

# CB ACADEMY MONTHLY PLANNER

MONTH:

*January - martial arts*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><b>3</b></p> <p>Higher Kicks Class (14 mins)</p>	<p><b>4</b></p> <p>Lets Workout (15 mins)</p>	<p><b>5</b></p> <p>Balance Routine (14 mins)</p>	<p><b>6</b></p> <p>KickFit workout (5 mins)</p>	<p><b>7</b></p> <p>Optimal Kicks workout (42 mins)</p>	<p><b>8</b></p> <p>Rest Day</p>	<p><b>9</b></p> <p>Rest Day</p>
<p><b>10</b></p> <p>Optimal Kicks workout (46 mins)</p>	<p><b>11</b></p> <p>Bo Warm up (19 mins) Horizontal Hand Roll Combo (3 mins)</p>	<p><b>12</b></p> <p>Optimal Kicks workout (36 mins)</p>	<p><b>13</b></p> <p>Kickfit workout (7 mins)</p>	<p><b>14</b></p> <p>Directional Kicking exercise (7 mins)</p>	<p><b>15</b></p> <p>Rest Day</p>	<p><b>16</b></p> <p>Rest Day</p>
<p><b>17</b></p> <p>Link your spin hook (5 mins)</p>	<p><b>18</b></p> <p>Kickfit workout (7 mins)</p>	<p><b>19</b></p> <p>Optimal Kicks workout (36 mins)</p>	<p><b>20</b></p> <p>Kickfit workout (7 mins)</p>	<p><b>21</b></p> <p>Recover &amp; Repair (18 mins)</p>	<p><b>22</b></p> <p>Rest Day</p>	<p><b>23</b></p> <p>Rest Day</p>
<p><b>24</b></p> <p>Kickfit workout (6 mins)</p>	<p><b>25</b></p> <p>Footwork Fundamentals (10 mins)</p>	<p><b>26</b></p> <p>360 Hook (5 mins)</p>	<p><b>27</b></p> <p>Leg Workout with Resistance bands (14 mins)</p>	<p><b>28</b></p> <p>KickFit workout (6 mins)</p>	<p><b>29</b></p> <p>Rest Day</p>	<p><b>30</b></p> <p>Rest Day</p>
<p><b>31</b></p> <p>Hand Combination Time! (7 mins)</p>					<p>Rest Day</p>	<p>Rest Day</p>