



6 Week Progression Plan for Joint Health Exercises

Weeks 1-2: Getting Started (Beginner Level)

- **Ankles:**
 - **Ankle Circles:** 20-30 seconds in each direction, once per day.
 - **Heel Raises:** 10 repetitions, 2 sets.
 - **Toe Taps:** 20-30 seconds, 1-2 sets.
- **Knees:**
 - **Chair Squats:** 8-10 repetitions, 1-2 sets.
 - **Step Touches:** 10-12 repetitions per side, 1-2 sets.
 - **Leg Extensions:** 8-10 repetitions per leg, 1 set.
- **Hips:**
 - **Hip Bridges:** 8-10 repetitions, 1-2 sets.
 - **Hip Circles:** 20-30 seconds in each direction, once per day.
 - **Lateral Leg Raises:** 8-10 repetitions per leg, 1 set.
- **Shoulders:**
 - **Shoulder Rolls:** 10 repetitions in each direction, once per day.
 - **Arm Circles:** 20-30 seconds, 1-2 sets.
 - **Wall Push-ups:** 5-8 repetitions, 1-2 sets.
- **Back:**
 - **Cat-Cow Stretch:** 5-8 repetitions, 1-2 sets.
 - **Back Extensions:** 5-8 repetitions, 1 set.
 - **Seated Twists:** 5-8 repetitions per side, 1-2 sets.
- **Core:**
 - **Modified Planks:** 10-20 seconds, 1-2 sets.
 - **Bicycle Crunches:** 6-8 repetitions per side, 1 set.
 - **Leg Raises:** 5-8 repetitions per leg, 1 set.

Weeks 3-4: Building Strength (Intermediate Level)

- **Ankles:**
 - **Ankle Circles:** 30 seconds in each direction, twice per day.
 - **Heel Raises:** 15-20 repetitions, 2 sets.
 - **Toe Taps:** 30-40 seconds, 2 sets.
- **Knees:**
 - **Chair Squats:** 10-12 repetitions, 2-3 sets.
 - **Step Touches:** 12-15 repetitions per side, 2 sets.
 - **Leg Extensions:** 10-12 repetitions per leg, 2 sets.
- **Hips:**
 - **Hip Bridges:** 12-15 repetitions, 2-3 sets.
 - **Hip Circles:** 30 seconds in each direction, twice per day.
 - **Lateral Leg Raises:** 12-15 repetitions per leg, 2 sets.
- **Shoulders:**
 - **Shoulder Rolls:** 15 repetitions in each direction, twice per day.
 - **Arm Circles:** 30-45 seconds, 2-3 sets.
 - **Wall Push-ups:** 8-12 repetitions, 2 sets.

- **Back:**
 - **Cat-Cow Stretch:** 8-10 repetitions, 2 sets.
 - **Back Extensions:** 8-10 repetitions, 2 sets.
 - **Seated Twists:** 8-10 repetitions per side, 2 sets.
- **Core:**
 - **Modified Planks:** 20-30 seconds, 2 sets.
 - **Bicycle Crunches:** 8-10 repetitions per side, 2 sets.
 - **Leg Raises:** 8-10 repetitions per leg, 2 sets.

Weeks 5-6: Increased Intensity (Advanced Beginner Level)

- **Ankles:**
 - **Ankle Circles:** 30 seconds in each direction, twice per day.
 - **Heel Raises:** 20-25 repetitions, 3 sets.
 - **Toe Taps:** 40-50 seconds, 2-3 sets.
- **Knees:**
 - **Chair Squats:** 12-15 repetitions, 3 sets.
 - **Step Touches:** 15-20 repetitions per side, 2-3 sets.
 - **Leg Extensions:** 12-15 repetitions per leg, 3 sets.
- **Hips:**
 - **Hip Bridges:** 15-20 repetitions, 3 sets.
 - **Hip Circles:** 30-40 seconds in each direction, twice per day.
 - **Lateral Leg Raises:** 15-20 repetitions per leg, 3 sets.
- **Shoulders:**
 - **Shoulder Rolls:** 20 repetitions in each direction, twice per day.
 - **Arm Circles:** 45 seconds, 3 sets.
 - **Wall Push-ups:** 12-15 repetitions, 3 sets.
- **Back:**
 - **Cat-Cow Stretch:** 10-12 repetitions, 2-3 sets.
 - **Back Extensions:** 10-12 repetitions, 3 sets.
 - **Seated Twists:** 10-12 repetitions per side, 2-3 sets.
- **Core:**
 - **Modified Planks:** 30-40 seconds, 2-3 sets.
 - **Bicycle Crunches:** 10-12 repetitions per side, 2-3 sets.
 - **Leg Raises:** 10-12 repetitions per leg, 3 sets.

Ongoing Progression (Beyond Week 6)

- **Advanced modifications (if you feel ready):**
 - **Ankle and Leg Exercises:** Add resistance bands to heel raises or lateral leg raises.
 - **Knee and Hip Work:** Progress to standing squats or lunge variations.
 - **Core:** Try standard planks or increase the duration of leg raises and bicycle crunches.
 - **Shoulders and Back:** Add light dumbbells to shoulder rolls or back extensions for more challenge.

By progressively increasing the repetitions, sets, and duration, you'll build a strong foundation for joint health and overall fitness. This approach will help you stay injury-free and mobile, especially in the limited space of your RV.