

7-Day RV Fitness Starter Plan

This beginner-friendly 7-day plan is designed to help RVers ease into regular movement without overwhelm. Each day focuses on mobility, strength, balance, or recovery—perfect for life on the road.

How to Use This Plan

- 1 Move at a pace that feels comfortable
- 2 Rest whenever needed
- 3 Most workouts take 10–25 minutes
- 4 Hold onto counters or chairs for balance
- 5 Always consult your healthcare provider before starting

Your 7-Day Plan

Day 1 – Full Body Basics

Chair squats, standing marches, band rows, heel raises (1 round)

Day 2 – Walking & Stretching

10–20 minute walk + gentle full-body stretching

Day 3 – Strength & Balance

Chair squats, counter push-ups, leg lifts, balance holds

Day 4 – Mobility Day

Shoulder rolls, spinal twists, hip openers, ankle mobility

Day 5 – Full Body Strength

Repeat Day 1 or add a second round if feeling strong

Day 6 – Light Cardio

Easy walk, campground loop, or marching in place

Day 7 – Rest & Recovery

Stretching, deep breathing, relaxation

Progress at Your Own Pace

- 1 Add 2–3 reps when exercises feel easy
- 2 Increase walking time gradually
- 3 Focus on consistency, not perfection
- 4 Some movement is always better than none

Healthy RVing • Simple Fitness for Life on the Road