

Your Road-Day Mini Routine (5 Minutes)

Do this every time you stop for gas or a rest break.



Chest Opener Stretch
20 sec.



Hip Flexor Stretch
20 sec. each side.



Calf Stretch
20 sec. each side.



Shoulder Rolls
10 each direction.



10 each direction.



Slow March in Place
30 sec.

After You Park: The Setup-Ready Routine (60 Seconds)

Do this before grabbing hoses, cords, or leveling blocks.



Gentle Back Twist
Twist gently
side to side.



Neck Circles
Slow neck rolls.



Deep Breathing
Inhale, exhale.



Slow Side Bends
Easy side bends.

Keep your joints happy and your body ready for RV life—
one small movement break at a time.