The Tripping Yogi

6 Stretches for RV Travel Days

Stretch in the most beneficial way to alleviate your stiffness and travel fatigue. Do the stretches in sequence or pick stretches for your tightest areas. If you have an illness or injury please seek medical advice. This sequence is not a substitute for professional medical advice or treatment.

1. Back Stretch

What it does: Relieves mid and low back pain by stretching the front and back sides of the body simultaneously.

How to: Place your hands on the table. Walk your feet back until you are on your tip toes. Gently lean your hips into the table. Draw you shoulder blades closer together.

Hold: Take 3-4 deep breathes. Repeat as often as you like.

2. Hamstring Stretch

What it does: Relieves tight glutes and hamstrings by stretching the length of the leg.

How to: Place left hand on the table for support. Place right heel on the bench. Reach your hands toward your toes. Rest one or both hands on your leg or toes. Flex your right foot towards you. It's ok to have a slight bend in your knees.

Hold: Take 3 deep breathes; repeat on the other side.

3. Hip Flexor Stretch

What it does: Relieves tight hip flexors in the front groin area where the hip and leg attaches.

How to: Place right hand on the table for support. Place the left leg behind you on the bench so the leg is on a slight angle. Slightly bend the right knee until you feel the left hip flexor stretch. Bend into the stretch to your point of comfort.

Hold: Take 2-3 deep breathes; repeat of the other side.

4. Twist Side Stretch

What it does: Relieves tight muscles along both sides of the spine from the shoulders to top of hips. Provide movement to aid digestion.

How to: Sitting at the end of the bench cross the left leg over the right. Place the left hand of the inside of the left knee/thigh area. Inhale to straighten your spine and twist gently to right. Place the right hand behind you for support. Gently twist right to your point of comfort.

Hold: Take 2-3 deep breathes; repeat of the other side.

5. Figure Four Stretch

What it does: Relieves tight glutes, hips and hamstrings.

How to: Sit on the bench and place right ankle on left thigh just above the knee. Flex your left foot. Place your hands on your legs and gently press down and lean forward to your point of comfort.

Hold: Take 2 or 3 deep breathes; repeat on the other side.

6. Side Bend Stretch

What it does: Relieves muscles along the side body from the waist up to finger tips.

How to: Place your left hand on the table for support. Spread your feet apart. Raise your right arm overhead and dip over toward the table to your point of comfort. Keeping the feet wide gives you an inner thigh stretch as well.

Hold: Take 2 deep breathes; repeat on the other side.

About Theresé

I'm a yoga teacher and fulltime RVer. I help RVers keep up their yoga practices and health on the road. I travel the US and Mexico teaching yoga, exploring communities to gather inspiring life stories to share on The Tripping Yogi blog. Follow me on Instagram @thetrippingyogi and Facebook under Theresé Julo

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