

# The Fit RV's Totally Awesome Passenger Seat Workout!!!



*Stay healthy during long drives...do this workout to break up each 2 hour block of driving! There's a video of this workout, too! Find it on [www.thefitrv.com](http://www.thefitrv.com) by using the search function for "Passenger Seat Workout".*

**Fire Feet:** Stamp your feet as quickly as possible as if you were putting out a fire! *15-20 secs.*

**Heels in/Heels out:** Glue your toes and use them as a pivot to lift & tap your heels in and out. *10 reps*

**Toes in/Toes out:** Glue your heels and use them as a pivot to lift & tap your toes in and out. *10 reps*

**Heel to Shin:** Keep 1 foot on floor as you lift other heel so that it taps planted foot's shin. *10 each side*

**Shoulders Up, Back, Down:** Sit tall, not using back rest. Lift shoulders up, pull them back, & then pull them down. *10 reps*

**Ab tucks:** Sit tall. Exhale & draw your belly button back to your spine to slightly round your spine like a yoga cat position. Inhale & slightly arch back in a yoga cow position. *10 slow reps*

**Knee-Up Marches:** Lift your left knee and grab it with both hands to pull up higher. Switch to right knee. *10 each side*

**Cheek Squeezes:** Clench your buttocks as hard as you can and hold for about 2 seconds, then slowly release. *10 reps*

**Cuddle:** Give yourself a hug and squeeze hard. Repeat with other arm on top. Do a total of 15 hugs.

**Seated Twist:** Sit tall. Cross your left leg over right. Take your right hand and grab the left knee. Pull it to the right as you slightly (and very gently) twist to the left & look over left shoulder. Repeat other side. *10 slow reps*

**Draw Toe Circles:** Lift one leg a few inches & draw circles with toes clockwise, then counter-clockwise. *10 each way/side*

**Draw Heel Circles:** Lift one leg a few inches & pull toes back as far as you can. Draw circles. *10 each way on each side*

**Back Touches:** Sit tall, no back rest. Reach your right arm up as high as you can, then try to touch your back, as low down your back as you can reach. *10 slow reps per side*

**Heel Pushes:** Place your heels (& calves) against your seat. Push backwards against it to contract your muscles, like a hamstring curl. *10 very slow squeezes*

**Hand Pulls:** Lock your fingers together in front of you, so that one palm is facing you, and the other is facing out. Pull as you hold this position for 2 seconds. Rotate your grip so that palm facing out now faces in & pull. That's 1 rep. *10 slow reps*

**Hand Pushes:** Similar to the last one, only this time put the heels of your hands together, so that one heel is forward, and the other is backwards. Press as you hold this position for 2 seconds, then repeat other direction. *10 slow reps*

**Out-Out-In-In Coordination Marches:** You do this in 4 steps: 1. Step your left foot out to side as far as possible. 2. Step your right foot out to side as far as possible. 3. Step your left foot back in. 4. Step your right foot back in. Now repeat these steps EXCEPT! Lead with your right foot first this time. Continue alternating, and challenge yourself to go as fast as possible without breaking rhythm. It's hard!!! *10 super fast reps*

**Squeeze Knees:** Sit with good posture. Slowly squeeze your knees together, and slowly release. *10 slow reps*

AND THAT'S IT, YOU DID IT! WOOT! YOU'RE SO AWESOME!

xoxo, Stef