

RV Fit Starter Kit

Stay Strong in 10 Minutes a Day—From Anywhere

Simple, safe workouts designed specifically for RV living

No gym • No equipment • No floor required

Welcome to Your RV Fit Starter Kit

If you're reading this, you've already taken the hardest step—**deciding you want to stay strong for the road ahead.**

This guide was created specifically for:

- Small spaces
- Sore joints
- Long driving days
- Changing weather
- And real-life RV living

You will NOT find:

- Extreme workouts
- Intimidating exercises
- Pain-for-progress thinking

You WILL find:

- Simple strength
- Better balance
- Gentle mobility
- And routines you'll actually use

Even 10 minutes a day can change how you feel getting in and out of your RV.

Let's get started.

SAFETY FIRST

Before You Begin

Always follow these simple rules:

- Move slowly
- Never push through sharp pain
- Use support when needed (chair, wall, counter)
- Breathe normally
- Stop if you feel dizzy or unsteady

This program is designed for:

- ✓ Beginners
- ✓ Adults 45+
- ✓ Joint pain
- ✓ Balance concerns

If you are under medical care, always follow your provider's guidance.

THE 10-MINUTE DAILY RV WORKOUT

Your Core Routine (No Equipment)

Do this 3–5 days per week.

1. Warm-Up – 2 Minutes

- March in place
- Shoulder rolls
- Side steps
- Deep breathing

2. Lower Body – 3 Minutes

- Sit-to-stand from chair OR
- Counter-supported squats

Builds leg strength for RV steps and walking.

3. Upper Body – 2 Minutes

- Wall push-ups
- Counter push-offs

Helps with lifting, doors, storage, and posture.

4. Core & Balance – 2 Minutes

- Standing knee lifts
- Gentle abdominal tightening
- One-hand-supported balance holds

Protects your spine and prevents falls.

5. Cool Down – 1 Minute

- Shoulder stretch
- Gentle back stretch
- Slow breathing

5-MINUTE DRIVING DAY RESET

Use this on travel days.

1. Stand Tall & Breathe

Reach overhead, open chest, 3 slow breaths

2. Hips & Legs

March in place
Gentle chair squats
Hip circles holding counter

3. Back & Shoulders

Shoulder rolls
Wall push-ups
Gentle twists

★ This resets stiffness without exhausting you.

CHAIR WORKOUT FOR BAD WEATHER OR BAD PAIN DAYS

10-Minute Seated Routine

Warm-Up

- March feet
- Arm circles
- Deep breathing

Legs

- Leg extensions
- Heel taps
- Toe lifts

Upper Body

- Seated punches
- Overhead reaches
- Towel or band rows

Core & Posture

- Sit tall
- Gentle twists
- Core tightening

★ Perfect for rainy, windy, or flare-up days.

BALANCE & FALL-PREVENTION MINI ROUTINE

Practice 3–5 minutes daily.

Level 1 (Supported)

- Weight shifting
- Heel-to-toe rocking

Level 2 (Light Touch)

- One-leg stands
- Knee lifts

Level 3 (Free Standing)

- Gentle turns
- Uneven outdoor surfaces

★ Always practice near a counter or bed for safety.

CORE STRENGTH FOR RV LIFE

Standing Core Bracing

Hold belly tight for 5 seconds

Repeat 6–10 times

Seated Knee Lifts

One knee at a time

Stay tall

Countertop Plank (Optional)

Short holds

Neutral spine

Gentle Rotations

Slow twists side-to-side

★Helps with:

- RV steps
- Back protection
- Standing up
- Carrying items

MORNING MOBILITY FOR STIFF RV MORNINGS

Before Standing

- Ankle circles
- Knee bends
- Light core tightening

At Bedside

- Shoulder rolls
- Side bends
- Gentle standing

At Counter

- Hip hinges
- Chest openers
- Easy twists

★This is your most powerful pain-prevention habit.

WINDY DAY BACKUP ROUTINE

When balance is challenging:

- Wall or RV-side push-ups
- Counter-supported squats
- Seated band or towel pulls
- Marching while holding RV handle
- Standing stretch & breathing

★No floor • No flying mats • No embarrassment

WEEKLY RV FITNESS PLANNER

Use this simple structure:

| Day | Plan |
|-----|------------------------|
| Mon | 10-Min RV Workout |
| Tue | Balance + Walking |
| Wed | Chair Workout |
| Thu | 10-Min RV Workout |
| Fri | Driving Day Reset |
| Sat | Outdoor Walk + Stretch |
| Sun | Gentle Mobility |

★Consistency > Intensity

“BAD DAY” 5-MINUTE BACKUP PLAN

When motivation is low:

- 1 minute marching
- 1 minute chair squats
- 1 minute wall push-ups
- 1 minute balance holds
- 1 minute stretching

★Even this keeps your momentum alive.

FINAL ENCOURAGEMENT

You don't need perfect days.
You just need **repeatable days**.

Every rep you do helps you:

- Travel longer
- Stay independent
- Prevent injuries
- And enjoy the lifestyle you worked so hard for

You've got this!