

# CB ACADEMY MONTHLY PLANNER

MONTH:

*March - flexibility*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<b>1</b> Seated Stretch (30 mins)	<b>2</b> Stretch & Tone (42 mins)	<b>3</b> Yoga for Fulfillment (25 mins)	<b>4</b> Awaken your hips (13 mins)	<b>5</b> Rest Day	<b>6</b> Rest Day
<b>7</b> Stability Ball Full body Stretch (12 mins)	<b>8</b> Box splits masterclass (40 mins)	<b>9</b> Hip Recovery workout (15 mins)	<b>10</b> Morning Mobility (10 mins)	<b>11</b> Front Splits flow (16 mins)	<b>12</b> Rest Day	<b>13</b> Rest Day
<b>14</b> Flexy Flow (22 mins)	<b>15</b> Booty Blast Flow (20 mins)	<b>16</b> Stretch & Sculpt (16 mins)	<b>17</b> Hip Release (16 mins)	<b>18</b> Yoga for Stress and Anxiety (19 mins)	<b>19</b> Rest Day	<b>20</b> Rest Day
<b>21</b> Restorative Stretch (19 mins)	<b>22</b> Inner Thigh Stretch and tone (16 mins)	<b>23</b> Partnered Stretch (16 mins)	<b>24</b> Camel Pose (8 mins)	<b>25</b> Shoulder Workout (Resistance Bands) (20 mins)	<b>26</b> Rest Day	<b>27</b> Rest Day
<b>28</b> Shoulder Mobility (15 mins)	<b>29</b> Stretch through your core (15 mins)	<b>30</b> Lower Body (20 mins)	<b>31</b> Upper Body Feel Good (14 mins)		Rest Day	Rest Day