

POTS & Dysautonomia

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	POTS / dysautonomia	Sturdy chair, light resistance band, mat, water, compression stockings if prescribed

Workout 1 of 4: Full Body Circuit. Exercise is a key part of managing POTS, but standing exercise is often hard at first. This session starts seated and lying down, which keeps blood flowing to your brain while you build strength. Over months, many people can add more upright work. Keep effort light to moderate (about 3-4 out of 10).

Before you start

- Get your doctor's OK and follow their advice on fluids, salt and compression.
- Drink a large glass of water before you start and sip throughout.
- Change positions slowly. Sit at the edge of the mat or chair before standing.
- Skip today if you are already lightheaded, dehydrated or unwell. Avoid hot rooms.

Stop right away and get help if you feel

- Lightheadedness, tunnel vision or feeling faint. Lie down and raise your legs.
- A racing heartbeat that does not settle with rest
- Chest pain
- Nausea or a sudden headache

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.

POTS & Dysautonomia

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

WARM-UP

15 MIN

Format: Seated or lying down. Easy pace.

#	Photo	Exercise	Dose	How to do it
1		Seated breathing	2 min	Slow breaths in through the nose for 4, out for 6.
2		Seated march	3 min	Lift knees gently and swing arms.
3		Shoulder rolls and arm circles	2 min	Small and relaxed.
4		Seated toe taps and heel raises	3 min	Alternate feet at an easy rhythm to pump blood from the legs.
5		Seated shadowboxing	3 min	Slow jab-cross while sitting tall.
6		Seated knee extensions	2 min	Straighten one knee, lower slowly, switch legs.

POTS & Dysautonomia

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

MAIN WORKOUT

30 MIN

Format: Circuit. Complete all 6 exercises, resting 60 seconds between exercises. Rest 2 minutes and repeat for 3 rounds total. Stop after 2 rounds if you feel lightheaded.

#	Photo	Exercise	Dose	How to do it
1		Sit-to-stand (slow)	6-8 reps	Stand up slowly and pause before sitting. Use your hands if needed.
2		Seated band row	8-10 reps	Band around your feet. Pull elbows back, squeeze shoulder blades.
3		Seated band chest press	8-10 reps	Band behind your back. Press hands forward at chest height.
4		Glute bridge	8-10 reps	On your back, knees bent. Lift hips, lower slowly.
5		Seated leg extension	8 each leg	Sit tall, straighten one knee, pause, lower slowly.
6		Seated punches	45 sec	Jab-cross at an easy, steady pace.

Leg exercises squeeze blood back toward your heart. If you feel faint, lie down and raise your legs.

POTS & Dysautonomia

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

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		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.
7		Toe touches	20 sec	On your back, knees bent and lifted over your hips. Exhale and reach hands toward your shins.
8		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.
9		Side plank, each side	10 sec each	Elbow under shoulder, knees bent and stacked, hips lifted. Keep breathing.
10		Cool-down: breathing and stretch	3 min	Stay lying down with slow breathing and gentle stretches. Sit for a minute before you stand up slowly.