

Wheelchair & Seated-Only Training

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	Wheelchair user / seated-only training	Your wheelchair (brakes locked) or a sturdy chair, resistance bands, light dumbbells (1-8 lb), towel

Workout 1 of 4: Full Body Circuit. This program is done entirely seated. It builds the shoulders, back, arms and core you use every day, with extra back and shoulder-blade work to balance all the pushing you do. Lock your brakes, sit tall, and work at about 4-6 out of 10 effort.

Before you start

- Get your doctor's or physical therapist's OK before starting.
- Mild discomfort (3 out of 10 or less) that settles within a day is OK. Sharp pain means stop that move.
- Lock your wheelchair brakes. Do pressure-relief lifts during rests if you use them, and check your skin afterward.

Stop right away and get help if you feel

- Sharp shoulder or elbow pain
- Skin redness or sores
- Dizziness, chest pain or unusual shortness of breath
- A pounding headache with sweating or flushing (if you have a spinal cord injury, get help right away)

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.

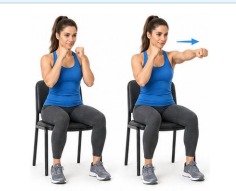
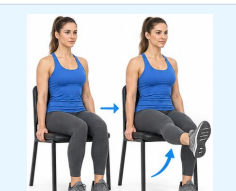
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WARM-UP

15 MIN

Format: Seated. Easy pace. Brakes locked.

#	Photo	Exercise	Dose	How to do it
1		Seated breathing	2 min	Slow breaths in through the nose for 4, out for 6.
2		Seated march	3 min	Lift knees gently and swing arms.
3		Shoulder rolls and arm circles	2 min	Small and relaxed.
4		Seated toe taps and heel raises	3 min	Alternate feet at an easy rhythm to pump blood from the legs.
5		Seated shadowboxing	3 min	Slow jab-cross while sitting tall.
6		Seated knee extensions	2 min	Straighten one knee, lower slowly, switch legs.

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MAIN WORKOUT

30 MIN

Format: Circuit. Complete all 6 exercises, resting 30-45 seconds between exercises. Rest 2 minutes and repeat for 3 rounds total.

#	Photo	Exercise	Dose	How to do it
1		Seated band row	12-15 reps	Band anchored in front. Pull elbows back, squeeze shoulder blades. Balances out pushing.
2		Seated chest press	10-12 reps	Band behind you or light dumbbells. Press forward at chest height.
3		Seated band pull-apart	12-15 reps	Arms straight at chest height, pull the band apart.
4		Seated bicep curl	10-12 reps	Elbows by your sides. Curl up, lower slowly.
5		Seated triceps press-down	10-12 reps	Band anchored above. Press down, return slowly.
6		Seated punches	1 min	Sit tall, brace your core, jab-cross-hook at a steady pace.

Twice as many pulls as pushes keeps your shoulders healthy when you push a chair all day.

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ABS & CORE

15 MIN

Format: Easy pace. Work for the time shown, rest 20 seconds. Do exercises 1-8 twice (about 11 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	Seated: sit tall, hands on thighs, exhale and curl your chest toward your knees.
2		Heel taps	20 sec	Seated: reach down toward one ankle, then the other, as far as is comfortable.
3		Russian twists	20 sec	Seated tall, hands together, turn your shoulders side to side.
4		Seated figure 8	20 sec	Seated: pass a light ball around your body in a figure 8 at waist height.
5		Seated side leans	20 sec	Sit tall, hands behind your head or on your chest. Lean slowly side to side and return to center.
6		Sit-ups with punches	20 sec	Seated: lean back slightly, then sit tall and throw a jab-cross.
7		Seated press-up hold	15 sec	Hands on the armrests or chair seat, press down to lift your hips slightly. Hold, breathe, lower.
8		Toe touches	20 sec	Seated: reach forward toward your feet, exhale, and sit back up tall.
9		Cool-down: breathing and stretch	3 min	Seated breathing and gentle stretches for chest, shoulders and neck.