# Epilepsy & Seizure Disorders

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 | Epilepsy / seizure disorders | Resistance bands, light dumbbells (3-10 lb), sturdy chair, mat, water |

Workout 1 of 4: Full Body Circuit. For most people with epilepsy, regular exercise is safe and can even improve seizure control, mood and sleep. This session uses bands and light weights so nothing heavy is ever held over your face or chest. Work at a moderate effort (about 4-6 out of 10).

**Before you start**

- Get your neurologist's OK, especially if your seizures are not well controlled.
- If seizures are not well controlled, train with someone nearby who knows seizure first aid.
- Common triggers to avoid: missed sleep, missed meals or medication, dehydration and overheating.
- Train on a mat, away from sharp edges and hard furniture.

**Stop right away and get help if you feel**

- Any warning sign or aura you usually get before a seizure. Sit or lie down on the mat.
- Dizziness, confusion or feeling unwell
- Overheating
- Chest pain or unusual shortness of breath

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:** Move straight through each exercise at an easy, steady pace.

| # | 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.

| # | 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. Rapid, deep over-breathing can trigger seizures in some people.

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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 | | **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. |
| 5 | | **Seated figure 8** | 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 | | **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. |