

Fired-Up February Fitness Challenge

Daily Workout Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Complete 2-3 Sets of 10-12 Reps For Each Daily Exercise	Lunges and Skates ¹	Bicep Curls ²	Standing Front Raise ³	Double-Leg and Single-Leg Squats ⁴	Wall Squats ⁵	Planks ⁶
Downward Dog ⁷	Lunges Holding the Wall ⁸	Modified Push-Ups ⁹	Bench Dips ¹⁰	Clamshells ¹¹	Plank Variations ¹²	Romanian Deadlift, Lat Pull-Down, and Tricep Extension ¹³
Core and Balance Challenge ¹⁴	Forward Alternating Lunges, Squats, and Burpees ¹⁵	Sword Pulls ¹⁶	Bent Leg Pushups ¹⁷	Bird Dogs, Dead Bugs, and Wood Chops ¹⁸	Half-Turkish Get Ups ¹⁹	Shoulder Presses, Front Raises, Side Raises, and Reverse Flys ²⁰
Spine Exercises ²¹	Lunges ²²	Knee-Drive Lunges and Split Jumps ²³	Superman Pull and I-Y-T-A Pushup ²⁴	Planks ²⁵	Sumo Squats ²⁶	Atomic Pushups and Donkey Kicks ²⁷
Simple Stretches ²⁸						