



Healthy RVing - Healthy U

RV Home Gym Workout Guide

Ages 40–70

Staying active on the road doesn't require a full gym. This guide shows you how to safely turn your RV into a simple, effective workout space—no matter your floor plan.

RV Home Gym Essentials

- 1 Resistance bands (light to medium)
- 2 Mini loop bands
- 3 Light dumbbells (3–10 lbs)
- 4 Yoga or foldable exercise mat
- 5 Sturdy chair (dinette chairs work great)
- 6 Optional: balance pad or small Pilates ball

Turn Your RV Into a Gym

Living Area: Chair squats, standing marches, band rows, heel raises.

Bedroom: Stretching, gentle strength, bed-supported leg lifts.

Kitchen Counter: Supported squats, balance work, incline push-ups.

Outside (Optional): Walking, resistance bands, stair step-ups.

Beginner-Friendly RV Workout Routine

Frequency: 3–4 days/week **Time:** 15–25 minutes

Warm-Up (5 Minutes)

- 1 March in place – 1 minute
- 2 Shoulder rolls – 30 seconds
- 3 Arm circles – 30 seconds
- 4 Side bends – 1 minute
- 5 Heel-to-toe walks (hold counter) – 1 minute

Strength & Balance Circuit (1–2 Rounds)

- 1 Chair Squats – 8–12 reps
- 2 Standing Marches – 10 reps per side
- 3 Resistance Band Rows – 10–12 reps
- 4 Counter Push-Ups – 8–10 reps
- 5 Standing Leg Lifts – 8–10 reps per leg
- 6 Heel Raises – 10–15 reps

Cool Down & Stretch (5 Minutes)

- 1 Seated hamstring stretch
- 2 Chest opener stretch
- 3 Neck side stretches
- 4 Gentle seated spinal twist

Safety First

Move slowly, warm up before exercising, stop if you feel sharp pain or dizziness, and consult your healthcare provider before starting any new exercise routine.