



Get Fit with Trainer Stef!

**Stef's Resistance Bands Around the RV Workout**

Begin by watching the companion video for this workout over on the FitRV website. Then, do a quick warm-up, grab your bands and begin! Alternate between the 2 exercises in each superset 3 times before moving on to the next superset. Do 10-15 reps per exercise. Use good form and remember to challenge yourself. If the exercise doesn't feel "hard", increase the intensity.

**Superset #1**

**EXERCISE 1A: Side-Stepup with Leg Lift**

Plant foot sideways on raised (and safe!) step. Step up and simultaneously raise outer leg straight out. Do both sides.



**EXERCISE 1B: Lawnmowers**

Step on band with forward foot, opposite arm rows by driving elbow straight back. Keep back straight, lean fwd slightly at hips.



**Superset #2**

**EXERCISE 2A: Squat with Biceps Curl Combo**

Step on band with both feet. Hold handles up at shoulders and do a squat. Keep legs straight and do a biceps curl. Continue alternating.



**EXERCISE 2B: RV Push-ups**

Plant hands on wall with fingers spread and turned slightly inwards. Have feet planted away from wall as far as you feel safe. Perform pushups keeping body in straight line.



**Superset #3**

**EXERCISE 3A: Shoulder Press**

Step on band with one foot. Same side hand grabs handle. Hold handle up at cheek level with palm facing forward. Press up to sky and slowly return. Core is tight, and use good posture.



**EXERCISE 3B: Resisted Sidesteps**

Step on band with both feet. Cross handles so the band makes an "X" in front of you. Carefully take a large step to the side, and continue slowly side stepping. Do both sides.



**Superset #4**

**EXERCISE 4A: Triceps Extensions**

Step on band with one foot. Same side hand grabs handle. Keeping elbow pointed upwards and close to head, drop handle behind neck. Slowly straighten arm up to sky. Key here is keeping elbow in close to head.



**EXERCISE 4B: Side Plank Crunch**

Stand sideways to wall. Place near hand on it and lean into it keeping body straight. Place near foot in front. Crunch opposite elbow and knee together slowly. Do both sides.

