

Call For Participants



Physiological effects of a cab
workout and stressful events
on the road

150 min(s) to complete

Sincere Gratitude

Experiment

Loughborough University,
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Loughborough University

This study is looking at the intensity of a resistance workout that has been designed to be performed by lorry drivers whilst in the cab. Lorry drivers due to the occupation are more likely to be unhealthy than most other occupations, thus this workout is aimed at improving the health of this population.

Find out more online

Poster printed on 20/04/2024 Study expires on 30/09/2019

More info

by scanning the QR code
or visiting the URL

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