



HealthyRVing.com

HEALTHY U ❤️

# ADVANCED Fibromyalgia Workout

STRENGTH • ENDURANCE • MOBILITY • RESILIENCE



For when you're ready to level up.  
Move with purpose. Progress with patience. Thrive on the road.

- ✔ Listen to your body
- ✔ Go slow & be consistent
- ✔ Rest when needed
- ✔ Quality over quantity
- ✔ Every step counts!

## HOW TO USE THIS PLAN

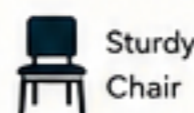
Do this plan 3-5 days per week. Complete 2-3 rounds of each circuit. Rest 30-60 seconds between exercises. Adjust reps or time to your comfort level.



## INTENSITY GUIDE

Work at a 6-7 out of 10 effort level. You should feel challenged but still be able to talk in short sentences. Stop if pain increases.

## EQUIPMENT (OPTIONAL)



Sturdy Chair



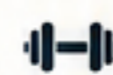
Resistance Band



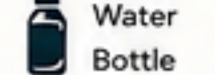
Dumbbells



Exercise Mat



Dumbbells (Light-Medium)



Water Bottle

## 1 SEATED MARCH WITH ARMS

1-2 MINUTES



- Sit tall and engage your core.
- March in place while swinging opposite arm and leg.
- Keep a steady rhythm.

**TIP:** Boosts circulation and warms up your whole body.

## 2 SIT-TO-STAND SQUAT

12-15 REPS



- Sit near the edge of the chair.
- Stand up with control, then sit back down slowly.
- Keep your chest lifted.

**TIP:** Builds lower body strength and functional mobility.

## 3 WALL PUSH-UPS PLUS

15-20 REPS



- Do a push-up against the wall.
- At the top, protract your shoulders (push the wall away).
- Slowly return.

**TIP:** Strengthens upper body and improves shoulder stability.

## 4 STANDING ROW WITH BAND

15-20 REPS



- Hold band handles with palms in.
- Pull elbows back, squeezing shoulder blades.
- Slowly return.

**TIP:** Strengthens back muscles and improves posture.

## 5 STANDING SIDE STEPS WITH BAND

1-2 MINUTES



- Place band around your ankles.
- Step side to side with control.
- Keep knees soft and core engaged.

**TIP:** Improves hip strength, balance and stability.

## 6 STEP-UP TO CHAIR

12-15 REPS EACH LEG



- Step up with one foot, then the other.
- Step down slowly.
- Alternate legs.

**TIP:** Builds leg strength and improves endurance.

## 7 BICEP CURL TO PRESS

12-15 REPS



- Curl weights up.
- Press overhead until arms are extended.
- Lower with control.

**TIP:** Strengthens arms, shoulders and increases stamina.

## 8 CORE TWIST (SEATED)

20 REPS (10 EACH SIDE)



- Sit tall and engage your core.
- Twist to one side, then the other.
- Move slowly and with control.

**TIP:** Strengthens core and supports spinal stability.

## 9 BALANCE HOLD

30-45 SECONDS EACH LEG



- Hold a chair if needed.
- Lift one foot and balance.
- Switch legs.

**TIP:** Improves balance, proprioception and confidence.

## 10 LOW IMPACT CARDIO FINISHER

5-10 MINUTES



- March 1-2 Min
- Side Step 1-2 Min
- Knee Lift March 1-2 Min
- Heel Tap Back 1-2 Min
- Arm Swing Walk 1-2 Min

- Keep movements smooth and steady.
- Breathe deeply and maintain a comfortable pace.

**TIP:** Elevates heart rate, boosts energy and supports overall wellness.

## 11 COOLDOWN & STRETCH

5-8 MINUTES



- Hold each stretch for 20-30 seconds.
- Breathe deeply.
- Let your body relax and recover.

**TIP:** Reduces tension, improves flexibility and supports recovery.

## 7-DAY PLAN OVERVIEW (EXAMPLE)

<b>DAY 1</b> Strength Focus Upper & lower body strength exercises.	<b>DAY 2</b> Mobility Focus Stretch, mobility and balance work.	<b>DAY 3</b> Endurance Focus Low impact cardio and stamina building.	<b>DAY 4</b> Recovery Day Gentle movement, stretching or rest.	<b>DAY 5</b> Full Body Circuit Combine strength and cardio movements.	<b>DAY 6</b> Core & Balance Core strength and balance training.	<b>DAY 6</b> Core & Balance Repeat your favorite day or mix it up!

## PROGRESS & CELEBRATE

- ✔ Feel stronger
- ✔ Move with more ease
- ✔ Less pain & stiffness
- ✔ More energy
- ✔ More freedom in your RV life

You're doing something amazing for you! ❤️

## IMPORTANT REMINDERS

- ✔ Start slow. Even 5 minutes counts.
- ✔ Use the 24-hour rule: if symptoms increase, do less next time.
- ✔ Stop before you're exhausted.
- ✔ Flare day? Do less, not more.
- ✔ Consistency over intensity.



## BEST TYPES OF EXERCISE FOR FIBROMYALGIA

- ✔ Strength Training (Bodyweight, Bands, Dumbbells)
- ✔ Low Impact Cardio (Walking, Step, Cycling)
- ✔ Stretching & Mobility
- ✔ Yoga / Tai Chi
- ✔ Balance & Stability
- ✔ Deep Breathing & Relaxation



## REAL GOAL

To build a body that feels strong, capable and free to enjoy your RV adventures.



YOU'VE GOT THIS!