

CB ACADEMY MONTHLY PLANNER

MONTH:
January - access all

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>3</p> <p>Awaken Your Hips (13 mins)</p>	<p>4</p> <p>Higher Kicks Class (14 mins)</p>	<p>5</p> <p>Balance Routine (14 mins)</p>	<p>6</p> <p>Optimal Kicks workout (42 mins)</p>	<p>7</p> <p>Full body Deep Stretch (30 mins)</p>	<p>8</p> <p>Rest Day</p>	<p>9</p> <p>Rest Day</p>
<p>10</p> <p>Box splits masterclass (40 mins)</p>	<p>11</p> <p>Active recovery workout (18 mins)</p>	<p>12</p> <p>Leg Workout with Resistance bands (14 mins)</p>	<p>13</p> <p>Optimal Kicks workout (36 mins)</p>	<p>14</p> <p>Front Split flow (16 mins)</p>	<p>15</p> <p>Rest Day</p>	<p>16</p> <p>Rest Day</p>
<p>17</p> <p>Beginner Morning Flow (15 mins)</p>	<p>18</p> <p>Bo Warm up (19 mins) Strike Sequence (19 mins)</p>	<p>19</p> <p>Glute Therapy (20 mins)</p>	<p>20</p> <p>Let's Jump Rope! (12 mins)</p>	<p>21</p> <p>Upper Body Feel Good (13 mins)</p>	<p>22</p> <p>Rest Day</p>	<p>23</p> <p>Rest Day</p>
<p>24</p> <p>Optimal Kicks workout (42 mins)</p>	<p>25</p> <p>Core and inner thigh Workout (16 mins)</p>	<p>26</p> <p>Footwork Fundamentals (10 mins)</p>	<p>27</p> <p>Kickfit workout (7 mins)</p>	<p>28</p> <p>Optimal Kicks workout (36 mins)</p>	<p>29</p> <p>Rest Day</p>	<p>30</p> <p>Rest Day</p>
<p>31</p> <p>Advance Middle Split Training (13 mins)</p>					<p>Rest Day</p>	<p>Rest Day</p>