

8 cockpit exercises

As I mentioned earlier, extended physical stagnation is not good for your body. When you are on a flight whether you are flying the plane or not prolonged sitting restricts blood flow and can lead to clots. These exercises can easily be performed while you're seated, but if you are in flight they require you to take your feet off the rudder pedals and your hands off the yoke, so make sure you have an autopilot or copilot who can keep the airplane under control while you get your blood flowing again.

1. **Ankle circles** - 10 circles in each direction. Repeat 7 times.
2. **Foot pumps** - Place your feet on the floor, hip's distance apart. Pull the toes up towards the knees and hold for 5 seconds. Then lift the heels off the floor for five seconds. Repeat 7 times
3. **Neck Roll** - Relax your shoulders and arms. Tilt your head to the left shoulder and hold for 5 seconds. Slowly roll the head toward your spine and hold. Keep rolling the head until it's tilted toward the right shoulder, then forward, tilting the chin down. Continue rolling the head back to the left shoulder and change direction. Hold each position for five seconds. Repeat 5 times in each direction
4. **Knee lift** - With your feet at hip's distance, lift each leg individually as high as you can and hold for 10 seconds. Repeat 5 times for each leg. Focus on keeping your back as straight as you can.
5. **Shoulder roll** - With the arm relaxed and hands on your thighs, bring both shoulders toward your ears. Then roll the shoulders forward as far down as you can comfortably. Bring the shoulders back toward the ears, then roll the shoulders back toward the shoulder blades. Repeat 5 times.
6. **Shoulder stretch** - Place your left hand on your right shoulder. Grab your left elbow and your right hand and pull the elbow toward your right. Hold for 10 seconds. Switch sides. Repeat five times.
7. **Abdominal contractions** - Contract your core muscles as much as you can and hold for 10 seconds. Repeat 5 times.
8. **Arm curl** - Put your arms by your sides with the palms facing up. Close the fists and curl the arms up. Contract the muscles of your hands and arms for 10 seconds. Repeat 5 times.

Bergqvist, Pia, et al. "10 Cockpit Exercises." FLYING Magazine, 11 Nov. 2021, <https://www.flyingmag.com/pilots-places-pilots-adventures-more-10-cockpit-exercises>.