

Plantar Fasciitis

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	Plantar fasciitis	Sturdy chair, resistance band, light dumbbells (2-10 lb), mat, towel, small ball, supportive shoes

Workout 1 of 4: Full Body Circuit. Plantar fasciitis is heel and arch pain that's often worst with your first steps in the morning. Calf and foot strengthening, gentle stretching and supportive shoes help it settle. This program is low impact, with no jumping, and adds foot-care moves. Work at about 4-5 out of 10 effort.

Before you start

- Get your doctor's or physical therapist's OK before starting.
- Mild discomfort (3 out of 10 or less) that settles within a day is OK. Sharp pain means stop that move.
- Always wear supportive shoes; avoid training barefoot. Stretch your calves and roll your arch on a ball before your first steps in the morning.

Stop right away and get help if you feel

- Sharp heel or arch pain
- Pain that gets worse as you move instead of easing
- Numbness or tingling in the foot
- New swelling

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.

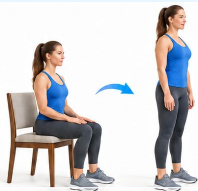
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WARM-UP

15 MIN

Format: Easy pace. Treat your feet first.

#	Photo	Exercise	Dose	How to do it
1		Seated arch roll	2 min	Roll a small ball under each arch, gentle pressure.
2		Towel scrunches	2 min	Seated, scrunch a towel toward you with your toes.
3		March in place (low)	3 min	Easy pace, supportive shoes on.
4		Wall calf stretch	2 min	Hands on the wall, one leg back with heel down. Hold 30 seconds each, twice.
5		Footwork drill (flat feet)	3 min	Guard up, small steps, no bouncing.
6		Slow sit-to-stand	3 min	1 minute on, 30 seconds marching, twice.

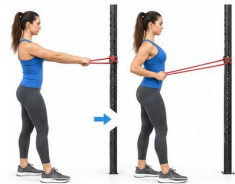
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MAIN WORKOUT

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		Wall push-up	10-12 reps	Hands on the wall at shoulder height, body straight. Lower chest toward the wall, exhale as you push away.
3		Resistance band row	10-12 reps	Anchor the band at chest height. Pull elbows back and squeeze shoulder blades together.
4		Glute bridge	10-12 reps	On your back, knees bent. Lift hips, squeeze, lower slowly. Roll to your side to get up.
5		Slow calf raise	10-12 reps	Hold a chair. Rise onto your toes over 2 seconds, lower over 3 seconds.
6		Flat-foot shadowboxing	1 min	Jab-cross with flat feet. No bouncing on your toes.

Supportive shoes for every exercise. No jumping.

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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		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.
5		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.
6		Low plank (forearms)	15 sec	Elbows under shoulders, knees down. Lift to your toes only when it feels easy. Keep breathing the whole time.
7		Side plank, each side	10 sec each	Elbow under shoulder, knees bent and stacked, hips lifted. Keep breathing.
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.