

Ehlers-Danlos & Hypermobility

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	Ehlers-Danlos syndrome / hypermobility	Sturdy chair, light resistance band, light dumbbells (1-5 lb), mat, wall

Workout 1 of 4: Full Body Circuit. With hypermobility, strength and control matter more than flexibility. This session builds the muscles that support loose joints, using slow, controlled movements in a middle range. Work at about 3-5 out of 10 effort. Quality beats quantity.

Before you start

- Get your doctor's or physical therapist's OK, especially if you have frequent dislocations or heart or blood vessel involvement.
- Never lock your elbows or knees. Keep a micro-bend in every joint.
- Stop each movement before your end range. Skip deep stretches; you don't need them.
- Bracing or taping that your physical therapist recommends can help during training.

Stop right away and get help if you feel

- A joint slipping, clunking or giving way
- Sharp joint pain
- Chest pain or a racing heartbeat
- Dizziness or feeling faint

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.

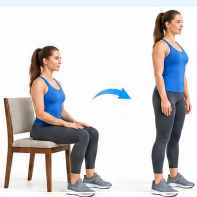
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WARM-UP

15 MIN

Format: Slow and controlled, middle range only. No bouncing.

#	Photo	Exercise	Dose	How to do it
1		March in place with arm swings	3 min	Easy pace. Let stiff joints loosen gradually.
2		Finger and wrist circles	2 min	Open and close hands, then gentle wrist circles both directions.
3		Shoulder rolls and arm circles	2 min	Small, comfortable circles. Stay in a pain-free range.
4		Ankle circles and heel-toe rocks	2 min	Hold a chair. Circle each ankle, then rock heel to toe.
5		Light shadowboxing	3 min	Relaxed jab-cross with an open, loose fist.
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 45 seconds between exercises. Rest 2 minutes and repeat for 3 rounds total. Move slowly: 2 seconds up, 2 seconds down.

#	Photo	Exercise	Dose	How to do it
1		Chair squat	10 reps	Sit back toward the chair until you lightly touch it, then stand tall. Exhale on the way up.
2		Wall push-up	10 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 reps	Anchor the band at chest height. Pull elbows back and squeeze shoulder blades together.
4		Glute bridge	10 reps	On your back, knees bent. Lift hips, squeeze, lower slowly. Roll to your side to get up.
5		Supported split squat	8 each leg	Hold a chair. Lower straight down a few inches, keep the front knee over the ankle.
6		Steady shadowboxing	1 min	Relaxed jab-cross-hook at a pace you could keep up for several minutes.

Soft joints, never locked. If a joint feels unstable, shorten the range or skip that move.

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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	Knees bent, hands lightly behind your head. Exhale and lift shoulders off the mat, lower slowly. Do not pull on your neck.
2		Heel taps	20 sec	On your back, knees bent, shoulders slightly lifted. Reach side to side to tap each heel.
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		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.
5		Low plank (forearms)	15 sec	Forearms down, knees down, shoulders stacked over elbows. Hold 15 seconds.
6		Side plank, each side	10 sec each	On your forearm, knees bent, shoulder stacked over elbow. Hold 10 seconds.
7		Toe touches	20 sec	On your back, knees bent and lifted over your hips. Exhale and reach hands toward your shins.
8		High plank	15 sec	Hands on a bench, elbows soft (not locked). Hold 15 seconds.
9		Sit-ups with punches	20 sec	Knees bent, feet anchored under a couch or held by a partner. Roll up halfway, throw a jab-cross, roll down slowly. Exhale on the punches.
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.