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HEALTHY U ❤️

# INTERMEDIATE Fibromyalgia Workout



**BUILD STRENGTH • IMPROVE MOBILITY • BOOST ENERGY**

A balanced plan designed for steady progress, less pain, and more freedom in your RV life.

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

## HOW TO USE THIS PLAN

Do this plan 3–5 days per week. Complete 1–2 rounds of each circuit. Rest 30–60 seconds between exercises.

## INTENSITY GUIDE



Work at a 4–6 out of 10 effort level. You should be able to talk while exercising. Stop if pain increases.

## EQUIPMENT (OPTIONAL)



Sturdy Chair



Resistance Band



Light Weights

### 1 SEATED MARCH 1 MINUTE



- Sit tall with your core engaged.
- Lift one knee at a time, marching in place.
- Swing your arms gently.

❤️ **TIP:** Great for circulation and warm-up.

### 2 SIT-TO-STAND 10–12 REPS



- Sit near the edge of the chair.
- Stand up slowly, then sit down with control.
- Use hands if needed.

★ **TIP:** Builds lower body strength and improves balance.

### 3 WALL PUSH-UPS 12–15 REPS



- Place hands on the wall at shoulder height.
- Bend elbows and lean in.
- Press back until arms are straight.

🛡️ **TIP:** Strengthens upper body without overdoing it.

### COOL DOWN & STRETCH 5 MINUTES

**NECK STRETCH**  
20 SECS EACH SIDE



**SHOULDER STRETCH**  
20 SECS EACH SIDE



**CHEST OPENER**  
20 SECS



**HAMSTRING STRETCH**  
20 SECS EACH LEG



**DEEP BREATHING**  
1 MINUTE



🌸 Breathe deeply and relax. Let your body recover.

### 4 STANDING SIDE STEPS 1 MINUTE



- Hold a chair or counter if needed.
- Step side to side with control.
- Keep your movements smooth.

👟 **TIP:** Improves stability and hip mobility.

### 5 BAND ROW 12–15 REPS



- Sit tall with band around a sturdy post or using feet for resistance.
- Pull elbows back, squeezing shoulder blades.
- Slowly return to start.

🌿 **TIP:** Strengthens back and supports better posture.

### 6 STEP TOUCH 1 MINUTE



- Step to the side and touch your foot.
- Alternate sides at a comfortable pace.
- Keep movements light and steady.

❤️ **TIP:** Low-impact cardio that boosts energy and mood.



## 7-DAY PLAN OVERVIEW (EXAMPLE)



**DAY 1**  
Strength Focus  
Build strength and stability.



**DAY 2**  
Mobility Focus  
Improve flexibility and movement.



**DAY 3**  
Cardio Focus  
Boost endurance and energy.



**DAY 4**  
Recovery Day  
Stretch, walk, or rest.



**DAY 5**  
Full Body Circuit  
Combine strength and mobility.



**DAY 6**  
Active Recovery  
Light movement and stretching.



**DAY 7**  
Your Best Day  
Repeat your favorite day!



## PROGRESS & CELEBRATE

- ✔ Notice improved energy
- ✔ Sleep better
- ✔ Less pain & stiffness
- ✔ More strength & confidence

*You're doing something amazing for you!* ❤️



## IMPORTANT REMINDERS

- ✔ Start slow and build gradually.
- ✔ 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

- 🚶 Walking
- 🏋️ Strength Training (Light Resistance)
- 🧘 Stretching & Yoga
- 🛀 Warm Water Exercise
- 🧘 Tai Chi
- 🚶 Balance & Mobility Work



## REAL GOAL

Feel better.  
Move better.  
Live your RV life to the fullest.



**YOU'VE GOT THIS!**