

CB ACADEMY MONTHLY PLANNER

MONTH:
February - access all

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1 Improve your balance & Control (25 mins)	2 Upper Body Feel Good (14 mins)	3 Freestyle Footwork Fundamentals (12 mins)	4 Get into your Glutes (20 mins)	5 Rest Day	6 Rest Day
7 Full body Deep Stretch (30 mins)	8 Higher Kicks Class (14 mins)	9 KickFit New workout (9 mins)	10 Box splits masterclass (40 mins)	11 Recover & Repair (18 mins)	12 Rest Day	13 Rest Day
14 Balance Routine (14 mins)	15 Stability Ball Full body Stretch (12 mins)	16 Optimal Kicks workout (36 mins)	17 Front Split flow (16 mins)	18 Understanding the Strength behind our kicks (50 mins)	19 Rest Day	20 Rest Day
21 Bo Warm up (19 mins) around the World (6 mins)	22 Stretch & Sculpt (16 mins)	23 Footwork Fundamentals (10 mins)	24 Activate your core (18 mins)	25 Bo Warm up (19 mins) 6 Strike Combo (6 mins)	26 Rest Day	27 Rest Day
28 Optimal Kicks workout (46 mins)					Rest Day	Rest Day