

Ankylosing Spondylitis

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	Ankylosing spondylitis	Sturdy chair, light resistance band, light dumbbells (2-8 lb), mat, wall

Workout 1 of 4: Full Body Circuit. Movement is one of the best treatments for ankylosing spondylitis. This session focuses on posture, spinal mobility, deep breathing and strength for the muscles that hold you upright. Work at about 3-5 out of 10 effort, move slowly and never force a stretch.

Before you start

- Get your rheumatologist's or physical therapist's OK, especially if parts of your spine are fused or you have osteoporosis.
- Avoid high-impact moves, heavy weights on your back, and anything with a risk of falling.
- Morning stiffness is common. A warm shower and the full warm-up help a lot.
- Take deep breaths throughout to keep your rib cage moving.

Stop right away and get help if you feel

- Sharp back or neck pain, or pain spreading down a leg
- New numbness or weakness
- Chest pain or trouble taking a deep breath
- Dizziness or feeling faint

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.

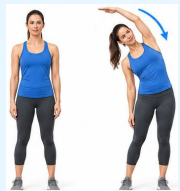
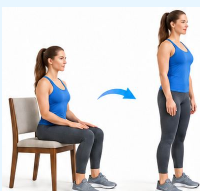
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WARM-UP

15 MIN

Format: Slow and controlled, staying in a comfortable range.

#	Photo	Exercise	Dose	How to do it
1	 A woman in a blue tank top and black leggings is shown in two positions: standing and marching. Blue arrows indicate the movement of the arms and legs.	March with deep breathing	3 min	Easy march. Breathe in deeply to expand your rib cage, out slowly.
2	 A woman in a blue tank top and black leggings is shown in two positions: standing with arms at her sides (labeled 'START') and standing with arms raised in a circle (labeled 'FINISH'). Blue arrows indicate the movement of the arms.	Shoulder rolls and arm circles	2 min	Slow and comfortable.
3	 A woman in a blue tank top and black leggings is shown in two positions: standing with her back to a wall (labeled 'START') and standing with her back to a wall (labeled 'FINISH'). Blue arrows indicate the movement of the feet, hips, shoulders, and head.	Wall posture check	2 min	Heels, hips, shoulders and head toward the wall. Hold 10 seconds, rest, repeat.
4	 A woman in a blue tank top and black leggings is shown in two positions: standing with arms at her sides (labeled 'START') and standing with one arm raised and bent (labeled 'FINISH'). Blue arrows indicate the movement of the arms.	Standing side bends	2 min	Slide one hand down your thigh, then switch. Small and controlled.
5	 A woman in a blue tank top and black leggings is shown in two positions: standing with arms in a boxing stance (labeled 'START') and standing with arms extended forward (labeled 'FINISH'). Blue arrows indicate the movement of the arms.	Light shadowboxing	3 min	Easy jab-cross, turning your upper body gently with each cross.
6	 A woman in a blue tank top and black leggings is shown in two positions: sitting on a chair (labeled 'START') and standing (labeled 'FINISH'). Blue arrows indicate the movement of the legs.	Slow sit-to-stand	3 min	Stand tall at the top. Exhale as you stand.

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MAIN WORKOUT

30 MIN

Format: Circuit. Complete all 6 exercises, resting 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		Bird dog	8 each side	On hands and knees, reach opposite arm and leg long, keeping your back level. Pause for one breath.
5		Supported split squat	8 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.

Focus on standing tall. Avoid rounding forward under load.

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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		Low plank (forearms)	15 sec	Elbows under shoulders, knees down. Lift to your toes only when it feels easy. Keep breathing the whole time.
2		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.
3		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.
4		Russian twists	20 sec	Sit tall with heels down. Turn your shoulders gently side to side, no weight, no forcing.
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		Side plank, each side	10 sec each	Elbow under shoulder, knees bent and stacked, hips lifted. Keep breathing.
7		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.
8		High plank	15 sec	Hands on a chair seat or bench (easiest) or the floor with knees down. Body straight, keep breathing.
9		Heel taps	20 sec	On your back, knees bent, shoulders slightly lifted. Reach side to side to tap each heel.
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.