

CB ACADEMY MONTHLY PLANNER

MONTH:

October - flexibility

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1 Beginner Morning Flow (15 mins)	2 Rest Day	3 Rest Day
4 Stretch & Sculpt (16 mins)	5 Flexy Flow (21 mins)	6 Stretch & Tone your Core (15 mins)	7 Lower Body Full Stretch (20 mins)	8 Flowing into splits (27 mins)	9 Rest Day	10 Rest Day
11 Morning Mobility (10 mins)	12 Full Body Stretch (30 mins)	13 Lower Body Fix (15 mins)	14 Shoulder Flexibility (20 mins)	15 Release your Glutes (20 mins)	16 Rest Day	17 Rest Day
18 Frog Pose (12 mins)	19 Front Split flow (16 mins)	20 Booty Blast (20 mins)	21 Upper Body (14 mins)	22 Stretch for Stress & Anxiety (18 mins)	23 Rest Day	24 Rest Day
25 Active Recovery (20 mins)	26 Stretch & Tone your Core (15 mins)	27 Flexy Flow (23 mins)	28 Hip Mobility (19 mins)	29 Restorative (19 mins)	30 Rest Day	31 Rest Day