

Chronic Fatigue Syndrome (ME/CFS)

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	Chronic fatigue syndrome (ME/CFS)	Sturdy chair, light resistance band, mat or bed

Workout 1 of 4: Full Body Circuit. With ME/CFS, the goal is to stay within your energy limits, not to push them. Health guidelines advise against graded exercise programs for ME/CFS, so use this as a menu, not a plan to finish. Choose only a few minutes of movement you can manage on a good day without a crash afterward. Keep effort very light (about 1-2 out of 10).

Before you start

- Talk to your doctor before using this. If even small activity leaves you worse for a day or more afterward, follow your doctor's pacing advice instead.
- Most people with ME/CFS should NOT do the full 60 minutes. Start with 5-10 minutes total.
- Check how you feel 24 and 48 hours later. If you crash, go back to less.
- Do everything seated or lying down if standing makes you worse.

Stop right away and get help if you feel

- Sudden exhaustion or feeling unwell
- Dizziness or feeling faint
- A racing heartbeat
- Any sign you are close to your limit. Stop before you get there.

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: Choose 1-2 of these to start. Very easy.

#	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: Gentle menu. Pick 1-3 exercises and do one set each, resting as long as you need. Only add more after a week with no setbacks.

#	Photo	Exercise	Dose	How to do it
1		Sit-to-stand (slow)	3-5 reps	Use your hands. Pause before sitting.
2		Seated band row	5-6 reps	Light band around your feet.
3		Seated band chest press	5-6 reps	Band behind your back, press forward gently.
4		Lying glute bridge	5 reps	Small lift, lower slowly.
5		Seated leg extension	5 each leg	Sit tall, straighten one knee, lower slowly.
6		Rest and breathe	As needed	Lie down with slow breathing between exercises.

The 30 minutes is mostly rest. Doing less is always the right choice.

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ABS & CORE

15 MIN

Format: Easy pace. Work for the time shown, rest 20 seconds. Do exercises 1-5 twice (about 7 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, curl your chest gently toward your knees.
2		Heel taps	20 sec	Seated: lean back slightly and reach side to side toward each ankle.
3		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.
4		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.
5		Bent-knee leg raises	20 sec	Seated: hold the chair seat, lift one knee a few inches, lower slowly.
6		Cool-down: breathing and stretch	3 min	Lie still with slow breathing, then roll to your side and sit up slowly.