

CB ACADEMY MONTHLY PLANNER

MONTH:
February - martial arts

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1 Improve your balance & Control (25 mins)	2 Freestyle Footwork Fundamentals (12 mins)	3 Directional Kicking exercise (7 mins)	4 Optimal Kicks workout (42 mins)	5 Rest Day	6 Rest Day
7 Higher Kicks Class (14 mins)	8 KickFit New workout (9 mins)	9 Recover & Repair (18 mins)	10 Footwork Fundamentals (10 mins)	11 Bo Warm up (19 mins) 6 Strike Combo (6 mins)	12 Rest Day	13 Rest Day
14 Balance Routine (14 mins)	15 Optimal Kicks workout (36 mins)	16 Leg Workout with Resistance bands (14 mins)	17 Understanding the Strength behind our kicks (50 mins)	18 Hand Combination Time! (7 mins)	19 Rest Day	20 Rest Day
21 Optimal Kicks workout (36 mins)	22 Start linking your kicks (5 mins)	23 Bo Warm up (19 mins) around the World (6 mins)	24 KickFit workout (6 mins)	25 Optimal Kicks workout (46 mins)	26 Rest Day	27 Rest Day
28 Musical Forms Challenge (9 mins)					Rest Day	Rest Day