Chronic Migraines

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	Chronic migraines	Sturdy chair, resistance band, light dumbbells (3-10 lb), mat, water

Workout 1 of 4: Full Body Circuit. Regular moderate exercise can reduce how often migraines happen. The key is a gradual build-up: sudden, hard bursts of effort can be a trigger. This session warms up slowly and stays at a steady, moderate effort (about 4-5 out of 10).

Before you start

- Get your doctor's OK, especially if your migraines come with weakness, numbness or vision loss.
- Do not train during a migraine. Wait until it has fully passed.
- Eat a light meal and drink water before training. Skipped meals and dehydration are common triggers.
- Train in a cool, dimly lit space if bright light or heat bothers you.

Stop right away and get help if you feel

- A headache starting or building
- Vision changes, flashing lights or blind spots
- Numbness, weakness or trouble speaking (call 911 if sudden and severe)
- Nausea or dizziness

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: A slow, gradual warm-up. Don't rush it.

#	Photo	Exercise	Dose	How to do it
1		**March in place with arm swings**	3 min	Lift knees to a comfortable height and swing arms naturally. Breathe steadily.
2		**Shoulder rolls and arm circles**	2 min	Roll shoulders back 10 times, forward 10 times, then small arm circles both directions.
3		**Side step-touch**	2 min	Step side to side, tapping feet together. Add a light reach across the body as you go.
4		**Supported leg swings**	2 min	Hold a chair or wall. Swing one leg forward and back, then side to side, 30 seconds each way per leg.
5		**Light shadowboxing**	3 min	Soft knees, hands up. Easy jab-cross combinations at a relaxed pace. Exhale on every punch.
6		**Slow sit-to-stand**	3 min	Stand up from a chair and sit back down slowly, 1 minute on and 30 seconds easy marching, twice. Exhale as you stand.

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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. Keep the pace steady from start to finish.

#	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		**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	Relaxed jab-cross-hook at a pace you could keep up for several minutes.

Breathe steadily and avoid straining or holding your breath, which can trigger a headache.

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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.