

# **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.**

# DAY 1 | 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/WACKYJACKS 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 X 20**

**SEATED ROWS × 40**

**ARM CIRCLES X 60 SECS**

**SEATED BURPEES × 30**

**PUSH-UPS/WALL PUSH X 25**

# DAY 5 | FEBRUARY



## WARRIOR WORKOUT

### NON-ADAPTIVE EXERCISES

**JUMP LUNGES × 40**

**PUSH UP JACKS × 25**

**RAISED LEG SIT UPS X 20**

**CALF RAISES × 40**

**BUTT KICKS X 50**

**WINDSHIELD WIPERS × 30**

**SIDE LEG LIFTS X 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/WACKYJACKS 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](https://www.kronikwarrioruk.org) TO JOIN A FREE FITNESS CLASS.  
SUBSCRIBE TO THE KRONIK WARRIOR WELLNESS YOUTUBE CHANNEL FOR MORE WORKOUT  
IDEAS!