

Shoulder Dislocation & Instability

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	Shoulder dislocation / instability	Sturdy chair, light resistance bands, light dumbbells (2-8 lb), mat

Workout 1 of 4: Full Body Circuit. After a dislocation, the muscles around the shoulder need to get strong to hold the joint in place. This program trains the rest of your body and adds safe, controlled shoulder strengthening with the arm close to your body. Work at about 4-5 out of 10 effort.

Before you start

- Get your doctor's or physical therapist's OK, especially in the first weeks after a dislocation or surgery.
- 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.
- Avoid the danger position: arm out to the side and rotated back (like throwing). No push-ups, dips or planks on the injured side yet.

Stop right away and get help if you feel

- Sharp or sudden pain in the injured area
- New swelling, warmth or bruising
- Numbness, tingling or weakness spreading down the arm or hand
- A clunk, slip or giving-way feeling in the joint

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.

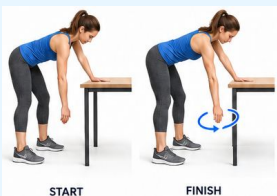
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WARM-UP

15 MIN

Format: Easy pace. Keep the injured arm close to your body.

#	Photo	Exercise	Dose	How to do it
1		March in place	3 min	Easy pace, arms relaxed at your sides.
2		Pendulum swings	2 min	Lean on a table with your good hand. Let the injured arm hang and swing it in small circles and side to side.
3		Shoulder blade squeezes	2 min	Arms at your sides. Squeeze shoulder blades back and down, hold 3 seconds.
4		Side step-touch	2 min	Step side to side with a light, easy rhythm.
5		Footwork drill	3 min	Hands in guard. Step forward, back and side to side like a boxer.
6		Slow sit-to-stand	3 min	1 minute on, 30 seconds marching, twice. Exhale as you stand.

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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		Band internal rotation	10-12 reps	Elbow tucked at your side, bent 90 degrees. Pull a light band in toward your belly, return slowly.
3		Light band row	10-12 reps	Light band, elbows close to your sides. Pull back in a pain-free range and squeeze shoulder blades.
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		Footwork shadowboxing	1 min	Hands in guard. Step forward, back and side to side. Light straight punches only if pain-free.

Keep the injured arm close to your body and in front of you. No reaching back or out wide.

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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		Heel taps	20 sec	On your back, knees bent, shoulders slightly lifted. Reach side to side to tap each heel.
2		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.
3		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.
4		Scissor kicks	20 sec	On your back, hands under your hips. Legs held high toward the ceiling, slowly cross them over and under each other.
5		Russian twists	20 sec	Sit with knees bent, hands resting on your belly. Turn your shoulders gently side to side.
6		Seated figure 8	20 sec	Seated, pass the ball with your good arm, or skip the ball and trace a figure 8 with your knees.
7		Toe touches	20 sec	Reach with your good arm only if the injured shoulder hurts.
8		Crunches	20 sec	Arms crossed over your chest (not behind your head). Exhale and lift your shoulders.
9		Glute bridge	20 sec	On your back, knees bent. Exhale, lift hips, lower slowly.
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.