

Ankle Sprain & Instability

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	Ankle sprain / instability	Sturdy chair, resistance band, light dumbbells (2-10 lb), mat, supportive shoes or brace

Workout 1 of 4: Full Body Circuit. After an ankle sprain, strength and balance training are the best way to stop it from happening again. This program builds ankle, calf and hip strength, adds supported balance work, and avoids jumping and uneven ground. 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 or wear a boot, follow your doctor'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.
- Wear supportive shoes or your brace. No jumping, cutting or uneven surfaces until you're cleared.

Stop right away and get help if you feel

- Sharp pain in the foot, ankle or shin
- New swelling, bruising or warmth
- Pain that is worse the next morning
- Calf pain or swelling (possible blood clot; call your doctor)
- The ankle rolling or giving way

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.

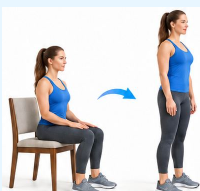
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WARM-UP

15 MIN

Format: Easy pace, flat feet.

#	Photo	Exercise	Dose	How to do it
1		March in place (low)	3 min	Easy pace, soft landings, supportive shoes on.
2		Ankle alphabet	2 min	Seated, trace the alphabet with each foot, slowly.
3		Shoulder rolls and arm circles	2 min	Loosen the upper body.
4		Side step-touch	2 min	Small steps, easy rhythm.
5		Footwork drill (flat feet)	3 min	Guard up. Step forward, back and side to side with flat feet, no bouncing.
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		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 single-leg balance	20 sec each leg	Hold a chair. Stand on one leg with a soft knee. Progress to one finger, then no hands.
6		Flat-foot shadowboxing	1 min	Jab-cross with flat feet and small steps. No bouncing or pivoting on the ankle.

Balance work is your best protection against re-injury. Always have a chair within reach.

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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.