

Hip Replacement

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	Hip replacement	Sturdy chair with arms (higher seat helps), light resistance band, mat, counter

Workout 1 of 4: Full Body Circuit. After a hip replacement, strengthening your hip and legs is key to walking well and preventing falls. This program is for people cleared by their surgeon. It respects common hip precautions: no deep bending, no crossing your legs and no twisting on the new hip. Work at about 3-4 out of 10 effort.

Before you start

- Only start once your surgeon or physical therapist has cleared you, and follow the hip precautions they gave you.
- If you had surgery, follow your surgeon's and physical therapist's protocol and timelines. They come first.
- Mild discomfort (3 out of 10 or less) that settles within a day is OK. Sharp pain means stop that move.
- Don't bend the hip past 90 degrees, cross your legs or twist on the operated leg until your surgeon says it's OK. Use a higher chair.

Stop right away and get help if you feel

- Sharp hip or groin pain
- Catching, locking or giving way in the hip
- New swelling, warmth or redness
- Numbness or tingling down the leg
- Calf pain, swelling or sudden shortness of breath (possible blood clot; call your doctor or 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: Easy pace, holding a counter for support.

#	Photo	Exercise	Dose	How to do it
1	A woman in a blue tank top and black leggings is shown in two positions: standing and stepping forward with her right leg. She is holding a grey counter with her left hand. Blue arrows indicate the movement of the leg.	March in place (holding counter)	3 min	Small, easy knee lifts, below hip height.
2	A woman in a blue tank top and black leggings is shown in two positions: standing with her arms at her sides and standing with her arms rolled back. Blue arrows indicate the movement of the shoulders.	Shoulder rolls	2 min	Back and forward.
3	A woman in a blue tank top and black leggings is shown in two positions: standing and rising onto her toes. She is holding a grey counter with her left hand. A blue arrow indicates the upward movement of the heel.	Heel raises (holding counter)	2 min	Rise onto your toes and lower slowly.
4	A woman in a blue tank top and black leggings is shown in two positions: standing and lifting her right leg slightly out to the side. She is holding a black chair with her left hand. Blue arrows indicate the movement of the leg.	Standing side leg lift (small)	2 min	Hold the counter, lift each leg slightly out to the side, toes forward.
5	A woman in a blue tank top and black leggings is shown in two positions: standing with her feet hip-width apart and standing with her weight shifted to her right leg. A blue double-headed arrow indicates the shift in weight.	Weight shifts	3 min	Feet hip-width apart, shift your weight slowly side to side and front to back.
6	A woman in a blue tank top and black leggings is shown in two positions: sitting on a grey chair and standing. A blue arrow indicates the movement from sitting to standing.	Sit-to-stand (high chair)	3 min	Slide forward, operated leg slightly in front, stand up with your hands if needed.

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MAIN WORKOUT

30 MIN

Format: Circuit. Complete all 6 exercises, resting 45-60 seconds between exercises. Rest 2 minutes and repeat for 3 rounds total.

#	Photo	Exercise	Dose	How to do it
1		Sit-to-stand (high chair)	8-10 reps	Higher seat, operated leg slightly forward. Stand tall, sit slowly.
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		Standing side leg lift	10 each leg	Hold a counter. Lift the leg out to the side a few inches, toes forward.
5		Standing hip extension	10 each leg	Hold a counter. Move one leg straight back a few inches, keep your back tall.
6		Seated or standing punches	1 min	Easy jab-cross with feet planted. No twisting on the operated leg.

Follow your hip precautions on every move. Use support whenever you need it.

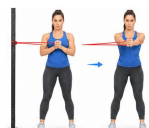
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ABS & CORE

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		Core breathing	20 sec	Lying or seated. Breathe in to expand your ribs, then exhale and gently draw your belly in.
2		Crunches	20 sec	Knees bent and apart, hip-width. Small lift only.
3		Glute bridge	20 sec	On your back, knees bent. Exhale, lift hips, lower slowly.
4		Heel slides	20 sec	On your back, knees bent. Exhale and gently draw your belly in, then slide one heel out and back. Switch legs.
5		Band Pallof press	20 sec	Band anchored at chest height to your side. Press hands straight out and resist the twist. Exhale on each press.
6		Wall plank	15 sec	Forearms on the wall, step feet back, body straight. Keep breathing.
7		Bird dog	20 sec	Only once your therapist clears kneeling. Small reaches.
8		Standing knee drives	20 sec	Hold a chair. Lift knees only to a comfortable height, below hip level.
9		Cool-down: breathing and stretch	3 min	Slow breaths in for 4, out for 6. Stretch chest, hamstrings, hips and calves. Stand up slowly.