoulders & Triceps

Sets: 3

Repetitions: 10–15

How to Perform

- Attach the resistance band behind you to a secure anchor point.
- Hold one end of the band in each hand.
- Press your hands forward until your arms are fully extended.
- Slowly return to the starting position while maintaining tension.



CHEST PRESS WITH RESISTANCE BANDS

ANCHOR TO A TRAILER LEG



3. Overhead Tricep Extension

Recommended Resistance: Light to Medium

Muscles Worked: Triceps

Sets: 2–3

Repetitions: 10–15

How to Perform

- Secure the resistance band to a high anchor point.
- Hold the band with both hands behind your head.
- Extend your arms until they are fully straight.
- Slowly return to the starting position under control.



OVERHEAD TRICEP EXTENSION

ANCHOR TO A TRAILER RAIL



IMPORTANT SAFETY NOTE

Always anchor bands securely and inspect your trailer.
Ensure the area is clear and use controlled movements.



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4. Single-Arm Lateral Raise

Recommended Resistance: Light

Muscles Worked: Side Deltoids

Sets: 2–3 Each Arm

Repetitions: 12–15

How to Perform

- Stand on one end of the resistance band.
- Hold the opposite end with one hand.
- Raise your arm out to the side until it reaches shoulder height.
- Slowly lower back to the starting position.



SINGLE ARM SIDE LATERAL RAISE

ANCHOR TO A LOWER POINT OF THE TRAILER



IMPORTANT SAFETY NOTE

Always anchor bands securely and inspect your trailer.
Ensure the area is clear and use controlled movements.



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5. Standing Band Shoulder Press

Recommended Resistance: Medium

Muscles Worked: Shoulders & Triceps

Sets: 2–3

Repetitions: 10–15

How to Perform

- Stand on the centre of the resistance band with both feet shoulder-width apart.
- Hold one end of the band in each hand at shoulder height.
- Press the band overhead until your arms are fully extended.
- Slowly lower the band back to shoulder height before repeating.



Hotel Room Workout

Designed for Line-Haul & Interstate Truck Drivers

If you're an interstate or line-haul truck driver, spending nights away from home is simply part of the job.

After driving all day, it can be easy to skip your workout altogether. However, staying active while you're away can help maintain your strength, improve mobility and keep you feeling your best throughout your trip.

One of the biggest advantages of the KingPowerFit Resistance Band Set is its portability. Your bands fit easily into your overnight bag, allowing you to turn almost any hotel room into your own personal gym within minutes.

Hotel or Home Full-Body Workout (No Anchor Required)

This workout is designed for days when you're at home and want a simple, effective full-body session using nothing more than your KingPowerFit resistance bands.

Because every exercise uses only the resistance bands, you don't need a door anchor or any additional equipment. Simply stand on the band or position it around your body as required for each movement.

Aim to perform **3 sets of 8–15 repetitions** for each exercise, resting **60–90 seconds** between sets. Choose a resistance band that challenges you while allowing you to maintain good technique throughout every repetition.

Exercise	Set	Reps
Band Squats	3	10–15
Band Romanian Deadlifts	3	10–15
Band Chest Press (Band Around Back)	3	8–15
Standing Band Shoulder Press	3	8–15
Bent-Over Band Rows	3	10–15
Standing Bicep Curls	3	10–15
Standing Overhead Tricep Extensions	3	10–15
Standing Side Lateral Raises	3	12–15

Cool Down

- Chest Stretch – 30 seconds
- Lat Stretch – 30 seconds
- Hamstring Stretch – 30 seconds
- Hip Flexor Stretch – 30 seconds
- Child's Pose – 30 seconds

These exercises use the same techniques demonstrated throughout this guide. Focus on controlled repetitions, maintaining good posture and selecting a resistance band that challenges you while allowing proper form.

Safety Tip

Always make sure the door is strong, fully closed and opens away from the direction you are pulling. Check that the door anchor is securely positioned before beginning your workout, and test it with light tension before applying full resistance. Never use damaged doors, glass doors or unstable fixtures as anchor points.

My Tip

One of the best things about resistance bands is that they travel with you.

Whether you're staying in a motel, hotel or roadside accommodation, you can complete a quality workout without searching for a gym. Staying consistent while you're away from home can make a big difference over time.

You don't need perfect conditions to stay fit.

You simply need a plan, your resistance bands and the willingness to keep showing up.

Progressing with Resistance Bands

Completing your workouts is only the first step.

To continue building strength, improving fitness and seeing results, your body needs to be challenged over time. This is known as **progressive overload**, and it's one of the most important principles in any training program.

The good news is that resistance bands make it easy to increase the challenge without needing a gym full of equipment.

1. Choose the Right Resistance

Select a band that allows you to complete each exercise with good technique while making the last few repetitions feel challenging.

If you can easily perform far more repetitions than your target, it's time to increase the resistance.

2. Increase Your Repetitions

Before moving to a heavier band, aim to increase the number of repetitions you perform.

For example, if your workout calls for 10–12 repetitions, work towards completing all 12 repetitions with good form before increasing the resistance.

3. Increase the Band Resistance

Once you can comfortably complete all your sets and repetitions, move to the next resistance level or combine bands if your set allows.

Progress gradually and always prioritise proper technique over heavier resistance.

4. Slow Down Your Repetitions

You don't always need a heavier band to make an exercise more challenging.

Try slowing down each repetition by controlling both the lifting and lowering phases. This increases time under tension and can make the same resistance feel significantly harder.

5. Add More Sets

As your fitness improves, you can gradually increase your training volume.

Adding one extra set to selected exercises is another simple way to continue progressing without changing your equipment.

6. Stay Consistent

The best workout program is the one you can stick to.

Whether you're training inside your truck, at a truck stop or in a hotel room, aim to complete your workouts consistently each week.

Small improvements made over months will always produce better results than occasional bursts of motivation.

7. Track Your Progress

Keep a simple record of your workouts.

Write down:

- The exercises you completed
- The resistance band you used
- Your sets and repetitions
- Any notes about how the workout felt

Tracking your progress helps you stay motivated and makes it easier to see how far you've come.

Recovery & Mobility Routine

Recover Better. Move Better.

Recovery is just as important as training.

As a full-time truck driver, I spend long hours sitting behind the wheel. Over time, this can lead to tight hips, stiff shoulders, a sore upper back and reduced mobility.

I've found that spending just 10–15 minutes moving with resistance bands after a long shift helps my body feel looser and better prepared for the next day.

This routine isn't designed to replace professional medical advice or rehabilitation. It's simply the recovery routine I personally use to help improve mobility and reduce stiffness after long hours of driving.

Routine Overview

Duration: 10–15 minutes

Equipment Required: KingPowerFit Resistance Band Set

Difficulty: Suitable for all fitness levels

1. Band Shoulder Dislocations

Sets: 2

Repetitions: 10

A great movement to improve shoulder mobility and loosen tight muscles after holding the steering wheel all day.

2. Band Pull-Aparts

Sets: 2–3

Repetitions: 15–20

Helps activate the upper back while encouraging better posture by strengthening the muscles that often become weak from prolonged sitting.

3. Face Pulls

Sets: 2

Repetitions: 15

Strengthens the rear shoulders and upper back while improving posture and shoulder stability.

4. Band-Assisted Chest Stretch

Hold: 30–45 seconds each side

Gently stretches the chest muscles, which often become tight after spending hours driving.

5. Band-Assisted Lat Stretch

Hold: 30–45 seconds each side

Helps improve shoulder mobility while reducing tightness through the sides of the upper body.

6. Thoracic Rotations

Sets: 2

Repetitions: 10 each side

Improves upper back mobility and encourages better spinal movement, helping counteract the effects of prolonged sitting.

My Recovery Tip

Recovery doesn't always mean taking a day off.

Sometimes your body simply needs to move.

If I finish a long driving shift feeling stiff or tight, I often spend 10–15 minutes completing this routine instead of another workout. It helps restore movement, improve mobility and leaves me feeling better for the next day's drive.

Remember, recovery is part of your training—not a break from it. Looking after your body today can help you continue training consistently tomorrow.

Support

We're Here to Help

Thank you for choosing KingPowerFit.

I genuinely appreciate your support and hope this guide helps you stay active and healthy, whether you're training in your truck, at a truck stop, in a hotel room or at home.

If you have any questions about your resistance bands, the exercises in this guide or your training, I'm here to help.

Scan the QR Codes

Use the QR codes included with your KingPowerFit products to access:

KingPowerFit Official Website

- Additional workout programs
- Recovery and mobility guides
- Training articles
- Product shop and updates
- Helpful resources for truck drivers

New content will continue to be added, giving you even more ways to get the most from your resistance bands.

Need Assistance?

If you need help or have a question, please don't hesitate to get in touch.

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I aim to respond to all enquiries within 24 hours during business days.
