



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 (dinettes 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.

Healthy RVing • Stay Strong Wherever You Park