

Carsercise, a physical activity performed to music that isolates the upper body through a series of small, but tight contractions, practiced while traveling, either as the driver or passenger of a vehicle with a steering wheel.

Exact origin is unknown, as this is something that has existed since the 8 track was installed in the automobile. Not till 2012, with the resurgence of dance fitness, has it come out that more and more women in the U.S. admit to Carsercising on a regular basis.

Avid practitioner and spokesperson for Carsercise, Mary Winters, brought the phenomenon to pop culture's attention with the first ever taped Carsercising session (<http://www.youtube.com/watch?v=OT78fnTMwLE>) , while driving .

There are several repeated movements in various tempos involving the obliques and abdominals of the core, the deltoids and the trapezius of the shoulder, the pectorals of the chest and the rhomboideus and teres major of the back.

Winters produced a dialogue shared with Carsercisers across the globe. Calling out each specific move to help the practitioner isolate their muscles while paying attention to the road. Moves include but are not limited to the POP IT, BOX IT, SHIMEY, FOUR COUNERS, DELT THROW, TRAP LIFT, FIGURE 8 and SLIDE.

Carsercise can be performed to any type of music in any type of clothing. Carsercise is about opening up and letting go while getting a good workout behind the wheel. According to Carsercise, if people could just open up a little more and let go, the world could be a better place.

Struggling to sum up Carsercise, with slogans like; *just let go, don't have to worry about camel toe*, and *it's all good under this hood*, Carsercise settled on, *Carsercise, fitness behind the wheel*.