

ACL Tear or Reconstruction

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	ACL tear or reconstruction	Sturdy chair, resistance bands (loop band helps), light dumbbells (2-10 lb), mat

Workout 1 of 4: Full Body Circuit. After an ACL injury, strong hamstrings, quads and hips help protect the knee, and balance training helps it feel stable again. This program builds that strength with controlled moves and keeps you away from pivoting, cutting and jumping. Work at about 4-5 out of 10 effort.

Before you start

- Get your surgeon's or physical therapist's OK, and ask which stage of recovery you're in.
- 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.
- No pivoting, twisting, cutting or jumping on the injured knee until you're cleared. Keep your knee in line over your toes.

Stop right away and get help if you feel

- Sharp knee pain
- Locking, catching or the knee giving way
- New swelling, warmth or redness
- Calf pain or swelling (possible blood clot; call your doctor)

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. Knees track over your toes.

#	Photo	Exercise	Dose	How to do it
1		March in place	3 min	Easy pace, comfortable knee height.
2		Seated knee bends and straightens	2 min	Sit tall. Slowly straighten one knee, then bend it back, both legs.
3		Ankle circles and heel raises	2 min	Hold a chair. Circle each ankle, then rise onto your toes.
4		Side step-touch	2 min	Easy rhythm, small steps.
5		Supported leg swings	3 min	Hold a chair. Small, smooth swings forward-back and side to side.
6		Mini squats (high chair)	3 min	Small squats toward a higher seat. 1 minute on, 30 seconds marching, twice.

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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		Box squat (high chair)	10-12 reps	Sit back toward a higher seat, staying above knee height, then stand tall. Knees track over your toes.
2		Wall push-up	10-12 reps	Hands on the wall at shoulder height, body straight. Lower chest toward the wall, exhale as you push away.
3		Resistance band row	10-12 reps	Anchor the band at chest height. Pull elbows back and squeeze shoulder blades together.
4		Glute bridge	10-12 reps	On your back, knees bent. Lift hips, squeeze, lower slowly. Roll to your side to get up.
5		Standing hamstring curl	10-12 each leg	Hold a chair. Bend one knee to bring your heel toward your glutes, lower slowly.
6		Planted-feet shadowboxing	1 min	Jab-cross with feet planted and knees soft. No pivoting or bouncing.

Knees in line with your toes, never caving in. No twisting on the injured knee.

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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		Glute bridge	20 sec	On your back, knees bent. Exhale, lift hips, lower slowly.
4		Dead bug	20 sec	On your back, knees and arms up. Slowly lower opposite arm and leg, keeping your low back flat.
5		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.
6		Low plank (forearms)	15 sec	Forearms on a bench or couch arm, legs straight behind you (no kneeling). Hold 15 seconds.
7		Side plank, each side	10 sec each	Against a wall: stand sideways, forearm on the wall, press your hip toward the wall. Hold 10 seconds each side.
8		Toe touches	20 sec	On your back, knees bent and lifted over your hips. Exhale and reach hands toward your shins.
9		Clamshells	20 sec	Lie on your side, knees bent. Open the top knee, lower slowly. Switch sides halfway.
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.