

**Fitness for Drivers webinar Chat Log - Feb 12, 2019**

<b>Name</b>	<b>Message</b>
Andrew Pereira	Excited for this!
Henry	is it bad to have beer n cheese curds whil you watch a fitness webinar?
Jim	Will the slides be available after the webinar?
Robin Bentley	Yes, Jim. The slides will be available afterwards!
Frank Hanrahan	What are good exercises to increase neck strength?
kasra	yesss testarossa
kasra	Us SoCal guys deal with 112 degree ambient temps during the summer
Mark K.	chuckwalla
kasra	yep. Buttonwillow Chuckwalla both turn into hell on earth
Bryan	Measured cockpit temps over 130F in some races.
Robin Bentley	For everyone: All of this will be recorded and sent out tomorrow - along with the presentation slides.
David	That is a great example! Thank you.
Mark K.	Would something lick crossing over with a medicine ball work better?
Mark K.	*like
Mark K.	ha!
Travis	Are there good examples of exercises that don't require an assistant?
Frank Hanrahan	How about exercises for "quick feet" i.e. moving from pedal to pedal, especially useful for us who do left foot brake activation.
Ralph	Will each of the example exercise videos be included with the slide link we receive tomorrow?
Robin Bentley	To Ralph and everyone: Each of the example exercises are included in the link you'll get tomorow.
Mark K.	Does that one fix double chins too?!
kasra	flexion of the neck always makes me nauseous and dizzy.. Any way to alleviate that or will it go away over time?
Michael	ow many sets and reps for the head moves?
Michael	*how
David	When you prescribe exercise do you emphasize overall improvement or do you focus on matching loads in the car? For example, can you get G force loads from the car and train in the gym to make sure you can overcome those loads?
Thomas	kasra, that could be secondary to vertebral artery compression. check that out with a physician
kasra	cardio sucks. zzzzzz
Matt Romanowski	I've read that doing the same cardio all the time can lead your body to become more efficient at it. Is this true and should the type of cardio be varied?
Shaad	Jeez, stressed breathing training reminds me of popping and waving.
Daniel Inder	should you always breathe with your diahragm during cardio eg running?
kasra	what do you mean? don't you hold your breath while you take high speed turns?? LOLOL
Karen R	Should breathing be inhale & exhale through the nostrils only? What about exhale through the mouth? Is one approach better?
Michael	as a fluids guy I can't buy into breathing thru the nose
kasra	so is the idea here to strengthen abs and core enough to hold posture and still allow deep belly breathing during high g cornering?

Michael	Why???? Why in thru the nose? Why? So restrictive?
Michael	Can we address this now?
Frank Hanrahan	Pallof press, shouldn't we exhale when stressing, i.e. pulling the elastic band?
Andrew Pereira	Is there anything wrong with breathing in through the nose and out through the nose?
Shaad	What was the brand of the goggles again?
Josip Fijacko	what is that called, goggles?
Greg	Any tips for finding a personal trainer who is familiar with driver fitness?
Travis	<a href="https://senaptec.com/senaptecstrobe/">https://senaptec.com/senaptecstrobe/</a>
Henry	Thanks rTravis
Ryan	Answer to the card!?
Mikko	this works well with juggling as well --- look into your own eyes in a mirror for example.... or just a spot on the wall
Shaad	Thanks a bunch Travis.
kasra	how often are we supposed to train eyesight and peripheral vision?
Shaad	Josip Strobe Goggles.
Mark K.	that's probably hard to do as the trainer too haha.
Matt Romanowski	<a href="https://senaptec.com/senaptecstrobe/">https://senaptec.com/senaptecstrobe/</a> for the goggles
James	Is there a list of recommended repetitions or durations for each of the exercises, especially the mental stress activities?
Josip Fijacko	got it, thanks. will resort back to video. which apps?
Thomas	Can you give us a sample of a work out schedule for a typical driver in 1 week incorporating all of these elements. Thanks
Henry	2nd Thomas's question. Thanks Thomas.
Tyler	3rd!
Josip Fijacko	Am with Thomas?
kasra	yep good luck trying that after 40
Henry	Trey, thank you. gotta have fun, or wtf are youdoing this for?
Greg	I've been playing Gran Turismo on the exercise bike with my heart rate in the cardio zone. Wonder if that's an effective way of brain training while fatigued?
kasra	any advice on monitoring hydration during the race weekend?
kasra	can you elaborate on what part of fitness to improve to help regulate body heat?
Andrew Pereira	Any stretches recommended? Dynamic vs Static maybe?
Harry	what is the time of a typical workout session, 1 hour?
Mark K.	Thank you!
Joe	Interested in ideas to strengthen/add flexibility to calves (right especially) given the recent braking webinar?
Ralph	Would you please identify the apps featured in the videos?
Mikko	Are there any changes you'd make to these exercises for young kart drivers or any reason to exclude some types of exercises? 10-14 years old range.
Nathan	What do you think about Crossfit for general strength & endurance, and then add some specialized exercises?
Matt Romanowski	I play raquetball by myself while wearing the strobe goggles. I also work on juggling while wearing them
Matt Romanowski	Ping pong is fun with them too
Andrew Pereira	Working out fully clothed to stimulate being in the driver suit. Is this a good practice?

Ryan	Rush hour traffic, lol!
James	Trey, Opinion on programs like p90x and similar?
Don Hamilton	Being an x athlete who has had two knee surgeries on each knee, the lateral plank is not possible due to the side torque/stress. What else would you suggest
Bryan	Trey, what's your opinion on integrating simulator work with high loads (hydraulic brake, high torque force feedback wheel) to directly work some muscles in the same movements as a real car? Obviously the G-loads are missing in this case.
Roy	Do you have any tips on diet and hydration the days before and day of a race/ track event
Matt Romanowski	I'm in!
Michael	What are you worried about filtering?
Michael	When breathing thru the nose?
kasra	that was during stressed breathing stuff
Dave	If we are not racing weekly or are preparing for one big multi-day race event, do you recommend a taper in load, length, or intensity in the week before the race to maximize race day performance?
Christian	excellent thank you
Michael	Nutrition what should we think about or eat
Mikko	Senaptec on a racing sim might be cool
Henry	Mikko, thatswhassup
Matt Romanowski	I've read not more than 20 minutes a day using things like nuerotracker
mike	Yes, nutritional advice before getting into the car
jim	Any other suggestions for using the balance board?
Greg	Thanks! Have a legit sim for iRacing as well but hadn't considered doing cardio intervals and then using that.
Henry	Thanks Ross, Trey, Robin. Aws
Henry	awesome as ever. GTG. best wishes to everyone. whne in doubt, throttle out!
Brad	Thanks Guys
Nathan	Thanks Trey
Frank Hanrahan	I found a good way to improve the sensitivity of my left foot for left foot braking is to use your left foot on the gas pedal on long hauls, for example towing to the race track for several hours.
Tyler	Like the casual style guys...thanks!
maria	hit the wall way back in 2008, still have lower back pain, how can I strenghten this and not get rid of the pain but make it more bearable after a longish race?
Paul	Thank you all; very helpful
Ralph	Another fabulous SS webinar, thanks Ross, Trey and Robin
Bryan	Thank you all! Lots of great info.
Ryan	Thank you both!
Andrew Pereira	Thank you guys
Michael	Thank you
Lora	thanks this was awesome!
Tony	Thanks Trey ,Ross,& Robin great info!
Don Hamilton	great session. well done guys