

FEBRUARY FEEL GOOD

FITNESS PROGRAM



FEBRUARY WARRIOR WORKOUT 28 DAY CHALLENGE

COMPLETE DAYS 1 TO 7
THEN REPEAT THE SAME WEEK FOUR TIMES ACROSS
FEBRUARY.

HOW IT WORKS

- DAILY WORKOUTS SHARED
- ADAPTIVE SEATED AND NON ADAPTIVE OPTIONS
- CHOOSE WHAT WORKS FOR YOUR BODY
- MIX, MATCH, OR ADAPT ANYTIME

DAY 7

RESET AND ACTIVE RECOVERY
REST IS PART OF THE CHALLENGE

CONSISTENCY OVER INTENSITY
EVERY BODY. EVERY VERSION. EVERY REP COUNTS.

DAY1|FEBRUARY



WARRIOR WORKOUT

SEATED BURPEES X 25

PUSH UPS OR WALL PUSH UPS X 30

**RUSSIAN TWIST WITH SHOULDER
PRESS/DELT RAISE X 30**

SEATED PLANK X 45 SECS

SEATED STARS/WACKY JACKS X 50

SEATED CRUNCHES X 30

**FLOOR/KNEE/WALL PLANK X 45
SECS**

DAY 1 | FEBRUARY



WARRIOR WORKOUT

NON-ADAPTIVE EXERCISES

SQUATS X 25

PUSH UPS X 30

FORWARD LUNGES X 30

WALL SIT X 45 SECS

JUMPING JACKS X 50

CRUNCHES X 30

PLANK X 45 SECS

DAY 2 | FEBRUARY



WARRIOR WORKOUT

SHOULDER PRESS X 25

TRICEP DIPS X 30

SEATED DEAD LIFTS X 30

SIDE LATERAL RAISES X 30

ELBOW TO OPPOSITE KNEE X 50

TRICEP EXTENSIONS X 30

ARM CIRCLES X 60 SECONDS

DAY 2 | FEBRUARY



WARRIOR WORKOUT

NON-ADAPTIVE EXERCISES

SUMO SQUATS X 25

- **TRICEP DIPS X 30**
- **SIDE LUNGES X 30**
- **GLUTE BRIDGE X 45 SECONDS**
- **HIGH KNEES X 50**
- **BICYCLE CRUNCHES X 30**
- **SIDE PLANK X 30 SECONDS EACH**

DAY 3 | FEBRUARY



WARRIOR WORKOUT

FRONT DELT RAISES X 25

SEATED ROWS X 30

WHEEL TAP & PRESS X 20 EACH SIDE

CHEST PRESS X 30

ARM SCISSORS X 45 SECS

CORE ROTATIONS X 20 EACH SIDE

PLANK/SEATED/FLOOR X 60 SECS

DAY 3 | FEBRUARY



WARRIOR WORKOUT

NON-ADAPTIVE EXERCISES

LEG LIFTS * 25

COMMANDOS X 25

HIP THRUSTS X 30

DONKEY KICKS * 20 EACH SIDE

SKIERS X 50

SCISSORS X 30

RUSSIAN TWISTS X 50

DAY 4 | FEBRUARY



WARRIOR WORKOUT

CHEST FLYS X 25

TRICEP EXTENSIONS X 30

TOE TAP & PRESS X 20 EACH SIDE

REAR DELT FLYS X 30

PUNCH-OUTS X 45 SECS

3 WAY CRUNCHES X 30

PLANK/SEATED/FLOOR X 60 SECS

DAY 4 | FEBRUARY



WARRIOR WORKOUT

NON-ADAPTIVE EXERCISES

SINGLE LEG SQUATS * 20 EACH LEG

SUPERMAN HOLDS * 25

SKATERS * 30

V-SITS X 20

STRAIGHT LEG SIT UPS X 20

FIRE HYDRANTS * 20 EACH SIDE

PLANK WITH SHOULDER TAPS X 25

DAY 5 | FEBRUARY



WARRIOR WORKOUT

BICEP CURLS × 40

SEATED JACKS × 25

SEATED RUSSIAN TWISTS × 20

SEATED ROWS × 40

ARM CIRCLES × 60 SECS

SEATED BURPEES × 30

PUSH-UPS/WALL PUSH × 25

DAY 5 | FEBRUARY



WARRIOR WORKOUT

NON-ADAPTIVE EXERCISES

JUMP LUNGES × 40

PUSH UP JACKS × 25

RAISED LEG SIT UPS × 20

CALF RAISES × 40

BUTT KICKS × 50

WINDSHIELD WIPERS × 30

SIDE LEG LIFTS × 20 EACH SIDE

DAY 6 | FEBRUARY



WARRIOR WORKOUT

SEATED BURPEES X 25

PUSH UPS OR WALL PUSH UPS X 30

**RUSSIAN TWIST WITH SHOULDER
PRESS/DELT RAISE X 30**

SEATED PLANK X 45 SECS

SEATED STARS/WACKY JACKS X 50

SEATED CRUNCHES X 30

**FLOOR/KNEE/WALL PLANK X 45
SECS**

(DAY 1 REPEAT)

DAY 6 | FEBRUARY



WARRIOR WORKOUT

NON-ADAPTIVE EXERCISES

SQUATS X 25

PUSH UPS X 30

FORWARD LUNGES X 30

WALL SIT X 45 SECS

JUMPING JACKS X 50

CRUNCHES X 30

PLANK X 45 SECS

(DAY 1 REPEAT)

DAY 7 | FEBRUARY



RESET/ACTIVE RECOVERY

(CHOOSE WHAT SUPPORTS YOU)

GENTLE WALK/WHEELCHAIR PUSH

STRETCHING OR MOBILITY WORK

YOGA OR PILATES

LIGHT CARDIO

REST AND RECOVERY

VISIT OUR WEBSITE: KRONIKWARRIORUK.ORG TO JOIN A FREE FITNESS CLASS.

SUBSCRIBE TO THE KRONIK WARRIOR WELLNESS YOUTUBE CHANNEL FOR MORE WORKOUT IDEAS!