

CB ACADEMY MONTHLY PLANNER

MONTH:
December - access all

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1 Full body Deep Stretch (30 mins)	2 Balance Routine (14 mins)	3 Stretch and Tone (42 mins)	4 Rest Day	5 Rest Day
6 Footwork Fundamentals (10 mins)	7 Front Split flow (16 mins)	8 Leg Workout with Resistance bands (14 mins)	9 Active recovery workout (18 mins)	10 Around the World Tutorial (7 mins)	11 Rest Day	12 Rest Day
13 Let's get Dynamic! (16 mins)	14 Bo Warm up (19 mins) Horizontal Hand Roll Combo (3 mins)	15 Flowing into Splits (27 mins)	16 Optimal Kicks workout 8 (36 mins)	17 Chloe's Top 5 go to Stretches! (10 mins)	18 Rest Day	19 Rest Day
20 Double Spin Hook (8 mins)	21 Let's Jump Rope! (12 mins)	22 Optimal Kicks workout 4 (42 mins)	23 Upper Body Feel Good (13 mins)	24 Learn to Kip Up (11 mins)	25 Rest Day	26 Rest Day
27 Inner Thigh Stretch and tone (16 mins)	28 Recover & Repair (27 mins)	29 Advance Glute Therapy (20 mins)	30 Twist Kick Tutorial (6 mins)	31 Advance Middle Split Training (13 mins)	Rest Day	Rest Day