

CB ACADEMY MONTHLY PLANNER

MONTH:

October - access all

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1 Beginner Balance Routine (14 mins)	2 Rest Day	3 Rest Day
4 Beginner Morning Flow (15 mins)	5 Optimal Kicks workout 1 (40 mins)	6 Upper Body Workout (17 mins)	7 Stretch & Sculpt (16 mins)	8 Start Linking your kicks (5 mins)	9 Rest Day	10 Rest Day
11 Flowing into splits (27 mins)	12 Rest and Recover (27 mins)	13 Hand Combination 1 (7 mins)	14 Optimal Kicks workout 2 (45 mins)	15 Release your Glutes (20 mins)	16 Rest Day	17 Rest Day
18 Directional Kicking exercise (7 mins)	19 Hip Mobility (19 mins)	20 Optimal Kicks workout 5 (44 mins)	21 Hand Combination 2 (8 mins)	22 Kickfit workout 3 (5 mins)	23 Rest Day	24 Rest Day
25 Front Split flow (16 mins)	26 Learn a musical Form (9 mins)	27 Link your spin hook (5 mins)	28 Optimal Kicks workout 8 (36 mins)	29 Active Recovery (20 mins)	30 Rest Day	31 Rest Day