



Get Fit
On The
Road!

Stef's Anti-Aging Workout

Besides a wall (or an RV!) no equipment is needed for this workout that will challenge your balance, build your strength, and increase your joint range-of-motion.

Go through the circuit 3 times for a full workout.

Safety first!

If any exercise hurts (beyond expected exercise discomfort), don't do it!

EXERCISE 1: Planked Lunge-Taps

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Place your hands on the wall with your feet as far back as you feel you can safely go. Alternate tapping one foot forward and then the other, without placing any weight on the tapping foot. Do a total of 10 taps per side.



EXERCISE 2: Tippy-Toes Triceps Reaches

Stand sideways to your wall with the elbow of your near arm pointed up to the sky and your fingertips reaching down your back as far as you can. Raise to your tippy toes and reach your arm up as high as you can and touch the wall.



EXERCISE 3: Planked Hamstring Curls

Place your forearms on the wall (in elbow plank) with your feet as far back as you feel you can safely go. Alternate "kicking yourself in the butt" one heel to glutes, and then the other. Do a total of 10 curls per side.



EXERCISE 4: Side-Crunch Planks

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Do a side elbow plank on your wall, reaching your far arm up the wall and extending your far leg out without letting it touch the ground. Using your core, drive your outer elbow and knee together, squeezing tightly, and then slowly return to extension. Do 10 per side.



EXERCISE 5: Squat Hold Snowangels

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Place your back against the wall with your feet planted away from the wall. Bend your knees so you're slightly squatted (knees don't pass toes). Hold the squat while you lift arms along the wall as if making a snowangel.

Try to keep your back, head, and arms touching the wall at all times. Do 10 reps.



EXERCISE 6: Sumo Rotators

Stand facing the wall with feet spread wide and toes turned outward. Gently shift your weight to the right, bending your right knee (and keeping your left leg straight) so that you are lunged. Simultaneously, rotate your trunk to the right and use your LEFT hand to reach as far down the wall to the right as you can. Repeat other direction, 10 reps.

