

# Stroke Recovery

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 | After a stroke | Sturdy chair with arms, light resistance band, light dumbbells (1-5 lb), mat or bed |

Workout 1 of 4: Full Body Circuit. After a stroke, regular exercise helps rebuild strength, balance and confidence, and lowers the risk of another stroke. This session starts seated so you can work both sides safely. Use your stronger side to help your weaker side when needed. Work at about 3-5 out of 10 effort.

## Before you start

- Exercise only with your doctor's or physical therapist's approval, and follow their guidance for your weaker side.
- Check your blood pressure before training if your doctor asked you to monitor it.
- Use a chair with arms. Have someone nearby for any standing work until your balance is reliable.
- Do more reps on your weaker side when you can. That's where the rebuilding happens.

## Stop right away and get help if you feel

- Sudden numbness or weakness, face drooping, trouble speaking or a severe headache (call 911)
- Chest pain or unusual shortness of breath
- Dizziness or loss of balance
- New or sharp pain

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.

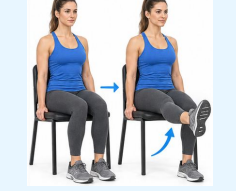
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## WARM-UP

**15 MIN**

**Format:** Seated. Move both sides, helping the weaker side with your stronger hand if needed.

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

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## MAIN WORKOUT

**30 MIN**

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

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

Work both sides. If one arm or leg can't do the move, help it with your stronger side or do a smaller range.

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## ABS & CORE

**15 MIN**

**Format:** Easy pace. Work for the time shown, rest 20 seconds. Do exercises 1-8 twice (about 11 minutes), then finish with the cool-down. Skip any move that hurts your back or neck.

| # | Photo                                                                               | Exercise                                | Dose   | How to do it                                                                                                                   |
|---|-------------------------------------------------------------------------------------|-----------------------------------------|--------|--------------------------------------------------------------------------------------------------------------------------------|
| 1 |    | <b>Crunches</b>                         | 20 sec | Seated: sit tall, hands on thighs, exhale and curl your chest toward your knees.                                               |
| 2 |    | <b>Heel taps</b>                        | 20 sec | Seated: lean back slightly and reach side to side toward each ankle.                                                           |
| 3 |   | <b>Bent-knee leg raises</b>             | 20 sec | Seated: hold the chair arms, lift one knee a few inches, lower slowly.                                                         |
| 4 |  | <b>Russian twists</b>                   | 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 |  | <b>Seated figure 8</b>                  | 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 |  | <b>Toe touches</b>                      | 20 sec | Seated: lift one leg straight, reach toward the toes, switch legs.                                                             |
| 7 |  | <b>Sit-ups with punches</b>             | 20 sec | Seated: lean back slightly, then sit up tall and throw a slow jab-cross.                                                       |
| 8 |  | <b>High plank</b>                       | 15 sec | Against a wall: hands on the wall, step feet back, hold 15 seconds.                                                            |
| 9 |  | <b>Cool-down: breathing and stretch</b> | 3 min  | Slow breathing with gentle stretches for both sides. Stand up slowly with help if needed.                                      |