



# **7-Day Wheelchair-Fitness Plan (7-Day Habit Forming Challenge)**

(Tailored Separately for Quads and Paras)

Property of Zuk Fitness Inc.

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C5 Spinal Cord Injury Quadriplegic (est. 2014)  
You can learn more about my journey [here](#)

## **Disclaimer:**

I would recommend this plan for anyone in a wheelchair, if you have a medical condition that prevents you from doing any of the following safely, please don't. Please always modify to best suit your needs.  
By participating you agree to our [terms of use](#), (do at your own risk!)

## **Take 90 seconds to become interested / pumped up!**

[60-second Zuk Fitness Pitch](#) from the founder.

[30-Sec Promo video](#) showcasing our values.

**Alright, here's the plan. If you stick to this for 7 days- I'm sure you will start some great habits, feel better, improve your mood and ultimately improve your life. So give it a shot!**

*P.S. Get your able-bodied friends / parents / roommates to join in with you on this challenge & Don't forget to share Zuk Fitness with everyone and tag us on social!*

**Follow us on [Facebook](#), [Instagram](#), [TikTok](#), and [YouTube](#)!**

# Everyday:



## Do this every single morning, right when you wake up:

- Immediately when you wake up, **drink at least 1/2 L of water** (approximately a pint or a large glass). Get a liter in if you can!
  - This will help to jumpstart your metabolism for the day and rehydrate your blood and help you feel better. Trust me it's an awesome habit to start! Your blood is actually thicker and more difficult for your heart to pump when you wake up in the morning. (If you ever find yourself winded during a workout, you might just be dehydrated!)
- Then, **get your stretches in** while you wake up! Feel free to do your own or here's a video to help
  - [Paraplegics, in the chair \(w/ Leo\)](#)- We apologize for the audio!
  - [Paraplegics out of the chair \(w/ Bryan\)](#)
  - [Quadriplegics, in the chair](#)-
  - For my Quads out there, hopefully you are already getting some lower body stretches done while you are in bed. If you are not, we have a great video coming out very soon where Racheal, who's a C6 quad, shows how she does her stretches independently.
- **Cardio before breakfast**- If you are trying to lose weight, or improve your metabolism, or just want to be much healthier and have a happier day, then **get in a 30 minute push around your neighborhood**, weather permitting. If you can't push a wheelchair outside, here is a short [20-min cardio workout](#) for quads and paras.
  - This habit is SO good for you. It speeds up your metabolism in general, and helps you burn more calories throughout the day. It gets your body and your brain going for the day and taking the time to "go for a walk" will actually make your day more efficient and ultimately save you time if you use it to plan out your day- or think about whatever it is you want to get out of the day.
  - Cardio, or even getting your heart rate up at all when you wake up, (especially before you eat), will help you with mood, productivity, metabolism, weight-loss, brain fog in the morning, and so many other things.
  - Also, just getting outside helps set your circadian rhythm and actually should help you fall asleep easier and sleep better.
  - If you don't have time, do 15 minutes-It will still make a big difference (or wake up earlier! Trust me it's worth it!)
- **Eat a healthy breakfast!**
  - Something with not too much sugar, some healthy protein, (aka NOT bacon or sausage) After you have drank your water, got your stretches and cardio in, then your body is ready to soak up some healthy nutrition like a sponge.



## Daily workout schedule:

On any day you would like to do more, simply go to our [Free workout library](#) after finishing a workout and get in another one! Also feel free to try a paraplegic or a quadriplegic workout regardless of your injury level or disability. You can always modify any exercise to fit your needs. You may find that you like one instructor more than another and they may not have the same injury as you. You can also find most of the free workouts on our [YouTube channel](#) if that's easier. Please, like and comment on any videos you check out because **it will help out other wheelchair users find our workouts!** Subscribe and hit the bell icon if you want to be notified anytime there's a new free workout posted.

## After every workout:

Please make sure you get in a meal or at least a little protein or snack after working out for your muscles to recover. You have about a 30-minute window for when your body is able to most effectively recover with the carbs and protein that you give it. (Anything within two hours is still beneficial, but less than 30 minutes is the best!) Carbs refuel your muscles (energy) with glycogen. Protein builds back and repairs your muscles if you did anything with weights or resistance. Otherwise, if you strength train and don't consume protein after, your muscles literally consume their own protein and it's actually counterproductive to building strength.

**Bonus points** for paraplegics if you turn [this 7-minute video](#) into a daily habit! [Here's](#) The 20 second version. It's a quick stretch plus core workout that you should do several times a day. Could be every time you go to the kitchen or living room because you can grab a couch or corner of a countertop or table.

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## Day 1

**Paraplegic workout:** [awesome full \(upper\)-body workout](#) (you'll need a resistance band, a 10 to 15 pound dumbbell, and a lightweight chair or duffel bag with stuff in it.)

**Quadriplegic workout:** [Bar-dio workout with Shawn](#) (cardio with a bar, PVC pipe, or broomstick)  
Here's a [20 second preview](#)

## Day 2

**Paraplegic workout:** [Para HIIT with Ray](#) (You need a resistance band, Medium dumbbells, and a medicine ball- or you can substitute with a backpack or duffel bag with stuff in it.)

**Quadriplegic workout:** [Odds and Ends w/ Racheal](#) - Mixing up with Different Adaptive Exercises for SCI and Wheelchair Users (Grab your medium to heavy wrist weights or dumbbells)

## Day 3

**Paraplegic workout:** [with a cable machine or stretch cords](#) (Need stretch-cords)

Here is the same workout but edited as a [Gym Edition](#). -does not show stretch cord examples, only uses the cable machine.

**Quadriplegic workout:** [Functional Strength and Cardio](#) (Racheal) (Heavy + light wrist weights)



## Day 4

**Paraplegic workout:** [Bryan stretching and strength training](#) (biceps, shoulders, triceps, & back)

Stretching In and out of your chair, followed by a wheelchair workout. (You need dumbbells)

**Quadriplegic workout:** workout [preview](#) (Actually it's a different workout but it shows some of the exercises)

[Shoulder workout using wrist weights](#) taught by Shawn. (wrist weights)

## Day 5

**Paraplegic workout:** [Bryan chest and triceps + stretching](#) and Brian shows his transfer to the floor.

This is a short one, so do some extra sets or go get in another video from our free videos or YouTube channel afterwards.

**Quadriplegic workout:** Here's a [preview](#) of the work out

[seated cardio/strength boxing](#) for quads and paras

## Day 6

**Paraplegic & Quadriplegic workout:** [HIIT + Cardio with Racheal for QUADS AND PARAS](#)

(Paraplegics-light dumbbells. Quadriplegic- light wrist weights)

## Day 7

**Paraplegic & Quadriplegic workout:** [Preview](#) of workout

[Mini band circuit workout with Shawn](#) for QUADS AND PARAS - (Need Minibands, therabands or resistance bands work as a substitution)

**You did it! Congrats! We hope you created some great habits and feel better mentally and physically.**

**For lots more, check out [Zukfitness.com](https://Zukfitness.com)**