

Congestive Heart Failure

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	Congestive heart failure (stable)	Sturdy chair with no arms, light resistance band, light dumbbells (1-3 lb), mat or couch for abs

Workout 1 of 4: Full Body Circuit. This session is for people with stable heart failure who have been cleared by their cardiologist. Every exercise can be done standing or seated. Keep your effort light (about 2-4 out of 10) and rest whenever you need to. Strength and stamina come back slowly, and consistency matters more than effort.

Before you start

- Exercise only with your cardiologist's approval and within any limits they set.
- Weigh yourself each morning. If you gained 2-3 lb overnight or 5 lb in a week, skip today and call your doctor.
- Skip today if your ankles are more swollen than usual or you are short of breath at rest.
- If lying flat makes you short of breath, do the abs seated or reclined on a couch instead of the floor.

Stop right away and get help if you feel

- Chest pain, pressure or tightness
- Dizziness, lightheadedness or feeling faint
- Unusual shortness of breath
- An irregular, racing or pounding heartbeat
- Sudden swelling, or a cough that brings up pink, frothy mucus (call 911)

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: Move gently and rest as needed. It's fine if you sit for any of these.

#	Photo	Exercise	Dose	How to do it
1	 A woman is shown in two positions: seated on a chair and standing. In the seated position, she is lifting her knees and swinging her arms. In the standing position, she is marching in place. A blue arrow indicates the transition from seated to standing.	Seated or standing march	3 min	Lift knees gently and swing arms. Sit if you need to.
2	 A woman is shown in two positions: standing with arms at her sides (labeled 'START') and standing with arms in small circles (labeled 'FINISH'). Blue arrows indicate the movement of the shoulders and arms.	Shoulder rolls and arm circles	2 min	Roll shoulders back and forward, then small arm circles.
3	 A woman is shown in two positions: seated on a chair with feet flat on the floor (labeled 'START') and seated on a chair with feet flat on the floor and heels lifted (labeled 'FINISH'). Blue arrows indicate the movement of the feet.	Seated toe taps and heel raises	2 min	Alternate tapping toes and lifting heels to get blood moving in the legs.
4	 A woman is shown in two positions: standing with feet together (labeled 'START') and standing with one foot stepped out to the side (labeled 'FINISH'). A blue arrow indicates the movement of the foot.	Side step-touch	2 min	Step side to side. Hold a chair if you need balance.
5	 A woman is shown in two positions: standing in a boxing stance with fists up (labeled 'START') and standing in a boxing stance with one arm extended forward (labeled 'FINISH'). A blue arrow indicates the movement of the arm.	Light shadowboxing	3 min	Seated or standing. Slow jab-cross. Exhale on every punch.
6	 A woman is shown in two positions: seated on a chair (labeled 'START') and standing (labeled 'FINISH'). A blue arrow indicates the movement from seated to standing.	Slow sit-to-stand	3 min	Stand up and sit down slowly, resting as needed. Exhale as you stand.

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MAIN WORKOUT

30 MIN

Format: Circuit. Complete all 6 exercises, rest 2-3 minutes, and repeat for 3 rounds. Rest 60 seconds between exercises. Stop after 2 rounds if you feel tired.

#	Photo	Exercise	Dose	How to do it
1		Sit-to-stand	8-10 reps	Use your hands on your thighs if needed. Exhale as you stand.
2		Seated band row	8-10 reps	Band around your feet. Pull elbows back, squeeze shoulder blades.
3		Wall push-up	8-10 reps	Hands on the wall, body straight. Small range of motion is fine.
4		Seated knee lifts	8 each leg	Sit tall, lift one knee a few inches, lower slowly.
5		Seated band chest press	8-10 reps	Band behind your back. Press hands forward at chest height.
6		Easy march	1 min	Seated or standing, at a relaxed pace.

Never hold your breath. Avoid lifting weights overhead and anything that makes you strain.

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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. Or on the floor if lying flat feels fine.
2		Heel taps	20 sec	Seated: lean back slightly and reach side to side toward each ankle.
3		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.
4		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.
5		Bent-knee leg raises	20 sec	Seated: hold the chair seat, lift both knees a few inches, lower slowly.
6		Toe touches	20 sec	Seated: lift one leg straight, reach toward the toes, switch legs.
7		Sit-ups with punches	20 sec	Seated: lean back slightly, then sit up tall and throw a slow jab-cross.
8		High plank	15 sec	Against a wall: hands on the wall, step feet back, hold 15 seconds and keep breathing.
9		Cool-down: breathing and stretch	3 min	Slow breaths in for 4, out for 6. Gentle stretch for chest and calves. Stand up slowly.