

High Blood Pressure

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	High blood pressure (hypertension)	Sturdy chair, light resistance band, light dumbbells (2-8 lb), mat, wall

Workout 1 of 4: Full Body Circuit. Regular moderate exercise is one of the best tools for managing blood pressure. This session builds strength and stamina at a steady, controlled effort. Work at a pace where you can still talk in full sentences (about 3-5 out of 10 effort). Breathe out every time you push, pull or stand, and never hold your breath.

Before you start

- Get your doctor's OK before starting, especially if you are newly diagnosed or your medication recently changed.
- Check your blood pressure before you train. If it reads 180/110 or higher, skip today's workout and contact your doctor.
- Take your medication as prescribed. Some blood pressure medicines keep your heart rate low, so use the talk test, not your heart rate, to judge effort.
- Have water nearby and get up and down from the floor slowly to avoid dizziness.

Stop right away and get help if you feel

- Chest pain, pressure or tightness
- Severe headache, blurred vision or confusion
- Dizziness, lightheadedness or feeling faint
- Unusual shortness of breath or an irregular, pounding heartbeat

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.

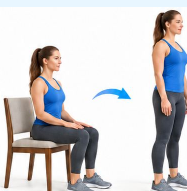
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WARM-UP

15 MIN

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

#	Photo	Exercise	Dose	How to do it
1	 A woman in a blue tank top and black leggings is shown in two positions: standing with feet together (START) and marching in place with one leg lifted and arms swinging (FINISH). A blue arrow points from the start to the finish position.	March in place with arm swings	3 min	Lift knees to a comfortable height and swing arms naturally. Breathe steadily.
2	 A woman in a blue tank top and black leggings is shown in two positions: standing with feet together (START) and standing with feet together, arms extended forward and slightly to the sides, with blue arrows indicating shoulder rolls and arm circles (FINISH).	Shoulder rolls and arm circles	2 min	Roll shoulders back 10 times, forward 10 times, then small arm circles both directions.
3	 A woman in a blue tank top and black leggings is shown in two positions: standing with feet together (START) and stepping one foot to the side, tapping the feet together (FINISH). A blue arrow points from the start to the finish position.	Side step-touch	2 min	Step side to side, tapping feet together. Add a light reach across the body as you go.
4	 A woman in a blue tank top and black leggings is shown in two positions: standing with feet together, holding onto a chair for support (START), and swinging one leg forward and back, then side to side (FINISH). A blue arrow points from the start to the finish position.	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	 A woman in a blue tank top and black leggings is shown in two positions: standing with feet together, hands up in a boxing stance (START), and standing with feet together, hands up, performing a jab-cross combination (FINISH). A blue arrow points from the start to the finish position.	Light shadowboxing	3 min	Soft knees, hands up. Easy jab-cross combinations at a relaxed pace. Exhale on every punch.
6	 A woman in a blue tank top and black leggings is shown in two positions: sitting on a chair (START) and standing up from the chair (FINISH). A blue arrow points from the start to the finish position.	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, rest 2 minutes, and repeat for 3 rounds total (about 8 minutes per round). Rest 30 seconds between exercises.

#	Photo	Exercise	Dose	How to do it
1		Chair squat	12-15 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	12-15 reps	Anchor the band at chest height. Pull elbows back and squeeze shoulder blades together. Exhale as you pull.
4		Supported split squat	8-10 each leg	Hold the chair back for balance. Lower straight down a few inches, keep the front knee over the ankle.
5		Standing dumbbell curl to press-out	10-12 reps	Curl light dumbbells to the shoulders, then press forward at chest height (not overhead). Exhale on each press.
6		Steady shadowboxing	1 min	Jab-cross-hook at a pace you could keep up for several minutes. Stay light on your feet.

Keep weights light enough to finish every rep with good form and normal breathing. Avoid maximum lifts, long straining holds and positions with your head below your heart.

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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. Hold 15 seconds and keep breathing; never hold your breath.
7		Side plank, each side	10 sec each	Elbow under shoulder, knees bent and stacked, hips lifted. Keep breathing.
8		Sit-ups with punches	20 sec	Knees bent, feet anchored. Roll up halfway, throw a jab-cross, roll down slowly. Exhale on every punch.
9		Toe touches	20 sec	On your back, knees bent and lifted over your hips. Exhale and reach hands toward your shins.
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.