

# CB ACADEMY MONTHLY PLANNER

MONTH:  
*November - martial arts*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>1</b> Kickfit Session 1 (5 mins)	<b>2</b> Hand Combination 1 (7 mins)	<b>3</b> Wall Kick (5 mins)	<b>4</b> 6 strike combo (6 mins)	<b>5</b> Start Linking your kicks (5 mins)	<b>6</b> Rest Day	<b>7</b> Rest Day
<b>8</b> Beginner Balance Routine (14 mins)	<b>9</b> Kickfit workout 3 (5 mins)	<b>10</b> Upper Body Workout (17 mins)	<b>11</b> Jump Combo part 1 (4 mins)	<b>12</b> Learn a musical Form (9 mins)	<b>13</b> Rest Day	<b>14</b> Rest Day
<b>15</b> Optimal Kicks workout 1 (40 mins)	<b>16</b> Rest and Recover (27 mins)	<b>17</b> Jump Combo part 2 (5 mins)	<b>18</b> KickFit workout 8 (6 mins)	<b>19</b> Hand Combination 2 (8 mins)	<b>20</b> Rest Day	<b>21</b> Rest Day
<b>22</b> Directional Kicking exercise (7 mins)	<b>23</b> Bo Warm up (19 mins) Bo Staff Sequence (4 mins)	<b>24</b> Optimal Kicks workout 8 (36 mins)	<b>25</b> Ultimate Warmup (15 mins) Combination Drills (5 mins)	<b>26</b> Link your spin hook (5 mins)	<b>27</b> Rest Day	<b>28</b> Rest Day
<b>29</b> Advance Kickfit (7 mins)	<b>30</b> Jump Combo part 3 (6 mins)				Rest Day	Rest Day