

Wrist Sprain & Carpal Tunnel

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	Wrist sprain / carpal tunnel	Sturdy chair, resistance bands, light dumbbells (2-8 lb), mat, wall

Workout 1 of 4: Full Body Circuit. This program keeps you training while protecting your wrist. It avoids putting weight on a bent-back wrist, keeps your wrist straight when you hold anything, and adds gentle wrist mobility. Work at about 4-5 out of 10 effort.

Before you start

- Get your doctor's or physical therapist's OK before starting.
- 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.
- Keep your wrist straight (not bent back) whenever you push or hold weight. Wear your brace if one was prescribed.

Stop right away and get help if you feel

- Sharp wrist pain
- Numbness or tingling in your fingers that gets worse
- New swelling
- Weakness when gripping

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.

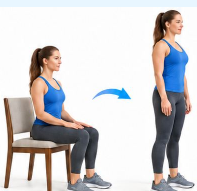
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WARM-UP

15 MIN

Format: Easy pace. Wrists relaxed.

#	Photo	Exercise	Dose	How to do it
1		March in place	3 min	Easy pace, hands relaxed.
2		Wrist circles and finger spreads	2 min	Gentle circles both directions, then open and close your hands. Pain-free only.
3		Shoulder rolls and arm circles	2 min	Back and forward, small circles.
4		Side step-touch	2 min	Easy rhythm.
5		Footwork drill	3 min	Hands in a relaxed guard. Step forward, back and side to side.
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		Forearm wall push	10-12 reps	Forearms on the wall (not hands), body straight. Lean in and push back out.
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		Footwork shadowboxing	1 min	Footwork with light punches, wrist straight. Skip punching on the injured side if it hurts.

Wrists straight at all times. No push-ups or planks on your hands.

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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	On your forearms only, knees down. Hold 15 seconds.
7		Side plank, each side	10 sec each	On your forearm, knees bent. Hold 10 seconds.
8		Toe touches	20 sec	On your back, knees bent and lifted over your hips. Exhale and reach hands toward your shins.
9		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.
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.