

COPD

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	COPD (chronic obstructive pulmonary disease)	Sturdy chair, light resistance band, light dumbbells (1-5 lb), mat, oxygen if prescribed

Workout 1 of 4: Full Body Circuit. Stronger muscles use oxygen more efficiently, so strength training can make everyday breathing easier. Use pursed-lip breathing throughout: breathe in through your nose for 2 counts, then out through pursed lips for 4 counts, as if blowing out a candle. Breathe out during the hardest part of every move. Effort should feel light to moderate (about 3-5 out of 10).

Before you start

- Get your doctor's or pulmonary rehab team's OK before starting.
- Use your oxygen during exercise if it is prescribed, at the setting your doctor gave you.
- Keep your rescue inhaler nearby. Skip today if you have a flare-up, fever or more mucus than usual.
- Some breathlessness is normal. Rest until you can speak comfortably, then continue.

Stop right away and get help if you feel

- Breathlessness that does not ease with rest and pursed-lip breathing
- Chest pain or tightness
- Dizziness, confusion or feeling faint
- Lips or fingertips turning blue or gray (call 911)

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.

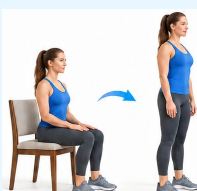
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WARM-UP

15 MIN

Format: Easy pace with pursed-lip breathing throughout.

#	Photo	Exercise	Dose	How to do it
1		Seated pursed-lip breathing	2 min	In through the nose for 2, out through pursed lips for 4.
2		March in place or seated march	3 min	Easy pace with arm swings.
3		Shoulder rolls and arm circles	2 min	Slow and relaxed. Breathe out as arms go up.
4		Side step-touch	2 min	Step side to side with a light reach.
5		Light shadowboxing	3 min	Slow jab-cross. Breathe out through pursed lips on each punch.
6		Slow sit-to-stand	3 min	Breathe out as you stand. Rest between sets as needed.

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MAIN WORKOUT

30 MIN

Format: Circuit. Complete all 6 exercises, rest 2-3 minutes, and repeat for 3 rounds. Rest 60-90 seconds between exercises, longer if needed.

#	Photo	Exercise	Dose	How to do it
1		Sit-to-stand	10 reps	Breathe in sitting, breathe out through pursed lips as you stand.
2		Wall push-up	8-10 reps	Breathe out as you push away from the wall.
3		Seated band row	10 reps	Band around your feet. Breathe out as you pull.
4		Seated band chest press	10 reps	Band behind your back. Breathe out as you press.
5		Step-ups (low step) or march	20 sec	Use a bottom stair with a rail, or march in place.
6		Seated punches	20 sec	Sit tall, slow jab-cross. Breathe out on every punch.

Arm work above shoulder height can make breathing harder, so keep arms at chest height or below.

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ABS & CORE

15 MIN

Format: Easy pace. Work for the time shown, rest 20 seconds. Do exercises 1-8 twice (about 11 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. Breathe out through pursed lips as you lift your shoulders, breathe in as you lower.
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		Toe touches	20 sec	On your back, knees bent and lifted over your hips. Exhale and reach hands toward your shins.
7		Sit-ups with punches	20 sec	Half sit-up or seated. Breathe out through pursed lips on each punch.
8		Side plank, each side	10 sec each	From your knees, hold 10-15 seconds each side with pursed-lip breathing.
9		Cool-down: breathing and stretch	3 min	Pursed-lip breathing, then gentle stretches for chest, shoulders and calves. Stand up slowly.