

CB ACADEMY MONTHLY PLANNER

MONTH:

December - martial arts

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1 Footwork Fundamentals (10 mins)	2 Balance Routine (14 mins)	3 Directional Kicking exercise (7 mins)	4 Rest Day	5 Rest Day
6 Leg Workout with Resistance bands (14 mins)	7 Learn a musical Form (9 mins)	8 Bo Warm up (19 mins) Horizontal Hand Roll Combo (3 mins)	9 Around the World Tutorial (7 mins)	10 Hand Combination 1 (7 mins)	11 Rest Day	12 Rest Day
13 Link your spin hook (5 mins)	14 Optimal Kicks workout 4 (42 mins)	15 Double Spin Hook (8 mins)	16 KickFit workout 6 (5 mins)	17 Recover & Repair (27 mins)	18 Rest Day	19 Rest Day
20 Optimal Kicks workout 2 (46 mins)	21 Ultimate Warmup (15 mins)	22 Learn to Back Sweep (4 mins)	23 Advance Kickfit (7 mins)	24 Pump Kicks (5 mins)	25 Rest Day	26 Rest Day
27 Learn to Kip Up (11 mins)	28 Optimal Kicks workout 8 (36 mins)	29 360 Hook - Tornado (5 mins)	30 Advance Kickfit (6 mins)	31 Twist Kick Tutorial (6 mins)	Rest Day	Rest Day