



# 10 RV-Friendly Band Exercises

## (With Instructions + Arthritis & Limited Mobility Options)

Healthy RVing - Healthy U

Resistance bands are one of the **best fitness tools for RVers**—especially if you want to stay strong without stressing your joints. These exercises are designed for **real life on the road**, with options for arthritis, balance concerns, and limited mobility.

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## Upper Body Exercises

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### 1. Band Rows



**What it helps:** Upper back, posture, shoulder stability

#### How to do it:

- Sit or stand tall
- Loop the band around a door handle or sturdy object
- Hold handles or ends
- Pull elbows back, squeezing shoulder blades together
- Slowly return

#### Limited mobility option:

Stay seated in a chair

#### Arthritis-friendly option:

Use a lighter band and shorten the range of motion

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## 2. Chest Press



**What it helps:** Chest, shoulders, pushing strength (getting up from chairs)

**How to do it:**

- Anchor band behind you (door or chair)
- Push hands forward until arms extend
- Slowly return

**Limited mobility option:**

Do one arm at a time while seated

**Arthritis-friendly option:**

Stop before elbows fully straighten

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## 3. Bicep Curls



**What it helps:** Lifting groceries, pets, or gear

**How to do it:**

- Stand or sit on the band
- Curl hands toward shoulders
- Lower slowly

**Limited mobility option:**

Seated curls with feet flat

**Arthritis-friendly option:**

Use handles and lighter resistance

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## 4. Tricep Extensions



**What it helps:** Arm strength for pushing up from chairs

**How to do it:**

- Hold band overhead or anchor it low behind you
- Extend arm until straight
- Return slowly

**Limited mobility option:**

Kickback-style extensions with elbow at your side

**Arthritis-friendly option:**

Avoid locking the elbow

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## 5. Overhead Press (If Shoulders Allow)



**What it helps:** Shoulder strength and daily reaching tasks

**How to do it:**

- Sit or stand on the band
- Press arms upward
- Lower slowly

**Limited mobility option:**

Press one arm at a time

**Arthritis-friendly option:**

Replace with a front raise

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## Lower Body Exercises

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### 6. Side Steps with Loop Band



**What it helps:** Hip stability, balance, fall prevention

**How to do it:**

- Place band above knees or ankles
- Step side to side slowly

**Limited mobility option:**

Hold onto a chair or counter

**Arthritis-friendly option:**

Very light band and small steps

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### 7. Standing Kickbacks



**What it helps:** Glutes, lower back support

**How to do it:**

- Loop band around ankles
- Kick one leg straight back
- Alternate sides

**Limited mobility option:**

Hold chair with both hands

**Arthritis-friendly option:**  
Kick back only a few inches

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## 8. Seated Leg Press



**What it helps:** Thigh strength for standing and walking

**How to do it:**

- Sit tall in a chair
- Loop band around foot
- Press foot forward
- Return slowly

**Limited mobility option:**

Perfect as-is

**Arthritis-friendly option:**  
Light band, slow movement

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## 9. Hip Abductions (Seated or Standing)



**What it helps:** Hip strength and balance

**How to do it:**

- Loop band above knees
- Push knees outward
- Return slowly

**Limited mobility option:**

Stay seated

**Arthritis-friendly option:**

Small range of motion

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## 10. Squat + Band Pull-Apart Combo



**What it helps:** Full-body strength and coordination

**How to do it:**

10. Hold band in hands
11. Squat or sit-to-stand
12. Pull band apart at chest height
13. Stand back up

**Limited mobility option:**

Chair-assisted sit-to-stand

**Arthritis-friendly option:**

Do pull-aparts seated only