

Long COVID & Post-Viral Fatigue

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	Long COVID / post-viral fatigue	Sturdy chair, light resistance band, mat

Workout 1 of 4: Full Body Circuit. Recovery from long COVID is about pacing, not pushing. Keep your effort very light (about 2-3 out of 10) and always finish feeling like you could do more. Start with only half of each section, and add more only after a week with no setbacks. Your energy over the next two days tells you whether the amount was right.

Before you start

- Talk to your doctor before starting. If you get worse for a day or more after small amounts of activity (post-exertional malaise), do not follow this plan; ask your doctor about pacing instead.
- Skip today if you slept poorly, feel worse than usual, or had a crash in the last few days.
- Check how you feel 24 and 48 hours after each session. If you crash, go back to the previous amount.
- Rest as long as you need between exercises. Sit for any move.

Stop right away and get help if you feel

- Chest pain or a racing, pounding heartbeat
- Dizziness or feeling faint, especially when standing
- Shortness of breath that does not settle with rest
- Sudden exhaustion or feeling unwell

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.

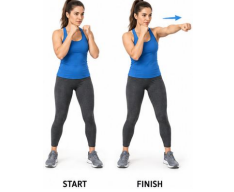
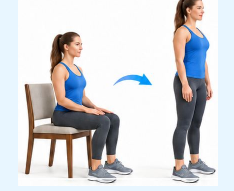
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WARM-UP

15 MIN

Format: Very easy. Start with half the times shown.

#	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 or standing march	3 min	Gentle pace.
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.
5		Slow shadowboxing	2 min	Seated or standing, slow jab-cross.
6		Slow sit-to-stand	3 min	A few reps with long rests.

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MAIN WORKOUT

30 MIN

Format: Gentle circuit. Complete all 6, rest 3 minutes, and repeat. Start with 1 round; build toward 3 rounds over several weeks only if you have no setbacks.

#	Photo	Exercise	Dose	How to do it
1		Sit-to-stand	6-8 reps	Slow and controlled. Use your hands if needed.
2		Wall push-up	6-8 reps	Small range of motion is fine.
3		Seated band row	8 reps	Light band around your feet.
4		Seated knee lifts	6 each leg	Sit tall, lift one knee a few inches.
5		Glute bridge	6-8 reps	On your back, knees bent. Lift hips, lower slowly. Roll to your side to get up.
6		Rest and breathe	2 min	Sit or lie down. Slow breathing.

The 30 minutes includes plenty of rest. Fewer reps and longer rests are always the right choice on a low-energy day.

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ABS & CORE

15 MIN

Format: Easy pace. Work for the time shown, rest 20 seconds. Do exercises 1-6 twice (about 8 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	Small lift, slow lower. Rest whenever you need to.
2		Heel taps	20 sec	On your back, knees bent, shoulders slightly lifted. Reach side to side to tap each heel.
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	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.
6		Side plank, each side	10 sec each	From your knees, hold 10 seconds each side.
7		Cool-down: breathing and stretch	3 min	Lie still with slow breathing for the full time, then roll to your side and sit up slowly.