

Van-Life Adventurer Fitness Guide

This Van-Life Fitness Guide provides a 6-week plan with minimal equipment workouts you can do anywhere-perfect for road trips and life on the move. Each session includes mobility, strength, and conditioning to keep you healthy while traveling.

Week 1

Warm-Up: Arm Circles, Hip Openers, Cat-Cow (5 min)

Main Set:

- Push-Ups: 3x12
- Air Squats: 3x15
- Plank Shoulder Taps: 3x20
- Resistance Band Rows: 3x12

Conditioning: 8-12 min AMRAP (Jumping Jacks, Mountain Climbers, Burpees).

Cool-Down: Shoulder and lower back stretches (5 min)

Week 2

Warm-Up: Arm Circles, Hip Openers, Cat-Cow (5 min)

Main Set:

- Push-Ups: 3x12
- Air Squats: 3x15
- Plank Shoulder Taps: 3x20
- Resistance Band Rows: 3x12

Conditioning: 8-12 min AMRAP (Jumping Jacks, Mountain Climbers, Burpees).

Cool-Down: Shoulder and lower back stretches (5 min)

Week 3

Warm-Up: Arm Circles, Hip Openers, Cat-Cow (5 min)

Main Set:

- Push-Ups: 3x12
- Air Squats: 3x15

- Plank Shoulder Taps: 3x20
- Resistance Band Rows: 3x12

Conditioning: 8-12 min AMRAP (Jumping Jacks, Mountain Climbers, Burpees).

Cool-Down: Shoulder and lower back stretches (5 min)

Week 4

Warm-Up: Arm Circles, Hip Openers, Cat-Cow (5 min)

Main Set:

- Push-Ups: 3x12
- Air Squats: 3x15
- Plank Shoulder Taps: 3x20
- Resistance Band Rows: 3x12

Conditioning: 8-12 min AMRAP (Jumping Jacks, Mountain Climbers, Burpees).

Cool-Down: Shoulder and lower back stretches (5 min)

Week 5

Warm-Up: Arm Circles, Hip Openers, Cat-Cow (5 min)

Main Set:

- Push-Ups: 3x12
- Air Squats: 3x15
- Plank Shoulder Taps: 3x20
- Resistance Band Rows: 3x12

Conditioning: 8-12 min AMRAP (Jumping Jacks, Mountain Climbers, Burpees).

Cool-Down: Shoulder and lower back stretches (5 min)

Week 6

Warm-Up: Arm Circles, Hip Openers, Cat-Cow (5 min)

Main Set:

- Push-Ups: 3x12
- Air Squats: 3x15
- Plank Shoulder Taps: 3x20
- Resistance Band Rows: 3x12

Conditioning: 8-12 min AMRAP (Jumping Jacks, Mountain Climbers, Burpees).

Cool-Down: Shoulder and lower back stretches (5 min)