

CB ACADEMY MONTHLY PLANNER

MONTH:
November - access all

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Stability Ball Morning Feel Good (12 mins)	2 Beginner Balance Routine (14 mins)	3 Ultimate Warmup (15 mins) Combination Drills (5 mins)	4 Hand Combination 2 (8 mins)	5 Fridays Flow into splits (27 mins)	6 Rest Day	7 Rest Day
8 Beginner Morning Flow (15 mins)	9 Optimal Kicks workout 1 (40 mins)	10 Rest and Recover (27 mins)	11 Stretch & Sculpt (16 mins)	12 Release your Glutes (20 mins)	13 Rest Day	14 Rest Day
15 Upper Body Workout (17 mins)	16 Advance Kickfit (7 mins)	17 Bo Warm up (19 mins) Bo Staff Sequence (4 mins)	18 Optimal Kicks workout 2 (45 mins)	19 Active Recovery (20 mins)	20 Rest Day	21 Rest Day
22 Directional Kicking exercise (7 mins)	23 Hip Mobility (19 mins)	24 Optimal Kicks workout 5 (44 mins)	25 Kickfit workout 3 (5 mins)	26 Front Split flow (16 mins)	27 Rest Day	28 Rest Day
29 Optimal Kicks workout 8 (36 mins)	30 Flexy Flow (21 mins)				Rest Day	Rest Day