

Rheumatoid Arthritis

Workout 1 of 4: Full Body Circuit | Beginner | 15 min warm-up + 30 min workout + 15 min abs

LEVEL Beginner	TIME 60 minutes	FOR Rheumatoid arthritis	EQUIPMENT Sturdy chair, light resistance band (loop handles or around the wrists), mat, wall
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Workout 1 of 4: Full Body Circuit. Strong muscles support and protect your joints. This session builds strength with joint-friendly movements and light resistance at about 3-5 out of 10 effort. Some mild discomfort is normal, but sharp pain is not. Use the two-hour rule: if your joints hurt more two hours after training than before, do less next time.

Before you start

- Get your rheumatologist's or physical therapist's OK before starting.
- Train later in the day if mornings are stiff. A warm shower first can help.
- During a flare, skip the main workout and do only the warm-up as gentle range of motion.
- Use a loose grip. Loop bands around your wrists or use padded handles instead of squeezing tightly.

Stop right away and get help if you feel

- Sharp or sudden joint pain, or a joint that swells during the workout
- Chest pain or unusual shortness of breath
- 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: Gentle, pain-free range of motion. Go slowly while joints loosen.

#	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.

#	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 (open hands)	10 reps	Hands flat and fingers spread on the wall, or on forearms if wrists hurt. 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.

Stay in a pain-free range. Never push through sharp joint pain.

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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		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		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	Forearms on the mat (not hands), knees down. Hold 15 seconds and keep breathing.
7		Side plank, each side	10 sec each	On your forearm, knees bent. Hold 10 seconds. Skip if your shoulder or elbow hurts.
8		Toe touches	20 sec	On your back, knees bent and lifted over your hips. Exhale and reach hands toward your shins.
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.