

Stress Fracture

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	Stress fracture (foot or leg)	Sturdy chair, resistance bands, light dumbbells (2-10 lb), mat, your boot or crutches if prescribed

Workout 1 of 4: Full Body Circuit. A stress fracture needs time without impact to heal. This program keeps your upper body, core and uninjured leg strong while the injured leg rests, using seated and lying exercises. Only add weight on the injured leg when your doctor clears you. Work at about 4-5 out of 10 effort.

Before you start

- Get your doctor's OK, and follow their weight-bearing instructions exactly.
- If you had surgery or wear a boot, follow your doctor'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.
- No standing exercises on the injured leg until cleared. Everything here can be done seated or lying down.

Stop right away and get help if you feel

- Pain at the fracture site
- New swelling or bruising
- Pain at night or at rest
- Numbness or tingling

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. Injured leg rests.

#	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	10-12 reps	Band around a sturdy anchor. Pull elbows back, squeeze shoulder blades.
2		Seated dumbbell chest press	10-12 reps	Sit tall, press light dumbbells forward at chest height.
3		Seated bicep curl	10-12 reps	Elbows by your sides. Curl up, lower slowly.
4		Lying side leg lift (good leg)	10-12 reps	Lie on your side, lift the top leg a few inches. Switch sides only if the injured leg is cleared.
5		Straight leg raise	10 each leg	On your back, other knee bent. Lift the straight leg slowly. Injured leg only if cleared.
6	START → JAB → CROSS	Seated punches	1 min	Sit tall, jab-cross-hook at a steady pace.

Keep weight off the injured leg. Upper body and core can work at a normal effort.

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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		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		Low plank (forearms)	15 sec	Forearms and knees down, or on a bench. Hold 15 seconds.
6		Side plank, each side	10 sec each	On your forearm, knees bent, injured side up if lying on it hurts. Hold 10 seconds.
7		Toe touches	20 sec	On your back, knees bent and lifted over your hips. Exhale and reach hands toward your shins.
8		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.
9		Dead bug	20 sec	On your back, knees and arms up. Slowly lower opposite arm and leg, keeping your low back flat.
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.