



Get Fit On The Road!

Stef's Balance Workout

No equipment needed for this workout that will challenge your balance, build your strength, and increase your stability.

(Make sure to watch the video for exercise demos before beginning!)

Safety first! Seniors and beginners, use a wall or railing for each exercise. Go through the circuit 3 times for a full workout.

EXERCISE 1: Walking Robot Lunges

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STEP 1. Lunge forward on right foot while rotating trunk to right.

STEP 2 ADVANCED: Shift all weight onto right foot for single leg balance and hold 3 secs before placing left foot down and lunging on left to repeat on the other side. 10 reps.

STEP 2 BEGINNER/SENIOR: Go immediately into a forward lunge on left foot while rotating trunk to left, no balance hold between alternating lunge steps. 10 reps.



EXERCISE 2: Arabesque Windmills

Stand on left foot, knee slightly bent. Reach torso forward & hold right leg lifted behind you. Reach your arms out to sides and hold for a moment. Then slowly rotate right arm forward while left arm goes back, and then rotate the other way. This is one rep. Do 5 then switch to other leg. Beginners/seniors, keep back leg's toes on ground and keep torso upward as you rotate arms (see video).



EXERCISE 3: Split Squat with Front Leg Raise

Start in a split stance, right leg forward & left leg back. Flex knees & lower hips as if you were about to kneel on back knee. As you rise up, shift weight to back foot & raise front leg out in front of you. Hold pose for 1-3 secs before placing foot down & lowering into split squat again. Repeat 10 times then switch to other side. Beginners can keep toes of front foot lightly down instead of lifting leg up, & should hold on.



EXERCISE 4: Grapevines

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Stand erect with your knees slightly bent. Step to the side with your left foot, then step your right foot behind your left. Stride to your left again with your left foot, then bring your right foot in front of your left. Continue this pattern, either taking jogging steps or walking depending on your level. Practice grapevines for 1 minute. Make sure to go both directions an equal amount of time.



EXERCISE 5: Tabletop Reaches

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Advanced, start in hand plank with feet spread, hands slightly wider than shoulders. Beginners and seniors, start on hands and knees, hands directly under shoulders and knees hip width. Very slowly extend right arm & left leg out so they are parallel (or slightly raised) to ground. Then drive your right elbow and left knee together. Repeat 10 times and then switch to other side.



EXERCISE 6: V Hold

Begin seated. Extend legs out & lean back so that body is in an opened up V position. DO NOT allow back & shoulders to round! Hold as long as you can. Practice for 1 minute. OPTIONS: 1 Hands behind head, 2 Arms straight forward, 3 Knees bent, 4 hold thighs with hands (easiest). All are demonstrated in video!

