

10 RV-Friendly Band Exercises

(With Instructions + Arthritis & Limited Mobility Options)

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.

Upper Body Exercises

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

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

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

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

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

Lower Body Exercises

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

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

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

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

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