

Neck Strain & Whiplash

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	Neck strain / whiplash	Sturdy chair, resistance band, light dumbbells (2-8 lb), mat, small pillow

Workout 1 of 4: Full Body Circuit. Gentle movement and strength work help a strained neck recover better than rest alone. This program trains the whole body with your head and neck kept in a steady, neutral position, and adds posture work for the muscles that support your neck. Work at about 4-5 out of 10 effort.

Before you start

- Get your doctor's or physical therapist's OK, especially after a car accident or fall.
- 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 quick head turns, heavy shrugs or lifting weights overhead. Keep your chin gently tucked.

Stop right away and get help if you feel

- Sharp neck pain
- Pain, numbness or tingling spreading down an arm
- Dizziness, headache or vision changes
- Pain that is clearly worse the next day

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.

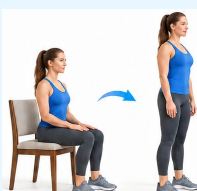
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WARM-UP

15 MIN

Format: Easy pace. Head level and steady.

#	Photo	Exercise	Dose	How to do it
1		March in place	3 min	Easy pace, head level.
2		Chin tucks	2 min	Stand tall. Gently draw your chin straight back (making a double chin), hold 3 seconds, release.
3		Shoulder rolls and blade squeezes	2 min	Roll back, then squeeze shoulder blades down and together.
4		Gentle neck turns	2 min	Slowly turn your head left and right, only as far as comfortable.
5		Footwork drill	3 min	Guard up, head steady. Step forward, back and side to side.
6		Slow sit-to-stand	3 min	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		Chair squat	10-12 reps	Sit back toward the chair until you lightly touch it, then stand tall. Exhale on the way up.
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		Supported split squat	8-10 each leg	Hold a chair. Lower straight down a few inches, keep the front knee over the ankle.
6		Steady shadowboxing	1 min	Straight punches with your head still and eyes forward. No slips or ducking.

Keep your head level with your spine. Avoid looking up or straining your neck.

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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	Arms crossed over your chest, tongue on the roof of your mouth, chin gently tucked. Small lift only.
2		Heel taps	20 sec	Head resting on the mat (no lift). Reach side to side toward your heels.
3		Bent-knee leg raises	20 sec	On your back, hands under your hips. Keep knees bent and lift them toward your chest, then lower slowly. Low back stays on the mat.
4		Flutter kicks	20 sec	On your back, hands under your hips. Small, slow kicks with legs held high toward the ceiling. Keep your low back pressed down.
5		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.
6		Low plank (forearms)	15 sec	Elbows under shoulders, knees down. Lift to your toes only when it feels easy. Keep breathing the whole time.
7		Side plank, each side	10 sec each	Elbow under shoulder, knees bent and stacked, hips lifted. Keep breathing.
8		Toe touches	20 sec	Keep your head down on the mat and reach your hands up toward your shins.
9		Sit-ups with punches	20 sec	Half sit-up with arms crossed first, then punch once at the top. Keep your chin tucked.
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.