

Cabs to Abs: 3 Days Circuit Training Plan for Cab- Drivers

This is a flexible circuit-based training plan designed for busy Cab drivers. Each session is short, effective, and can be performed with minimal equipment. Use this as a foundation and modify exercises or durations as needed.

DAY 1- Strength Day – Full Body Circuit

Format: 40 seconds ON / 20 seconds REST. Complete 3–4 rounds depending on fitness level.

1. Bodyweight Squats / Goblet Squats
2. Plank-to-Reach (Shoulder Tap Style)
3. Glute Bridges or Hip Thrusts
4. Reverse Snow Angels
5. Front Lunges

DAY 2-Cardio Day – Moderate to High Intensity

Format: 40 seconds ON / 20 seconds REST. Complete 3–4 rounds depending on fitness level.

1. Jumping Jacks or High Knees
2. Mountain Climbers
3. Step-ups or Squat to Knee Drive
4. Burpees (Low impact version if needed)
5. Plank Jacks
6. Jump Rope (or simulated)

DAY 3-Mobility / Recovery Routine

1. Neck Rolls – 30s each side
2. Shoulder Circles – 30s forward/backward
3. Arm Swings – 30s
4. Cat-Cow Stretch – 6-8 reps
5. Hip Flexor Stretch – 30s each side
6. Glute Stretch (Seated or Lying) – 30s each side
7. Hamstring Stretch – 30s each leg
8. Ankle Circles – 30s each side
9. Child's Pose – 1 min

Daily Movement Goal: Steps

Aim to walk **10,000 steps per day** to support overall health, fat loss, and recovery. However, if you're just starting out or have a sedentary lifestyle, begin with a **realistic goal of 3,000–4,000 steps per day**. Focus on consistency, and gradually increase your daily steps week by week as your fitness and energy improve.

Remember: Every step counts — take the stairs, walk during breaks, or go for a short stroll after meals. Small efforts add up to big results over time.