

CB ACADEMY MONTHLY PLANNER

MONTH:
November - flexibility

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Stability Ball Morning Feel Good (12 mins)	2 Upper Body (14 mins)	3 Stretch & Sculpt (16 mins)	4 Lower Body Full Stretch (20 mins)	5 Friday Flow (21 mins)	6 Rest Day	7 Rest Day
8 Beginner Morning Flow (15 mins)	9 Hip Mobility (19 mins)	10 Stretch & Tone your Core (15 mins)	11 Front Split flow (16 mins)	12 Shoulder Flexibility (20 mins)	13 Rest Day	14 Rest Day
15 Morning Mobility (10 mins)	16 Full Body Stretch (30 mins)	17 Lower Body Fix (15 mins)	18 Booty Blast (20 mins)	19 Release your Glutes (20 mins)	20 Rest Day	21 Rest Day
22 Flowing into splits (27 mins)	23 Active Recovery (20 mins)	24 Stretch & Tone your Core (15 mins)	25 Frog Pose (12 mins)	26 Flexy Flow (23 mins)	27 Rest Day	28 Rest Day
29 Stretch for Stress & Anxiety (18 mins)	30 Restorative (19 mins)					