

CB ACADEMY MONTHLY PLANNER

MONTH:
February - flexibility

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1 Beginner Morning Flow (15 mins)	2 Upper Body Feel Good (14 mins)	3 Get into your Glutes (20 mins)	4 Full body Deep Stretch (30 mins)	5 Rest Day	6 Rest Day
7 Awaken Your Hips (13 mins)	8 Box splits masterclass (40 mins)	9 Restorative (19 mins)	10 Lower Body Fix (15 mins)	11 Stretch and Tone (42 mins)	12 Rest Day	13 Rest Day
14 Stability Ball Full body Stretch (12 mins)	15 Front Split flow (16 mins)	16 Active recovery workout (18 mins)	17 Yoga for Fulfillment (25 mins)	18 Booty Blast (20 mins)	19 Rest Day	20 Rest Day
21 Hip release for beginners (15 mins)	22 Stretch & Sculpt (16 mins)	23 Inner Thigh Stretch and tone (16 mins)	24 Yoga for stress & Anxiety (18 mins)	25 Frog Pose (12 mins)	26 Rest Day	27 Rest Day
28 Activate your core (18 mins)					Rest Day	Rest Day