

Scoliosis

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	Scoliosis	Sturdy chair, resistance band, light dumbbells (2-8 lb), mat, mirror

Workout 1 of 4: Full Body Circuit. Strength training is safe and helpful for most people with scoliosis. Balanced core, back and hip strength support your spine and can ease aches. This program uses both sides evenly, with a mirror to check your posture. Work at about 4-5 out of 10 effort.

Before you start

- Get your doctor's or physical therapist's OK, especially if you have a large curve or rods in your spine.
- If you had surgery, follow your surgeon's and physical therapist's protocol and timelines. They come first.
- Mild discomfort (3 out of 10 or less) that settles within a day is OK. Sharp pain means stop that move.
- Train in front of a mirror and aim for even, balanced movement on both sides.

Stop right away and get help if you feel

- Sharp back pain, or pain that shoots down a leg
- New or worsening numbness, tingling or weakness in a leg or foot
- Loss of bladder or bowel control, or numbness in the groin (call 911)
- Pain that is clearly worse the next day

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.

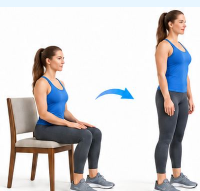
Scoliosis

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

WARM-UP

15 MIN

Format: Easy pace, standing tall.

#	Photo	Exercise	Dose	How to do it
1		March in place with arm swings	3 min	Easy pace, standing tall.
2		Pelvic tilts (standing)	2 min	Hands on hips. Gently tilt your pelvis forward and back in a small, comfortable range.
3		Shoulder rolls	2 min	Back and forward.
4		Side step-touch	2 min	Easy rhythm, standing tall.
5		Supported leg swings	3 min	Hold a chair. Forward-back and side to side, staying tall through your spine.
6		Slow sit-to-stand	3 min	Hinge at the hips with a straight back. 1 minute on, 30 seconds marching, twice.

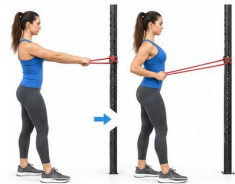
Scoliosis

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 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	Stand tall, band at chest height. Pull elbows back and squeeze shoulder blades.
4		Glute bridge	10-12 reps	On your back, knees bent. Lift hips, squeeze, lower slowly. Roll to your side to get up.
5		Supported split squat	8-10 each leg	Hold a chair. Lower straight down a few inches, keep the front knee over the ankle.
6		Steady shadowboxing	1 min	Straight punches with your core braced and spine tall. Turn from the hips, not the low back.

Work both sides evenly. Use a mirror to keep your shoulders and hips level.

Scoliosis

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		Bird dog	20 sec	On hands and knees, back flat. Reach opposite arm and leg long, pause, switch.
2		Side plank, each side	10 sec each	Knees bent, 10-15 seconds each side. Do both sides even if one feels harder.
3		Low plank (forearms)	15 sec	Elbows under shoulders, knees down. Lift to your toes only when it feels easy. Keep breathing the whole time.
4		Dead bug	20 sec	On your back, knees and arms up. Slowly lower opposite arm and leg, keeping your low back flat.
5		Glute bridge	20 sec	On your back, knees bent. Exhale, lift hips, lower slowly.
6		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.
7		Heel taps	20 sec	On your back, knees bent, shoulders slightly lifted. Reach side to side to tap each heel.
8		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.
9		Band Pallof press	20 sec	Band anchored at chest height to your side. Press hands straight out and resist the twist. Exhale on each press.
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.