

Fibromyalgia

Workout 1 of 4: Full Body Circuit | Beginner | 15 min warm-up + 30 min workout + 15 min abs

LEVEL	TIME	FOR	EQUIPMENT
Beginner	60 minutes	Fibromyalgia	Sturdy chair, light resistance band, light dumbbells (1-5 lb), mat

Workout 1 of 4: Full Body Circuit. Regular gentle strength training is one of the most helpful things for fibromyalgia pain, sleep and energy. The key is to start low and go slow. Work at about 2-4 out of 10 effort and finish feeling like you could have done more. Mild soreness is normal; a big flare means you did too much, so scale back next time.

Before you start

- Get your doctor's OK before starting.
- Start with half the reps and 1-2 rounds for the first two weeks, then build slowly.
- On flare days, do only the warm-up as gentle movement.
- A warm shower or warm room before training can ease stiffness.

Stop right away and get help if you feel

- Sharp pain, or pain that keeps building as you go
- Chest pain or unusual shortness of breath
- Dizziness or feeling faint
- Overwhelming fatigue

This workout is general fitness guidance from Conquer Boxing Fitness & Health and is not medical advice. It does not replace care from your doctor. Always follow your healthcare provider's instructions about exercise, and stop any movement that causes pain.

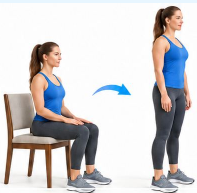
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WARM-UP

15 MIN

Format: Gentle, slow movement in a comfortable range.

#	Photo	Exercise	Dose	How to do it
1		March in place with arm swings	3 min	Easy pace. Let stiff joints loosen gradually.
2		Finger and wrist circles	2 min	Open and close hands, then gentle wrist circles both directions.
3		Shoulder rolls and arm circles	2 min	Small, comfortable circles. Stay in a pain-free range.
4		Ankle circles and heel-toe rocks	2 min	Hold a chair. Circle each ankle, then rock heel to toe.
5		Light shadowboxing	3 min	Relaxed jab-cross with an open, loose fist.
6		Slow sit-to-stand	3 min	1 minute on, 30 seconds marching, twice. Exhale as you stand.

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MAIN WORKOUT

30 MIN

Format: Circuit. Complete all 6 exercises, resting 60 seconds between exercises. Rest 2-3 minutes and repeat for 3 rounds total. On flare days, do 1-2 rounds.

#	Photo	Exercise	Dose	How to do it
1		Chair squat	8-10 reps	Sit back toward the chair until you lightly touch it, then stand tall. Exhale on the way up.
2		Wall push-up	8-10 reps	Hands on the wall at shoulder height, body straight. Lower chest toward the wall, exhale as you push away.
3		Resistance band row	8-10 reps	Anchor the band at chest height. Pull elbows back and squeeze shoulder blades together.
4		Glute bridge	8-10 reps	On your back, knees bent. Lift hips, squeeze, lower slowly. Roll to your side to get up.
5		Supported split squat	6-8 each leg	Hold a chair. Lower straight down a few inches, keep the front knee over the ankle.
6		Steady shadowboxing	1 min	Relaxed jab-cross-hook at a pace you could keep up for several minutes.

Light weights, slow movements, comfortable range. Less is more with fibromyalgia.

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ABS & CORE

15 MIN

Format: Easy pace. Work for the time shown, rest 20 seconds. Do exercises 1-9 twice (about 12 minutes), then finish with the cool-down. Skip any move that hurts your back or neck.

#	Photo	Exercise	Dose	How to do it
1		Crunches	20 sec	Knees bent, hands lightly behind your head. Exhale and lift shoulders off the mat, lower slowly. Do not pull on your neck.
2		Heel taps	20 sec	On your back, knees bent, shoulders slightly lifted. Reach side to side to tap each heel.
3		Bent-knee leg raises	20 sec	On your back, hands under your hips. Keep knees bent and lift them toward your chest, then lower slowly. Low back stays on the mat.
4		Russian twists	20 sec	Sit with knees bent, heels on the floor, lean back just a little. Turn your shoulders side to side, hands together, no weight.
5		Seated figure 8	20 sec	Sit with knees bent, lean back slightly. Pass a light ball (or nothing) under one knee and around the other in a figure 8.
6		Low plank (forearms)	15 sec	Elbows under shoulders, knees down. Lift to your toes only when it feels easy. Keep breathing the whole time.
7		Side plank, each side	10 sec each	Elbow under shoulder, knees bent and stacked, hips lifted. Keep breathing.
8		Toe touches	20 sec	On your back, knees bent and lifted over your hips. Exhale and reach hands toward your shins.
9		Sit-ups with punches	20 sec	Knees bent, feet anchored under a couch or held by a partner. Roll up halfway, throw a jab-cross, roll down slowly. Exhale on the punches.
10		Cool-down: breathing and stretch	3 min	Slow breaths in for 4, out for 6. Stretch chest, hamstrings, hips and calves. Stand up slowly.