

Chronic Low Back Pain

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 low back pain	Sturdy chair, resistance band, light dumbbells (2-10 lb), mat

Workout 1 of 4: Full Body Circuit. For long-term back pain, regular exercise is one of the most effective treatments. Your back is strong and built to move. This program builds core, hip and leg strength gradually, so everyday bending and lifting feel easier. Work at about 4-5 out of 10 effort.

Before you start

- Get your doctor's or physical therapist's OK, especially if your pain is new or getting worse.
- 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.
- Some discomfort is normal as you get moving. Start easy and build over weeks.

Stop right away and get help if you feel

- Sharp back pain, or pain that shoots down a leg
- New or worsening numbness, tingling or weakness in a leg or foot
- Loss of bladder or bowel control, or numbness in the groin (call 911)
- Pain that is clearly worse the next day

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.

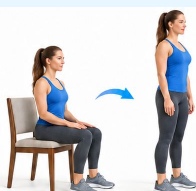
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WARM-UP

15 MIN

Format: Easy pace. Loosen up gradually.

#	Photo	Exercise	Dose	How to do it
1		March in place with arm swings	3 min	Easy pace, standing tall.
2		Pelvic tilts (standing)	2 min	Hands on hips. Gently tilt your pelvis forward and back in a small, comfortable range.
3		Shoulder rolls	2 min	Back and forward.
4		Side step-touch	2 min	Easy rhythm, standing tall.
5		Supported leg swings	3 min	Hold a chair. Forward-back and side to side, staying tall through your spine.
6		Slow sit-to-stand	3 min	Hinge at the hips with a straight back. 1 minute on, 30 seconds marching, twice.

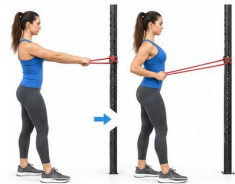
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MAIN WORKOUT

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	Stand tall, band at chest height. Pull elbows back and squeeze shoulder blades.
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	Straight punches with your core braced and spine tall. Turn from the hips, not the low back.

Move with control and brace your core lightly. Build up slowly over the weeks.

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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		Bird dog	20 sec	On hands and knees, back flat. Reach opposite arm and leg long, pause, switch.
2		Side plank, each side	10 sec each	Elbow under shoulder, knees bent and stacked, hips lifted. Keep breathing.
3		Low plank (forearms)	15 sec	Elbows under shoulders, knees down. Lift to your toes only when it feels easy. Keep breathing the whole time.
4		Dead bug	20 sec	On your back, knees and arms up. Slowly lower opposite arm and leg, keeping your low back flat.
5		Glute bridge	20 sec	On your back, knees bent. Exhale, lift hips, lower slowly.
6		Crunches	20 sec	Small lift with hands under your low back for support.
7		Heel taps	20 sec	On your back, knees bent, shoulders slightly lifted. Reach side to side to tap each heel.
8		Flutter kicks	20 sec	Legs high toward the ceiling, hands under your hips, low back pressed down.
9		Russian twists	20 sec	Feet on the floor, small turns from your rib cage, no weight.
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.