

# WHEEL SPINNING (GURU-GURU) EXERCISE

**A** Improve your circulation  
Refresh your body

Follow the video and try these four movements. Stay conscious of your back and leg muscles.



This exercise involves holding the steering wheel, stretching and pulling the arms, bending forward and stretching the body with one leg in front of the other, and finally twisting the body. Effective for warming up your body before driving and reducing fatigue between driving.

# WHEEL SPINNING (GURU-GURU) EXERCISE

**B**

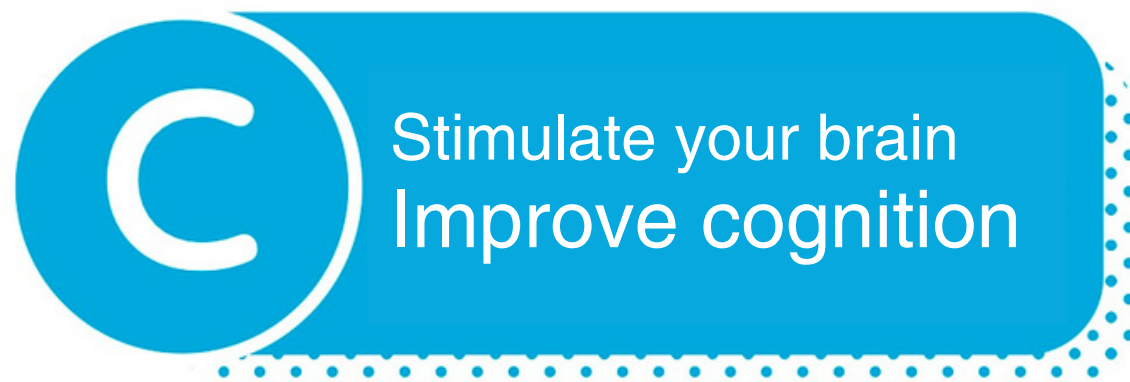
A harder exercise for  
Building muscles

Follow the video and try these movements. Stay conscious of your shoulder and thigh muscles.



The exercise consists of holding the steering wheel, extending the legs forward, lowering the hips and stopping, extending the legs sideways, and lowering the hips and stopping while turning the steering wheel. This exercise prevents the driver from slouching forward while driving.

# WHEEL SPINNING (GURU-GURU) EXERCISE



Exercises to move your hands, feet, and neck separately. It is a difficult exercise to stimulate your brain.



This exercise involves swinging the head left and right and stretching the legs while turning the handle. By combining the separate movements of the hands, neck, and legs, this exercise stimulates the brain and is expected to improve cognitive ability.

The "Wheel Spinning (Guru-Guru) Exercise" were developed by Nissan Motor Co., Ltd. in cooperation with Niigata University to support safe driving, mainly for elderly drivers, by improving muscle strength and cognitive ability through daily exercises.

**Traffic Safety Future Creation Lab**

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